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SHES becomes affiliated with the European College of Sport Science

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The Department of Sport, Health and Exercise Science (SHES) is very proud to announce our affiliation with the European College of Sport Science (ECSS). The society is dedicated to the collection, generation and dissemination of scientific knowledge at the European level and aims to promote knowledge and research, with special attention to sport science.



The research topics/areas of the ECSS include many of which are of particular focus for SHES, for example adaptations to exercise, performance and health aspects of people engaged in physical activity. Our association with ECSS will hopefully help to further increase the recognition and collaborative potential of the interdisciplinary and applied research conducted within the department.

SHES staff have previously presented/attended the ECSS annual congress with a number also attending the **2016 congress** in July hosted in Vienna, Austria. A number of research studies will be presented by our staff, including:

SHES 2016 ECSS Congress Presentations

THE FUTURE OF WEARABLE TECHNOLOGY FOR GAME ANALYSIS

Abt, G.

THE VALIDITY AND INTER-DEVICE VARIABILITY OF THE APPLE WATCH FOR MEASURING MAXIMAL HEART RATE

Abt, G., Bray, J., Benson, AC.

**THE IMPACT OF EXERCISE AND FAT TYPE ON HYPERTRIGLYCERIDEMIA
IN HEALTHY MALES**

Fogarty, MC., Bray, J.W., O 'Doherty, A., Evans, W., Scott, C.

**CARDIOMETABOLIC AND PSYCHOSOCIAL BENEFITS OF MODERATE-TO-
HIGH INTENSITY INTERVAL TRAINING (MO-HIIT) COMPARED TO
TRADITIONAL TRAINING MODALITIES**

Gleadall-Siddall, D., Burke, R., Gritt, J., O'Carroll, G., Bray, J., Douglas, C. Ingle, L., Garrett, A.

**THE REPEATABILITY OF THE ORAL FAT TOLERANCE TEST WITH AND
WITHOUT PRIOR AEROBIC EXERCISE**

O'Doherty, A.F., Sathyapalan, T., Ingle, L., Carroll, S.

For more information regarding the research interests of SHES staff, please refer to our [staff profiles](#).