



Loughborough  
University

NATIONAL CENTRE FOR  
SPORT & EXERCISE MEDICINE  
WORKING FOR HEALTH & WELLBEING



# Public lecture series 2019

Room 1.39, National Centre for Sport and Exercise Medicine,  
Loughborough University. Lecture starts at 5.30pm

[www.ncsem-em.org.uk](http://www.ncsem-em.org.uk)  
[@ncsemem](https://twitter.com/ncsemem)

May

22

## Optimising sports performance

Presented by Dr Mark King, Reader in Sports Biomechanics, Loughborough University

In this presentation Dr Mark King will discuss optimum sports performance using examples from a range of sports, including bowling at over 90 miles per hour in cricket and performing a triple layout somersault in gymnastics.

Dr Mark King is a Reader in Sports Biomechanics at Loughborough University. Mark has been at Loughborough since 1990, graduating in Sport Science and Mathematics in 1993 and obtaining his PhD in computer simulation of dynamic jumps in 1998.

He has a passion for understanding optimum performance in elite sport. This stems from his own performance playing badminton for England at World and European Championships (over 40s), through to his novel subject-specific computer simulation models that have been used to understand optimum performance and injury risk in a variety of sports including England fast bowlers.

Mark has collaborated with the England and Wales Cricket Board for 15 years.



To book, please email Alison Stanley:  
[a.stanley@lboro.ac.uk](mailto:a.stanley@lboro.ac.uk)