

KENT FANS SCHEME

SPORT SCIENCE SUPPORT

Kent Sport is working in partnership with Canterbury Christ Church University, the University of Kent at Medway and the University of Greenwich at Medway to provide FANS members with sport science support and information.

Information Sheets

There are a number of information sheets available to download from our website <http://www.kentsport.org/publications>

- **Injury Prevention for sports people –**

This Sportsheet provides advice on how to prevent injury and includes information about warming up / cooling down, flexibility and overtraining as well as what to do if an injury does occur.

- **Nutrition for sports people -**

This Sportsheet provides a guide for performers about basic dietary requirements for sports people, and outlines what, how much, and when to eat and drink.

- **The role of fitness testing & selecting and using fitness tests –**

This Sportsheet provides coaches and sports performers with an insight into the role of fitness testing and how it may help them in their sport.



If you require a hardcopy of any of the Sportsheets please contact Kent Sport on 03000 414001

Sport science testing and support

FANS members can access the sport science support services at the universities at heavily discounted rates. This includes an initial half-hour consultation for FANS members which will be FREE of charge.

A wide range of support is available at the universities including laboratory & field-based testing, sports therapy/injury treatment and sport psychology support.

To access the **FREE initial consultation**, you will need to contact the Universities (details below) to arrange a mutually convenient time, and you will need to take along and show your FANS membership card. Any further testing or support needed thereafter would then be charged at the agreed rates.

For further details of the range of support & testing available and benefits to you please see University contacts and websites below.

SportsLab at Canterbury Christ Church University

Tel: 01227 782133
Email: sportslab@canterbury.ac.uk

Website:

<https://www.canterbury.ac.uk/social-and-applied-sciences/human-and-life-sciences/sports-lab/sports-lab.aspx>



University of Kent at Medway (Chatham Maritime Campus)

Tel: 01634 888812
Email: sportsciences@kent.ac.uk

Websites:

Performance Clinic: <https://www.kent.ac.uk/sportsciences/facilities/performance-clinic.html>

Sports Ready Clinic: <https://www.kent.ac.uk/sportsciences/facilities/sports-ready-clinic.html>

Respiratory Clinic: <https://www.kent.ac.uk/sportsciences/facilities/respiratory-clinic.html>



University of Greenwich Dome Gym (Eltham campus)

Tel: 020 8331 7541
Email: Kelly Cooper e-mail: ck54@gre.ac.uk or n.j.woolford@gre.ac.uk

Website:

<https://www.gre.ac.uk/about-us/campus/sports>

