



SPORT
SCIENCE
LABORATORY

FH | JOANNEUM
University of Applied Sciences

SPORT SCIENCE LABORATORY



SPORT SCIENCE LABORATORY FH JOANNEUM BAD GLEICHENBERG

*TRAINING SCIENCE > DIAGNOSTICS > COMPETITIVE SPORTS
> EXERCISE AND FITNESS > SPORTS THERAPY > TRAINING
THERAPY > TRAINING COUNSELING*

In the Sport Science Laboratory our sports scientists do applied training research, especially concerning the optimization of training processes and the development of sport and fitness therapy programmes. Research and consulting is done in close cooperation with the staff of our contracting partners. These include a wide variety of companies, organizations and institutions from the fields of sport, health and tourism. Our role is to provide scientifically grounded advice in the field of training science.

What is Training Science?

Training science is a branch of sport science and draws on a number of disciplines such as physiology, physics and psychology. The goal is to optimize training processes by increasing both the individual's physical and psychological performance. Sport scientific analysis and/or diagnosis provide a basis for this improvement.

Services Offered

The staff of the Sport Science Laboratory does research at an internationally competitive level, the results of which are then transferred into high quality applications.

We offer research and services in the following areas:

- Diagnostics and training guidance in competitive athletics
- Development of therapy plans in sports- and training therapy
- Holistic training counselling in health sports

The staff has at its disposal the most modern laboratory equipment available, which permits complex analyses not only in the laboratory, but also in the field.

The Sport Science Laboratory is an active member of the following international networks:

INSHS - International Network of Sports and Health Science | www.eusponet.com

ÖGSE - The Austrian Association for Sports Nutrition

DVGS - The German Society for Health Sports and Sport Therapy

The high quality work done by the staff of the FH JOANNEUM's Sport Science Laboratory frequently is demonstrated by their frequent presentations at international scientific conferences and their regular publications in sport science journals.

AREA OF EXPERTISE: COMPETITIVE ATHLETICS

” *Developing the physical performance capability of each and every player is the most important foundation for success in modern football. The experts of the FH JOANNEUM's Sport Science Laboratory are able to systematically analyse the capabilities of the individual players and put them into the context of international comparative statistics. This permits the development and implementation of individualized conditioning programs.*

Franco Foda, Soccer Coach



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AREA OF EXPERTISE: TRAINING- AND SPORTS THERAPY

” *If the incidence statistics are any indication, clinical conditions such as obstructive respiratory disease is becoming increasingly widespread. The development of therapeutic programmes to treat such diseases is therefore of great social importance. Interdisciplinary research projects provide a foundation for evidence-based therapeutic measures. Cooperative research with the FH JOANNEUM helped to insure the high quality of our therapies at an internationally competitive level.*

Josef Blaschitz, Triestina Kurhotel GmbH

AREA OF EXPERTISE: EXERCISE AND FITNESS

” *As I see it, health and fitness are inextricably linked with sports and exercise. The performance analysis tools developed and implemented by the FH JOANNEUM's Sport Science Laboratory are then used by the staff to construct personalized training recommendations that significantly increase well-being and the quality of life.*

Franz Griesbacher, Musician, Die Paldauer



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Translating well-grounded research *into high quality applications*

What quality means for us:

- Individually tailoring optimal, innovative solutions to the requirements of our clients and partners
- Adhering to strict quality- and hygienic standards
- Regular continuing education for staff
- Cooperating with national and international institutions and experts from the field of health and sports
- Being certified by the Federal State of Styria as a sport science research site



The following organisations rely on our expertise:

- SK Sturm Graz, AKA (HIB) Graz-Liebenau
- The Styrian Goalie Academy Goriupp
- The Austrian Military Pentathlon Team
- The Government of the Federal State of Styria
- The Tourism Association of the Bad Gleichenberg Region
- The Farmers' Social Insurance Company
- numerous other associations, institutions and businesses in the fields of sports, health and tourism

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A network of experts drawing on both theory and practice



Training Science







Mag. Dr. Dietmar Wallner MAS,

Sport- and training scientist; certified track and field trainer; specialist in performance diagnostics, training for soccer players, sprinters and runners; research emphasis in interval training in both competitive athletics and therapeutic applications



Mag. Dr. Helmut Simi,

Training scientist; certified exercise instructor for cardiac sport groups; instructor for rehabilitation exercise; Specialist in rehabilitation exercise; research emphasis in respiratory muscle training



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Mag. Dr. Manuela Konrad,

Dietician and medical researcher; author of numerous scientific articles; expert in sport nutrition; research emphasis in performance-enhancing nutrition



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