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Specialisation:

Sport & Exercise Psychophysiology

Sport & Exercise Training

Research Interest:

Effects of high-intensity interval training (HIIT) on psychophysiology

Roles of training load in exercise setting

Exercise behaviour in young and adult people.

Available Postgraduate Research Topics:

1. Effects of HIIT on perceptual responses
2. Effects of HIIT with different protocols on training load, perceptual responses and cortisol levels.
3. The used of affect responses for exercise intensity regulations