

# 第162回スポーツサイエンス研究会

SGU (文部科学省スーパーグローバル大学創成支援

早稲田大学スポーツ科学学術院 健康スポーツ科学モデル拠点) 協賛

日時 2016年9月27日(火) 16:30より

場所 早稲田大学 所沢キャンパス 100号館 第一会議室

## 演題 The masters athlete and exercise and sport science in Australia

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(University of Newcastle, Australia)

The following presentation will cover two topics; (i) age-related changes in performance and recovery in the masters athlete and (ii) exercise and sport science in Australia. With the increasing participation rates in masters sport, research examining the age-related changes in performance, and to a lesser extent recovery kinetics, in masters athletes has also increased. Current research suggests the effect of age on performance and recovery may be smaller than originally anticipated and that increasing sedentary lifestyles may play a larger role in any observed decrements in performance and recovery in masters athletes. Although, it appears that performance decrements are inevitable with age, performance capacities can be maintained through systematic physical training. Moreover, the limited current research suggests there may be an age effect on recovery kinetics following an exercise bout particularly when exercise-induced muscle damage is present. However, further research is required to understand the acute and chronic recovery processes in the masters athlete. The second part of this presentation will focus on the career pathways and progressions in the exercise and sport science field in Australia. This section will including some personal reflections of my own about working in this industry. With increasing numbers of graduate exercise and sport science students each year in Australia, competitive positions in the sports industry and becoming harder to find and the more qualifications are needed. A clearer understanding of the possibilities and expectations of graduates entering the clinical rehabilitation, sports or academic fields in Australia would assist students in choosing their career path.



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