INAUGURAL PROFESSORIAL ADDRESS

PUBLIC LECTURE SERIES 2019

AUT

PROFESSOR ANDREW KILDING

Pushing the limits of Human Performance

The human body is capable of impressive feats. On the Olympic stage, the margins between winning and losing are extremely small and the use of sport science to help achieve that extra 1% is now common place. Understanding the physiological determinants of performance and identifying effective and practical strategies to help athletes achieve a competitive advantage are highly sought after. So what are the limits and what are the strategies that can help turn Silver in to Gold?

Professor Andrew Kilding is a sport and exercise physiologist whose research focuses on enhancing human physical performance. Most of his work has focused on identifying and assessing strategies to improve physiological function and performance in athletes, although his research has extended to consider human performance in other contexts, such as physically demanding occupational roles.

In his inaugural professorial address, Professor Kilding will discuss the physiological basis of human performance and how physiology research informs and assists athletes to prepare and perform better, as well as provide insight into the physiological challenges of preparing for the Tokyo Olympics 2020.

Andrew grew up in the North-East of England and was educated at Teesside University, Leeds Beckett University and Sheffield Hallam University before joining AUT in 2004. Sport, particularly running, has always been a large part of his life and he considers himself very fortunate to be able to participate, study and work in an area he is passionate about. In addition to his academic roles at AUT, Andrew is also Head of Performance Physiology at High Performance Sport New Zealand and is an executive board member of Sport and Exercise Science New Zealand.

TUESDAY 26 NOVEMBER

4.30–5.30pm

WA Conference Centre

AUT City Campus
Level 2, WA Building
55 Wellesley Street East
Auckland 1010

To register for this event, please **CLICK HERE**

Refreshments will be served after the address.