

## ALUMNI PROFILE

**Lorenz Kissling 2007 - 2012**

**PERFORMANCE  
PHYSIOLOGIST**

**“My time at MAC equipped me with some really valuable skills and knowledge which I can call on today in my work.”**



During his time at MAC, Lorenz really enjoyed MAC’s nationally renowned outdoor pursuits programme. He says it gave him an incredible opportunity to gain outdoor experience in some of New Zealand’s most beautiful and challenging landscapes, pushing himself physically and mentally, and developing valuable life skills.

“These days I work as a performance physiologist for some of New Zealand’s Olympic athletes which means I specialise in understanding how the body responds and adapts to training, competition and the environment to enhance performance.

“I still look back on moments I experienced at MAC that continue to play a positive role in my life.”

As a performance physiologist, Lorenz works with athletes and coaches to monitor an athlete’s physiological and performance-related variables and to use that information to increase the effectiveness of their training.

“I went to Otago University and studied a Bachelor of Physical Education (now known as exercise and sport science),” he explains.

“After that, I completed a masters degree (with distinction) at Otago University where I investigated how best to heat acclimate which is the process of adapting to heat.

“This is important to understand because athletes need to train and compete in different environments so being able to adapt to heat allows them to reduce physiological strain, improve their comfort and exercise capacities, and minimise the risk of serious heat illness during exposure to heat stress.

“Since finishing my studies, I’ve been working at High Performance Sport New Zealand.

“One of the highlights of the job has been helping to prepare New Zealand athletes for the heat and humidity of the Tokyo Olympics.

“I’ve now joined Rowing NZ as a performance physiologist, working with elite and development rowers to support their success through to Paris 2024.

“When it comes to making decisions about the future, I’d encourage MAC students to do what they enjoy and worry less about what they think they should do. Life is too precious to spend too much time working in a field you don’t enjoy.”



— TE KURA O TITITEA —  
MOUNT ASPIRING COLLEGE