

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

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ATTENTION: Chiefs of Staff, News Directors



Want to learn more about improving sports performance? No sweat!

Athletes, armchair sports fans and those who either study or work in the world of exercise are invited to a night of free lectures on sports performance to be held this week at the University of Tasmania, Launceston.

The series of three public lectures will be delivered by lecturers from the School of Human Life Sciences, Newnham Campus, on Tuesday 22 January 2008 from 5pm to 7.15pm.

Dr Andrew Williams, Dr Cecilia Shing, and Dr James Fell will each present a 40-minute lecture on the topics of: “Nutrition and Performance”; “Fatigue and Recovery”; and “Fatigue and Recovery in the Ageing Athlete”.

Dr Fell, coordinator of the Bachelor of Exercise Science degree, says the lectures will appeal to a wide cross-section of people, including current students, people who work in the area of exercise and the general public who are interested in sporting performance.

The lectures will be held in Lecture Theatre 227 in Building C, School of Human Life Sciences, University of Tasmania, Newnham Campus.

Seating is limited, so people interested in attending should register their interest by calling 1300 363 864.

More information: Dr James Fell (available for photo/interview Monday and Tuesday)

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