Optimal Training Load and Long Term Athlete Development

SUPERVISOR
Dr Dave Parry, School of Biological Sciences, University of Essex, UK

Elite sporting performance results from a combination of many factors, including the selection of individuals with enhanced inherited capabilities, and their development as athletes through the systematic engagement in a training regime that involves appropriate workload and recovery.

The Long Term Athlete Development (LTAD) model (Balyi and Hamilton 2004) has gained considerable support in many countries and talent development programmes. It suggests that young athletes enter various ‘windows’ of accelerated development, which precede, coincide with, or follow various stages of physical maturation. Despite the popularity of the LTAD, there is a lack of empirical evidence to support its implementation (Ford et al. 2011).

Longitudinal tracking of young athletes offers an opportunity to assess how selection and training load interacts with physical maturity in the development of elite athletic capabilities (Cobley et al. 2013). This studentship will use a multi-disciplinary approach to examine different aspects of athletic development, such as anthropometric, fitness, skill, cognitive-perceptual and psycho-social variables alongside training load assessment, in several populations of elite junior athletes.

REFERENCES


Entry requirements and application procedures
Applications should be submitted electronically by 30th April 2014, see here for details. This scholarship will be to the value of £12,500 per annum plus UK tuition fees.

For general information about the School of Biological Sciences at the University please see here.