

**Adran Gwyddor Chwaraeon ac Ymarfer Corff
Department of Sport and Exercise Science**

**Cyfres o Seminarau Ymchwil/
Research Seminar Series
Semester 2 – 2009/10**

**Dydd Gwener/Fridays 12.10-1.00 p m
Ystafell/Room: F11
Adeilad Carwyn James Building**

Dyddiad/Date	Cynnwys/Content
19 Mawrth/ March	<i>'It's not what you said, it's the way that you said it': integrating self-talk with motivational theory</i> Emily Oliver
26 Mawrth/ March	<i>Acute effects of Sprint Interval Training on immune function</i> Dr Glen Davison
9 Ebrill/ April	<i>"I'd never looked at it like that...": Expressive writing as a method of dealing with sports stressors</i> Dr Jo Thatcher and Dr Melissa Day
30 Ebrill/ April	<i>6 years up: Applied sport psychologists in the real world</i> Dr David Tod
14 Mai/May	<i>The role of superstition among professional footballers in Ghana</i> Patrick Ofori
21 Mai/May	<i>Effects of supine exercise on VO₂ kinetics and the power- duration relationship</i> Jon Baker
28 Mai/May	<i>Does tyrosine depletion limit prolonged exercise capacity in the heat?</i> Les Tumilty

Seminarau anffurfiol bydd rhain gyda siaradwyr yn rhoi cyflwyniad o tua 20 munud gyda trafodaeth i ddilyn. Croeso i Staff yr adran ac unrhyw fyfyrwr sydd a diddordeb.

These seminars will be informal, with speakers presenting for approximately 20 min followed by discussion. All SES staff and interested students welcome.