Sports and Exercise Science

‘Inspiring Minds’

The first in a series of ‘Inspiring Minds’ competitions open to Year 12 or level 3 equivalent learners.

Aims:
The aims of the Sports and Exercise Science Inspiring Minds competitions are to:
- raise awareness of interesting advances in the field of Sports and Exercise Science;
- encourage ambitious and talented students considering applying to Higher Education in a sports related discipline;
- recognise the achievements of highly able students and those who teach them.

Title:
Candidates are in this first instance invited to submit an essay of no more than 1,000 words on the following title:

“The role of a high-fat, low-carb diet for endurance performance”

Deadline:
The deadline for all entries is Thursday 31st January 2019 (23:59 GMT, UK Time).

Prize:
The winning entry will receive a £50 Amazon voucher and Lancaster University merchandise.

Submission:
- All entries and any questions should be directed to Dr Sarah Powell by e-mail*: s.m.powell@lancaster.ac.uk.
- Please include the completed submission form and 'SaES Inspiring Minds Entry' in the subject line of your email.
- Open to all Year 12 or equivalent level 3 learners.

*Your email address will be used for the sole purpose of entry to this competition.

For more information visit: www.lancaster.ac.uk/saes-inspiring-minds