

Biography:

I'm a 30 year old sport scientist working predominantly as a physical education teacher and sports coordinator at a local school in Cape Town. I completed my Masters Degree, under the guidance and assistance of Prof Heather Morris-Eyton and Dr Natasha Janse van Rensburg, in October 2020. I was then privileged to get an article published in the South African Journal of Sports Medicine. I am exceptionally passionate about knowledge, sharing and gaining, specifically when related to human anatomy and physiology. It is my passion for swimming, both as a swimmer and former coach, that lead to my research. I'm a firm believer that knowledge in use is power and research allows us to continually increase our knowledge but also rethink what we've always known and thought to be true.

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