

CENTER FOR EXCELLENCE in the NEUROSCIENCES



S E M I N A R S E R I E S

The Regulation of Pacing: Spending Physiology on Performance

Ross Tucker, Ph.D.

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University of Cape Town

Cape Town, South Africa

Tuesday, November 11th 2014

12:00-1:00 p.m.

Alfond 304

UNE, Biddeford Campus

Lunch will be provided

Hosted by: Lara Carlson, Ph.D.



Dr. Ross Tucker is a senior lecturer with the University of Cape Town's Exercise Science and Sports Medicine Department. He obtained his Ph.D. studying the limits of exercise performance, fatigue and pacing strategies. He also completed a Post-graduate Diploma in Sports Management, and then spent three works working in sponsorship and sports business strategy before returning to the University, where he

currently conducts research into areas including barefoot running, physiology of elite East African runners, Talent ID and development and biomechanics of elite kayaking performance.

He contributes widely to the translation of science to the public, including consulting with professional sports teams, Olympic federations and national government, and has written articles for lay publications including the New York Times, Washington Post, Guardian (UK), and The Times (SA). He runs The Science of Sport website, which also aims to translate and communicate scientific information to interested readers.

Dr. Tucker believes that it is very important that the gap between science and commerce is bridged. Too often, there's a huge discord (a chasm the size of the Grand Canyon is a more apt description of it!) between the science in the lab and its implementation and application to every athlete. His goal is to bridge that gap, be it through news articles, coaching or explaining the science, and this site will hopefully contribute to all three.

Science of Sport Website: <http://sportsscientists.com>

Center for Excellence in the Neurosciences

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