

## **Dunedin has joined the many cities in the world in which a University of the Third Age has been founded**

Beginning in France in the mid seventies the U3A movement has now spread to most countries and has many hundreds of thousands of members.

U3A is a response to the idea that human life is divided into three periods: firstly, childhood and schooling; secondly, child rearing and work; and thirdly retirement.

The third age is seen to provide the greatest opportunities for learning and understanding because it is during this period of retirement that the idea of a university as a community of those who seek greater understanding through learning can be put into practice.

### **The unique characteristics of U3A**

- Learning topics are selected by the members
- Indepth courses are planned by members
- Opportunities for reading, research and discussion are provided
- Presenters/facilitators are usually members of the groups
- The company of others who enjoy learning is ensured
- The atmosphere for learning is informal and friendly
- There are no examinations
- There are no compulsory activities
- Courses take place during daylight hours
- Costs are minimal and within the reach of everybody

## **ADMINISTRATION**

Dates: Thursdays  
Time: 10.00-12.00  
Fee: \$40.00  
Tea and coffee provided

### **Enrolments -Limited to 50**

You are able to enrol in more than one programme (subject to numbers).  
If you wish to enrol for more than one programme, you *must indicate your choice* on the Enrolment Form.

To be received on or before Friday 24th May 2002 **Unless you are contacted beforehand you may assume you are in the class.**

### **Venue:**

All sessions are held in the Lecture Room, Salmond Hall, Knox St.

### **Session Leaders**

Margaret Cameron  
Elizabeth Timms/Eldora Gilbert

THE UNIVERSITY OF THE THIRD AGE

# U3A

**Dunedin Charitable Trust**

A NEW LEARNING OPTION FOR THE RETIRED

### **The Sky's the Limit**

High Performance in Sport and how it is achieved.

6th June -25th July 2002

**Rodgers & Associates**

Law Practice

## THE SKY'S THE LIMIT

1st choice \_\_\_ 2nd choice \_\_\_ 3rd choice \_\_\_  
Please tick appropriate spaces.

Surname: \_\_\_\_\_ M \_\_\_ F \_\_\_

Name for Name Tag: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone Number: \_\_\_\_\_

### Payment

Course Fee: \$40

Cheques payable to Rodgers and Associates

Please complete and return to:

U3A

Rodgers and Associates

P O Box 6200

Dunedin North

on or before Friday 24th May 2002

### Enquiries to:

U3A

Katherine Dolby

467 2638

### The Programme

Before and after the Olympics, the Commonwealth games or any other international or national meeting intriguing questions arise in the minds of the uninitiated. How did these athletes reach this level of sport. What is involved in the physical and mental aspects of training. What part does Sports medicine play. What importance can be attached to dedication and background knowledge of history of the sport. What is worn by athletes and what should they eat.

This course should inform you and answer some of these and other questions.

## THE SKY'S THE LIMIT

### PROGRAMME 2002

(Thursdays 10.00-12.00)

Venue:-SALMOND HALL LECTURE ROOM

- ✓ 6th June History of Sport -Dr Douglas Booth -School of Physical Education
- ✓ 13th June Sports Psychology -Preparing for the mental side of sport -Dr Ken Hodge-School of Physical Education
- ✓ 20th June Women in sport -Celebration of progress and achievement -Kereyn Smith CEO NZ Academy of Sport
- ✓ 27th June Contemporary Issues in Sports ( drugs/professionalism/children and high performance)-Dr David Gerrard, OU School of Medicine.
- 4th July Environmental and Exercise Physiology -Dr Jim Cotter, School of Physical Education *Data Projector*
- 11th July Nutritional Aspects of Sport- Glenn Kearney, Dept of Nutrition OU *925*
- 18th July Clothing, Textiles and Sport-Dr Debra Carr, Dept Clothing and Textile Sciences, OU.
- 25th July Sociology of Sport -(professionalism, contracts, money -the good, the bad and the ugly)Dr Steve Jackson -School of Physical Education

**RETAIN THIS PORTION -remember your 1st choice**