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All in a flap as owls land at University's new sports centre site (/schools/sport-exercise/news/2015/16Jun-big-hoot-launches-on-campus.aspx)

A very special visitor swooped into the University of Birmingham on Thursday to officially announce the institution's participation in this summer's citywide public art event, the Big Hoot.

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Study participants needed for Biological Responses to Cognitive Tasks (/schools/sport-exercise/news/2015/16Jun-study-participants-needed.aspx)

An expert psychophysiological research team are conducting a research study investigating how the mind and the body respond to cognitive tasks. With advanced techniques including MRI scanning, this study will assess cardiovascular, psychological, and neural responses.

#UoBbackintime competition (/alumni/news/items/2015/UoBbackintimecompetition.aspx)

Post workout rehydration: which drink fares the best? (/schools/sport-exercise/news/2015/14Apr-Post-workout-rehydration-which-drink-fares-the-best.aspx)

Which drink should we reach for after a hard work-out? Exercising in a hot environment leads to dehydration, so we need to consume fluids in the post-exercise period in order to replenish the fluid lost through sweating. For optimal rehydration, is it necessary to consume a sports drink, or are other drinks as good? Dr Andy Blannin (Senior Lecturer in Exercise Metabolism) looks at this issue with Professor Alice Roberts (Professor of Public Engagement in Science at the University of Birmingham) on Britain's Favourite Foods: Are They Good For You? (21:00, Tuesday 14 April, BBC2).

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Olympics Tweets

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