

PROJECT DETAILS

Project Title:

Performance, perceptual, and neuromuscular responses to velocity-loss resistance training

Project Summary: aims, significance, expected outcomes and potential research impact.

Aims: This project will investigate the performance, perceptual and neuromuscular responses to various velocity-loss based resistance training programs targeting improvements in athletic performance.

Significance: Velocity-loss resistance training continues to gain popularity. However, fundamental considerations have been overlooked in its application, posing significant risk to athletic performance. The proposed research will provide direct evidence to understand the impacts of velocity-loss training on athletes and help inform training decisions.

Expected outcomes: The project will combine strength and conditioning with neurophysiology to achieve the project aim, leading to high quality cross-disciplinary evidence to advance the high-performance field. Multiple student lead publications and team Category 2-3 funding applications are expected as a result.

Impact: The findings will directly impact resistance training practice in professional sport, other high-performance settings, and strength training more generally by providing detailed information that can be directly used by coaches and athletes alike.

Preferred applicant skill set, describe the capabilities of the HDR applicant:

The successful PhD candidate will have an excellent work ethic and display strong problem-solving and scientific writing skills. The candidate should have a basic background in strength and conditioning with a specific interest in resistance training methods. An understanding of neuromuscular physiology and testing is desirable but not essential.

Contact person for the project:

Name:	Prof G. Gregory Haff	Contact number:	+618 6304 5416
Email:	g.haff@ecu.edu.au		