



**[Training Study in Sport and Exercise Science \(/schools/sport-exercise/news/2014/10jul-training-study-in-sport-and-exercise-science.aspx\)](/schools/sport-exercise/news/2014/10jul-training-study-in-sport-and-exercise-science.aspx)**

An expert exercise physiology research group from the University of Birmingham plan to guide participants through a 10-week leg resistance training programme in order to observe the importance of rest-interval duration on muscle growth.



**[Swim coach has a hole lot of love for the city's newest pool \(/news/latest/2014/07/Swim-coach-has-a-hole-lot-of-love-for-the-citys-newest-pool.aspx\)](/news/latest/2014/07/Swim-coach-has-a-hole-lot-of-love-for-the-citys-newest-pool.aspx)**

A swimming coach at the University of Birmingham finally got chance to get into a 50m pool in the city this week after 30 years of pining for one – although he'll have to wait a little while longer for the taps to be turned on.

**[Control of breathing during exercise \(/schools/sport-exercise/news/2014/07jul-control-of-breathing-during-exercise.aspx\)](/schools/sport-exercise/news/2014/07jul-control-of-breathing-during-exercise.aspx)**

Since 1996, 766 Sport and Exercise Sciences undergraduates have studied respiratory control with Dr Michael Parkes. Do you still remember the debates over how little is known about how breathing is controlled in exercise (Guz, 1966, Wasserman 1986, Goodwin 1972)? Does it matter any more?!



**[What's in a name? Your chance to honour one of the region's sporting stars \(/university/building/sports-centre/name-of-the-game/news/Whats-in-a-name-Your-chance-to-honour-one-of-the-regions-sporting-stars.aspx\)](/university/building/sports-centre/name-of-the-game/news/Whats-in-a-name-Your-chance-to-honour-one-of-the-regions-sporting-stars.aspx)**

Help name the gym in the University's new £55 million sports centre

**[What's in a name? Your chance to honour one of the region's sporting stars \(/news/latest/2014/05/whats-in-a-name.aspx\)](/news/latest/2014/05/whats-in-a-name.aspx)**

Work on the University of Birmingham's brand new £55m sports centre has now begun, and to celebrate, local people, staff and students past and present are being invited to have their say in who the facility should honour.

Displaying 16 to 20 of 192  
[Previous \(/olympics/news/index.aspx?NewsListingAll\\_List\\_GoToPage=3&style=mediatype=print\)... 2 \(/olympics/news/index.aspx?NewsListingAll\\_List\\_GoToPage=2&style=mediatype=print\) 3 \(/olympics/news/index.aspx?NewsListingAll\\_List\\_GoToPage=3&style=mediatype=print\) 4 5 \(/olympics/news/index.aspx?NewsListingAll\\_List\\_GoToPage=5&style=mediatype=print\) 6 \(/olympics/news/index.aspx?NewsListingAll\\_List\\_GoToPage=6&style=mediatype=print\) ... Next \(/olympics/news/index.aspx?NewsListingAll\\_List\\_GoToPage=5&style=mediatype=print\)](#)

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