

Jonathan Hughes

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Jonathan joined the University of Gloucestershire in 2012 after undertaking PhD research at Massey University in New Zealand. I am a member of the UK Strength and Conditioning Association (UKSCA) and an Accredited Strength and Conditioning Coach (ASCC). As a practicing Strength & Conditioning coach I aim to bring the passion and experience I have to my teaching. I hope to provide a solid evidence based approach to practice. I have particular interests in the development of youth athletes, the role of eccentric exercise in athletic development

and injury risk and the role of monitoring of training on sport performance.

Topic 1

Monitoring neuromuscular performance in team sport athletes

This session will examine what happens to youth players from competitive match to competitive match as this a critical window in the increased risk of injuries. The lecture will specifically explore and discuss the acute, chronic and accumulated fatigue related deterioration in neuromuscular function post competitive match-play.

Topic 2

Neuromuscular readiness to perform in field based sports

This session will look to explore the effect of a soccer specific fatigue protocol on neuromuscular readiness to re-perform in team sports.