



219th Lecture Series 7.30pm - 18 November 2020



Prof Mark King

Elite sport performance - is there a formulae for success?

ABSTRACT

In the increasingly competitive world of elite sport, understanding the factors that limit human performance is critical as athletes push their bodies to the limit to achieve incredible performances that we can only dream of. Over the last 30 years as technology has developed we are now able to quantify, examine, simulate and optimise human performance. This presentation will explore the factors that limit human performance using examples from a range of sports including gymnastics, cricket, tennis and badminton.

BIOGRAPHY

Mark King is a Professor of Sports Biomechanics at Loughborough University and a Fellow of the International Society of Biomechanics in Sports. His research combines theoretical and experimental techniques in biomechanics to explore and push the boundaries around optimum performance in sport.

LINKS

<https://scholar.google.com/citations?user=DiCWXWsAAAAJ&hl=en>

<https://www.lboro.ac.uk/departments/ssehs/staff/mark-king/>

The talk will be given over Zoom and if you would like to join the webinar please email info@royalphil.org and joining information will be sent to you.