

# Let's do sport with scientists !

*Three scientists came to our high school on Monday the 21<sup>st</sup> November. They came from the University of Kent in the United Kingdom.*

*They are sport scientists and offered us to do some experiments in order to explain to us how the body works during sport. It took place from 9am to 12pm in the "salle polyvalente". They stayed in France all the week to do other meetings in other schools.*

## Who was here?

There were some people of the British Council, which organized this meeting, three scientists from the University of Kent, people from Strasbourg's local education office, and our CLIL teacher.

Dr John Dickinson, a lecturer in Sport and Exercise Sciences, James Hogg and Arthur Bossi (two doctoral students from the University of Kent), met us on Monday. The British council invited them in France to meet students to speak about their job experience.

Dr Dickinson has worked with famous athletes like Olivier Giroud, Laurent Koscielny, Mezut Özil and Chris Froome !

He evaluates them with his staff in order to know if the athletes are fit or if they have health problems and how they could help them to improve their skills thanks to science. We had the occasion to try some of these tests with many sensors.

## What activities have we made?



We learnt at the beginning how to make our own sports drink. There are 3 types of energy drink and each drink has a specific use: the isotonic one for the football players; the hypotonic one for the gymnasts which are made without a lot of sugar and with a lot of water to hydrate the body. The hypertonic one is for marathoners with more sugar to have more energy.

Then John showed us the importance of being aware in order to predict actions: we did a test in which we had to find numbers in a chart during one minute next to a person who tried to make us fail. A few moments later, John showed us some videos of a soccer player who was kicking a ball and we had to guess where the ball was going.

Then, we tested our body performance: we recorded our resting heart rate and our blood oxygen saturation, did a jump test in order to see how high we could jump, and have done a grip strength test to know how strong we are.

Moreover, we did an agility test: we had to run as fast as possible and turn at the end of the sprint once on the right foot and another time, on the left foot. Furthermore, we did a balance test in which we had to stand on a balance once with both feet, then with the right foot and last, with the left foot. And at last, we could do a test against someone, in which we had to run at every laser of our color and put our arm between a laser and a sensor to test our speed and coordination.

## Did you enjoy these activities?

There were many kinds of activities for each ability. For instance there was a grip test, to measure our strength, a jump test to estimate our agility, springiness, etc... Afterward the majority of the classmates were keen on the activity with the lasers. We were



tested on our capacity to react quickly. On the whole, everybody enjoyed the activities.

We would like to thank every scientist and member of the group which offered us these experiments and we would like to do it again!



The students of the European section  
Supervised by Miss DURR with the help from Mister MANCA