

Vernon Coffey

From: VOGÉ Christine <Christine.Voge@npsr.qld.gov.au>
Sent: Friday, 10 March 2017 10:55 AM
To: VOGÉ Christine
Subject: Concurrent strength & endurance training presentation - 29th March 2017

Hi all,

The QAS CoE is hosting a presentation by Dr Vernon Coffey from the Bond Institute of Health and Sport, Bond University.

“What can research tell us about concurrent strength and endurance training for sport?”

This presentation will delve into the complexities of concurrent training and challenges for researchers, and will also seek to generate robust discussion with staff/practitioners regarding their current approaches to concurrent training programs.

Date: Wednesday 29th March 2017

Time: 2:00 – 3:00pm

Venue: QAS Lecture Room, Level 1 QSAC, Nathan.

PRESENTATION ABSTRACT

Specificity is a core principle of exercise training to promote the desired adaptations for maximising athletic performance. The principle of specificity of adaptation is underpinned by the volume, intensity, frequency, and mode of muscle contractile activity and is most evident when comparing endurance vs. strength trained athletes. Chronic training studies provide evidence that endurance exercise can have a negative impact on development of muscle hypertrophy and strength during concurrent training but adding resistance training to endurance programs is often beneficial. There are many questions that remain unanswered related to the how, when and why there can be an ‘interference’ effect with concurrent training.

BIOGRAPHY

Vernon secured a PhD scholarship at RMIT in 2003 and under the principal supervision of Prof. John Hawley graduated in 2006, with his thesis entitled ‘the molecular bases of training adaptation’. He also spent several years as a post-doctoral researcher continuing study of the molecular aspects of muscle physiology and extending this work to include nutrient intervention and nutrient-training interactions. Vernon’s main interests are in translational research that attempts to bridge the gap between mechanistic and applied physiology. A focus of his research has been to try and understand the interference effect with concurrent resistance and endurance training, and the specificity of training adaptation. He is also currently involved in research in AFL football, triathlon, and the physiology of anaerobic capacity. Prior to undertaking a career in research, he was involved in strength and conditioning and sport science support for rugby and netball.



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Please feel free to pass onto others who may be interested in this presentation.

Kind regards,
Christine

Christine Voge

Business Coordinator

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