

EVALUACIÓN Y CONTROL CARGA ACELEROMETRO COMERCIAL



Adidas miCoach SPEED CELL Paquete Negro - NS
de adidas
[Sé el primero en opinar sobre este producto](#)

Precio: EUR 44,90
Precio final del producto

En stock.



SPEED CELL **CLIP**

PC-USB STICK **IPHONE ADAPTER**

- Adidas miCoach SPEED CELL X44112.
- Incluye: sensor miCoach, clip de cordón, dongle de transmisión de datos para iPod, iPhone y dongle de transmisión de datos para PC o MAC.
- La mercancía está declarada como mercancía B. Este modelo no muestra ninguna falla a la vista, para devoluciones debe solicitar la rescisión. Está en el empaque original, que no está roto ni ha sido abierto. El artículo es nuevo y es completamente capaz de funcionar, use una batería nueva. Por favor lea las instrucciones del fabricante en Internet.



miCoach SPEED_CELL
compatible con Bluetooth Smart
Training

70€ ★★★★★ 16

Añadir al carrito

Tecnologia low cost



la precisión del aparato es correcta

su validez ha sido demostrada en cuanto a la cantidad de la carga

su fiabilidad es importante

el muestreo parece suficiente para determinar los desplazamientos

es un acelerómetro, no puede medir nada que no sea desplazamiento

TACSM Abstract

Validating the Adidas miCoach for estimating pace, distance, and energy expenditure during outdoor over-ground exercise accelerometer

JUSTIN P. PORTA, DEREK J. ACOSTA, ANGELICA N. LEHKER, SEAN T. MILLER, JOE TOMAKA, and GEORGE A. KING

Miner Lab; Department of Kinesiology; The University of Texas at El Paso; El Paso, TX

International Journal of Exercise Science

www.tacsm.org



and 214.4 m/min ($P < 0.01$) were significantly different from actual EE. CONCLUSION: These data indicate that the Adidas miCoach is accurate for estimating distance. However, it lacks the ability to accurately estimate pace and EE across a range of walking and running speeds. Additionally, it appears that the laces configuration produced more accurate estimates than the midsole. Partially supported by UTEP CHS graduate enhancement funds.

DIARIO DE ENTRENAMIENTOS DE DEC 2014 - MAY 2015



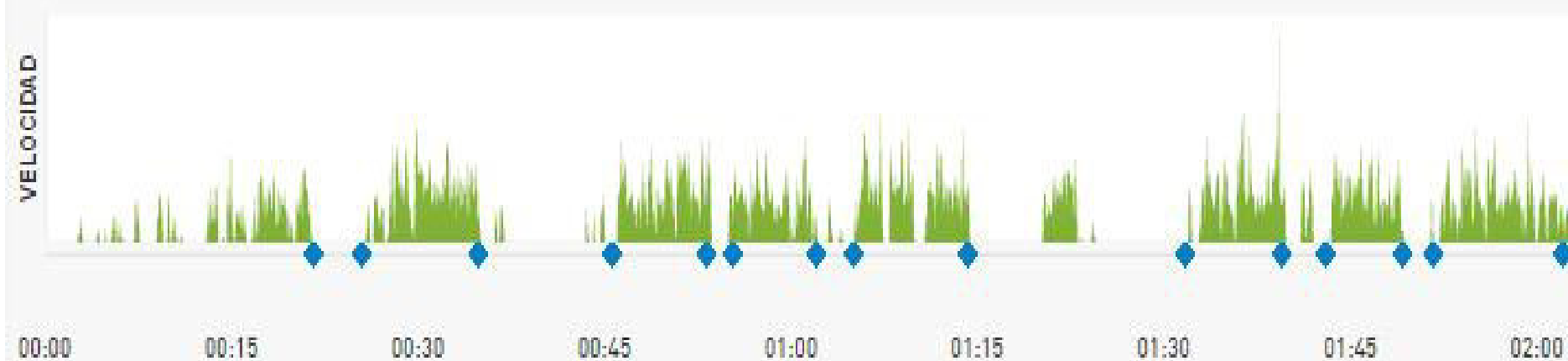
< MES ▾ > < AÑO ▾ >

VER TODOS

FECHA	NOMBRE DEL ENTR...	ACTIVIDAD/DEPORTE	TIEMPO	CALORÍAS	DISTANCIA	RITMO CARDÍ...	RITMO MEDIO	PASO	PUNTUACL...	NOTAS
		Baloncesto	01:30:00	395	4.94 KM	--- PPM	18:14 MIN/KM	93 PASOS/MIN		
		Baloncesto	01:20:30	420	5.25 KM	--- PPM	15:20 MIN/KM	95 PASOS/MIN		
		Baloncesto	01:11:15	313	3.91 KM	--- PPM	18:14 MIN/KM	90 PASOS/MIN		
		Baloncesto	01:50:45	516	6.45 KM	--- PPM	17:11 MIN/KM	89 PASOS/MIN		
		Baloncesto	01:32:35	370	4.63 KM	--- PPM	20:01 MIN/KM	86 PASOS/MIN		
		Baloncesto	01:42:30	486	6.08 KM	--- PPM	16:52 MIN/KM	101 PASOS/MIN		
		Baloncesto	01:34:45	495	6.18 KM	--- PPM	15:20 MIN/KM	90 PASOS/MIN		
		Baloncesto	01:18:30	411	5.14 KM	--- PPM	15:17 MIN/KM	99 PASOS/MIN		
		Baloncesto	01:18:40	482	6.03 KM	--- PPM	13:03 MIN/KM	101 PASOS/MIN		
		Baloncesto	01:05:30	400	5 KM	--- PPM	13:06 MIN/KM	110 PASOS/MIN		
		Baloncesto	52:20	278	3.48 KM	--- PPM	15:03 MIN/KM	102 PASOS/MIN		
		Baloncesto	01:30:30	426	5.32 KM	--- PPM	17:00 MIN/KM	97 PASOS/MIN		
		Baloncesto	02:03:15	451	5.64 KM	--- PPM	21:52 MIN/KM	103 PASOS/MIN		
		Baloncesto	01:12:45	389	4.87 KM	--- PPM	14:56 MIN/KM	105 PASOS/MIN		
		Baloncesto	01:46:00	416	5.2 KM	--- PPM	20:22 MIN/KM	74 PASOS/MIN		

PARTIDO AMISTOSO

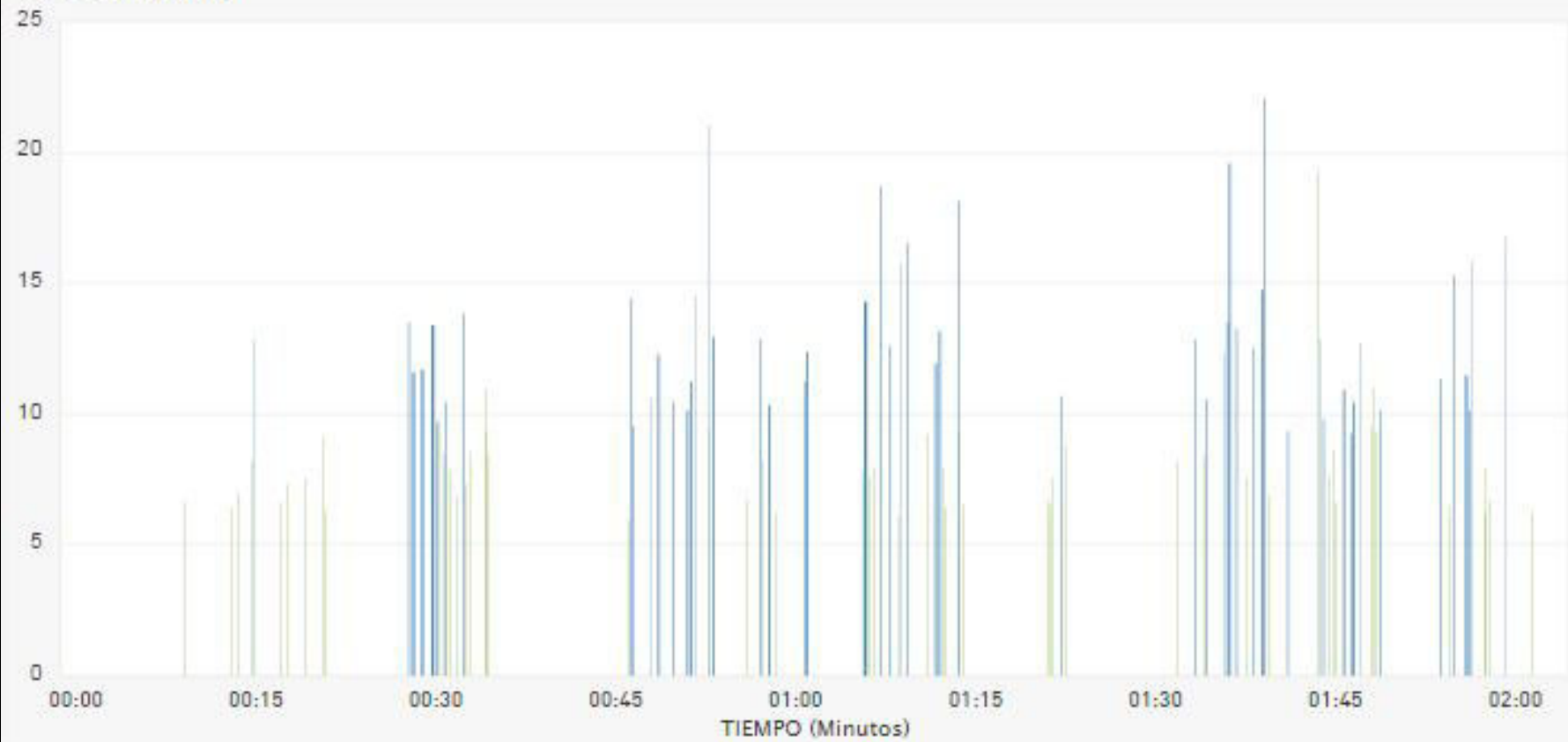
CRONOLOGÍA DE BALONCESTO



PERFIL DEL JUEGO

VER TODOS ▼

VELOCIDAD [KM/H]



Partido amistoso

RESUMEN DE ESTADÍSTICAS



INTENSIDAD
72 SPRINTS



TIEMPO
02:03:15



DISTANCIA
5.637 KM



VELOCIDAD
22.05 KM/H



72
SPRINTS ?

FRECUENCIA DE SPRINTS

MEDIA **3** CADA 05:00 MIN.



MÁXIMA **11** CADA 05:00 MIN.



54
CONTRAATAQUES ?

FRECUENCIA DE CONTRAATAQUE

MEDIA **2** CADA 05:00 MIN.



MÁXIMA **7** CADA 05:00 MIN.



INTENSIDAD
72 SPRINTS



TIEMPO
02:03:15



DISTANCIA
5.637 KM



VELOCIDAD
22.05 KM/H

02:03:15
TIEMPO TOTAL

00:59:45
TIEMPO DE ACTIVIDAD ?

00:03:36 TIEMPO DE SPRINT



00:06:40 TIEMPO DE CONTRAATAQUE



RESUMEN DE ESTADÍSTICAS



INTENSIDAD
72 SPRINTS



TIEMPO
02:03:15



DISTANCIA
5.637 KM



VELOCIDAD
22.05 KM/H

5.637 KM
DISTANCIA TOTAL

432.58 M
DISTANCIA DE SPRINT ?

1.148 KM
DISTANCIA DE CONTRAATAQUE ?

SPRINTS

6.01 M DISTANCIA MEDIA



11.69 M DISTANCIA MÁXIMA



CONTRAATAQUES

21.25 M DISTANCIA MEDIA



47.56 M DISTANCIA MÁXIMA



RESUMEN DE ESTADÍSTICAS



INTENSIDAD
72 SPRINTS



TIEMPO
02:03:15



DISTANCIA
5.637 KM



VELOCIDAD
22.05 KM/H

VELOCIDAD GENERAL

22.05
KM/H



MÁXIMA

2.74
KM/H



MEDIA

VELOCIDAD DE SPRINT ?

19.35
KM/H



MÁXIMA

7.21
KM/H



MEDIA

VELOCIDAD DE CONTRAATAQUE ?

22.05
KM/H



MÁXIMA

10.44
KM/H



MEDIA

Valoración subjetiva de la carga
del entrenamiento técnico-táctico.

Una aplicación práctica (I)



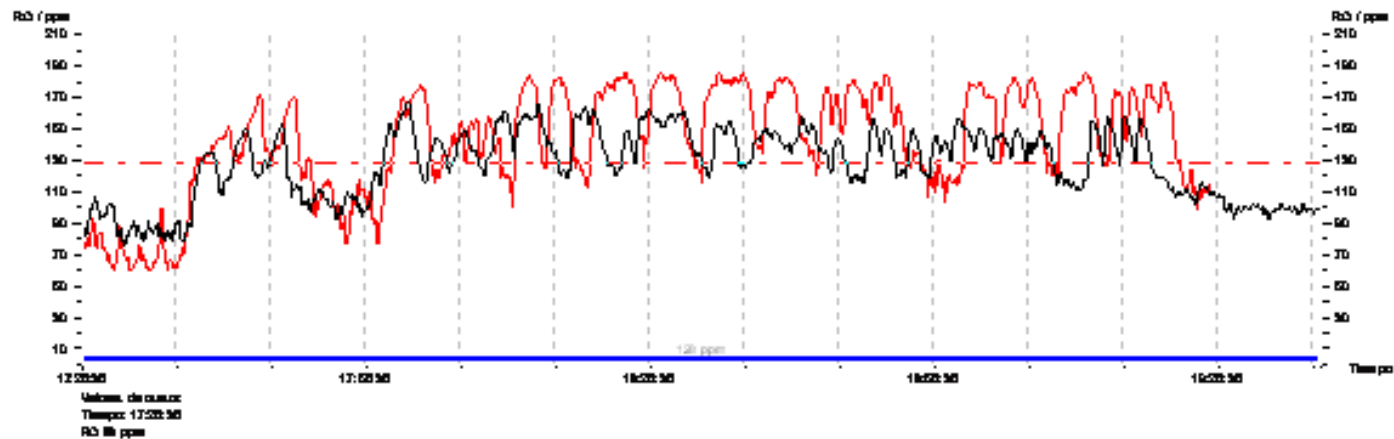
[Nacho Coque]

Valoración subjetiva de la carga
del entrenamiento técnico-táctico.

Una aplicación práctica (y II)



FECHA		PM	Tº ENTRENO	97									
EJERCICIO	GRADO OPO	DENSIDAD	EJEC SIMU	CARGA COM	ESPACIO	CARGA COG	PUNTUACION	Tº TOTAL	Tº UTIL	%	CARGA	TIPO CONT	
est+movilidad+ pies+fit							8	14,2	14,2	100,00	113,6	FISICO	
5X0	0	2	2	0	4	4	12	14,9	9,1	61,07	109,2	TACT	AEROB+
3X3/3X3	4	2	2	4	2	2	16	13,2	8	60,61	128	TACT	LACTICO
4x0 fondo salida	0	2	2	1	3	3	11	7,4	4,3	58,11	47,3	TACT	AEROB
5x5 ½ c	4	2	4	3	2,5	4	19,5	13,4	5,5	41,04	107,25	COMPET	ESPEC
5x5 ½ c	4	3	4	4	3	4	22	25	11,2	44,80	246,4	COMPET	ESPEC
											751,75		3,27

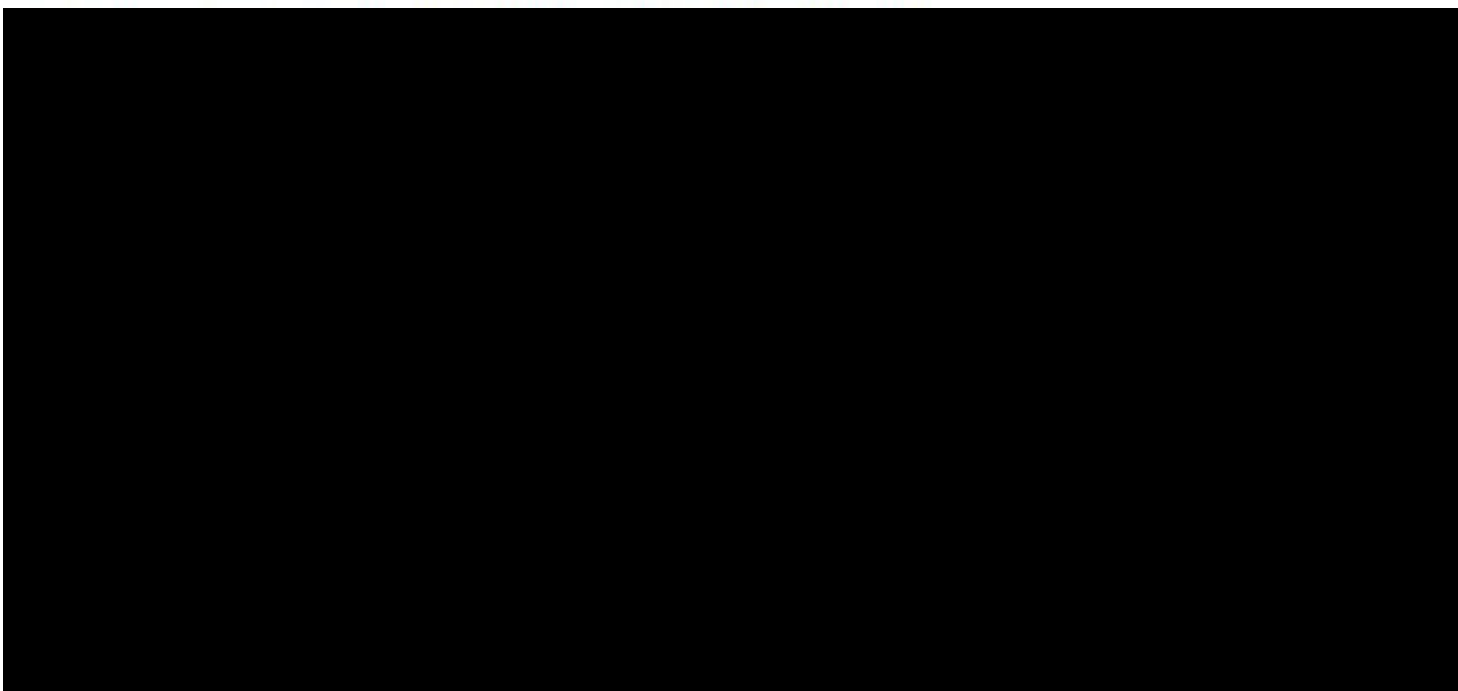


[J Strength Cond Res.](#) 2014 Sep;28(9):2397-405. doi: 10.1519/JSC.0000000000000458.

The relationships between internal and external training load models during basketball training.

Scanlan AT¹, Wen N, Tucker PS, Dalbo VJ.

different constructs of the training process than the accelerometer training load model in basketball settings. Basketball coaching and conditioning professionals should not assume a linear dose-response between accelerometer and internal training load models during training and are recommended to combine internal and external approaches when monitoring training load in players.



Training mode's influences on the relationships between training-load models during basketball conditioning.

Scanlan AT¹, Wen N, Tucker PS, Borges NR, Dalbo VJ.

specific conditioning. Comparisons suggest that the HR-based models were less effective in detecting periodized increases in training load, particularly during court-based, intermittent, multidirectional drills. The practical benefits and sensitivity of the sRPE model support its use across different basketball training modes.



CONTROL CARGA ACCELEROMETRO																																											
				ACCIONES						TIEMPO						DISTANCIA										VELOCIDAD																	
	CARGA E	TQR	RPE	SPRINT T	MED SP 5'	MX SP 5'	CONT T	MED CNT 5'	MX CT 5'	T* TOTAL	T* ACTIVO	T* SPRINT	T* CONT	DIST TOTAL	DIST SPRINT	DIST CONT	DIST MED SP	DIST MAX SP	DIST MED CT	DIST MAX CT	V MAX	V MED	V MAX SR	V MED SR	V MAX CT	V MED CT																	
P1	2,9	14	13	56	3	8	39	2	6	01:21:45	56:15	02:48	04:42	4857	325,68	792,84	5,82	8,75	20,33	45,16	17,4	3,56	12,71	6,98	17,44	10,16																	
P1	3,4	14	14	55	4	6	40	3	8	01:18:15	54:52	02:45	04:43	4906	318,01	858,64	5,78	10,59	21,47	48,88	22,1	3,76	15,75	6,94	22,05	10,82																	
P2	3,1	16	17	73	5	10	76	5	8	01:18:40	58:57	03:39	09:56	6029	413,23	1777	5,66	10,38	23,39	54,53	23,1	4,6	15,53	6,79	23,06	10,66																	
P2	3,5	17	15	63	4	10	46	3	8	01:18:30	53:02	03:09	05:51	5139	359	997,64	5,7	8,72	21,69	47,53	21	3,93	14,85	6,84	21,04	10,41																	
P3	3,3	14	16	61	3	8	25	1	5	01:26:00	01:02:10	03:03	02:48	5204	333,23	476,82	5,46	7,66	19,07	26,78	17,9	2,95	10,69	6,55	17,89	10,25																	
P3	3	13	18	42	3	8	14	1	3	01:04:00	00:41:44	02:06	01:22	3442	239,73	228,64	5,71	7	16,33	19,63	17,9	3,23	9,11	6,85	17,89	10,21																	
A1	2,5	12	13	45	4	7	42	4	6	56:45	39:48	02:15	04:47	3743	264,01	832,6	5,87	8,03	19,82	45,66	21,7	3,96	11,36	7,04	21,71	10,5																	
A1	3,2	13	15	65	5	8	41	3	6	01:10:15	49:16	03:15	04:58	4574	386,12	845	5,94	11	20,61	63,66	18,4	3,91	16,31	7,13	18,11	10,16																	
B1	3	15	14	49	3	9	46	3	7	01:30:00	57:07	02:27	05:10	4936	284,65	884,9	5,81	7,72	19,24	44,97	20,4	3,29	11,25	6,97	20,36	10,4																	
B1	3,3	15	17	51	2	6	72	4	9	01:42:00	01:04:44	02:33	09:20	6080	322,14	1625	6,32	10,22	22,57	51,63	21,5	3,56	16,09	7,58	21,49	10,51																	
B1P	PART			72	3	11	54	2	7	01:33:15	59:45	03:36	06:40	5637	432,58	1148	6,01	11,69	21,25	47,56	22,1	2,74	19,35	7,21	22,05	10,44																	
			DS	10,34	0,93	1,62	17,94	1,25	1,69	0:13:02	0:07:56	0:00:31	0:02:30	830,40	60,02	445,80	0,22	1,58	1,93	12,19	2,03	0,53	3,09	0,26	2,06	0,21																	
			PROM	53,53	3,33	7,72	42,75	2,69	6,22	1:14:22	0:50:28	0:02:41	0:05:14	4614,78	311,53	909,41	5,36	8,61	18,97	42,35	18,78	3,33	13,01	6,43	18,76	9,56																	
			%DS PRO	19,31	28,07	20,96	41,98	46,53	27,15	17,52	15,72	19,31	47,73	17,99	19,27	49,02	4,11	18,35	10,15	28,79	10,79	15,75	23,75	4,11	10,96	2,19																	

GRANDES DIFERENCIAS (>40%) EN CONTRAATAQUE (VMAX):
ACCIONES TOTALES, TIEMPO, DISTANCIA.

PEQUEÑAS DIFERENCIAS VELOCIDADES MEDIAS:
SPRINT, CONTRAATAQUE



QUANTIFICATION OF TRAINING LOAD IN CANADIAN FOOTBALL: APPLICATION OF SESSION-RPE IN COLLISION-BASED TEAM SPORTS

NICK CLARKE,¹ JONATHAN P. FARTHING,¹ STEPHEN R. NORRIS,^{2,3} BART E. ARNOLD,¹ AND JOEL L. LANOVAZ¹



responses to collision-based physical stimulus, Session-RPE data can help maximize physical development in the youth and elite while minimizing overtraining, illness, and injury across the board. Concussion injuries are particularly poignant currently within football along with concerns surrounding the long-term health effects that repeat incidence may have on an individual. In this case, application of the Session-RPE method can not only aid the careful management of players back to full training but also provide a valuable tool to begin investigating the relationship between fatigue and concussion incidents.

27(8)/2198-2205

Journal of Strength and Conditioning Research

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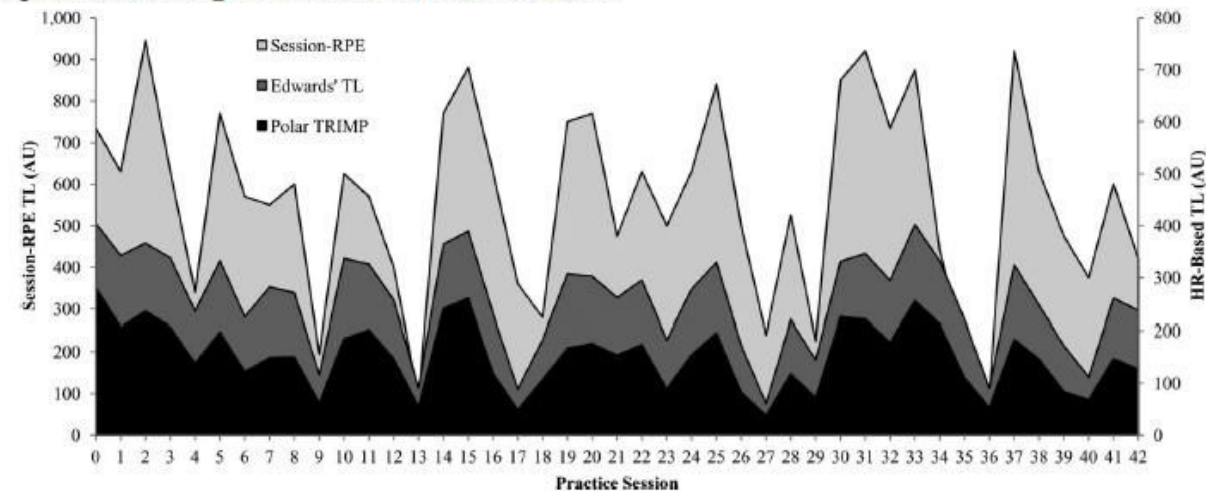


Figure 3. Representative comparison of one player's (player 8) practice training load patterns calculated using the Session-RPE, Edwards' TL, and Polar TRIMP methods; AU = arbitrary unit. Session-RPE = session-rating of perceived exertion; TRIMP = Training-Impulse; TL = training load.

THE RELATIONSHIPS BETWEEN INTERNAL AND EXTERNAL TRAINING LOAD MODELS DURING BASKETBALL TRAINING

AARON T. SCANLAN,^{1,2} NEAL WEN,³ PATRICK S. TUCKER,^{1,2} AND VINCENT J. DALBO^{1,2}

the Journal of Strength and Conditioning Research | www.nscs.com

VOLUME 28 | NUMBER 9 | SEPTEMBER 2014

IMPORTANTE

- ~~1. Modelos entrenamiento solo experiencia y estudios.~~
2. Cada carga de entrenamiento una información.
3. No relaciones lineales carga interna – externa.
4. Aproximarse doble monitorizacion.



- Precio (35-70 €)
- Aproximación valores reales.
- Entrenamiento/competición .
- Información sencilla, clara y consistente.
- Datos ajustados control tras análisis individualizado.



- No “GOLD ESTÁNDAR”
- Reducida frecuencia muestreo.
- Deficiente exportación de datos.
- No inferencia aceleraciones.
- 2D
- ON/OFF

Mila esker!!!



ORIENTACIÓN EN EVALUACIÓN MOVIMIENTO, CONTROL Y UTILIZACIÓN.



Coach's Eye



Ubersense



V1 Sports

Tecnologia low cost



Eugenio Rodriguez Pujol



 **u** My Videos



Eugenio
eugeniorodzpujol@gmail.com

 My Videos

 Import Video

 SETTINGS

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 CONTACT SUPPORT

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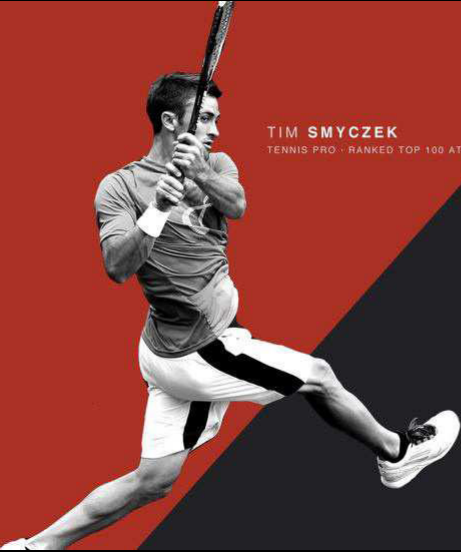




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LOGOUTMY ACCOUNTMY VIDEOS



TIM SMYCZEK
TENNIS PRO • RANKED TOP 100 ATP

RAISE YOUR GAME

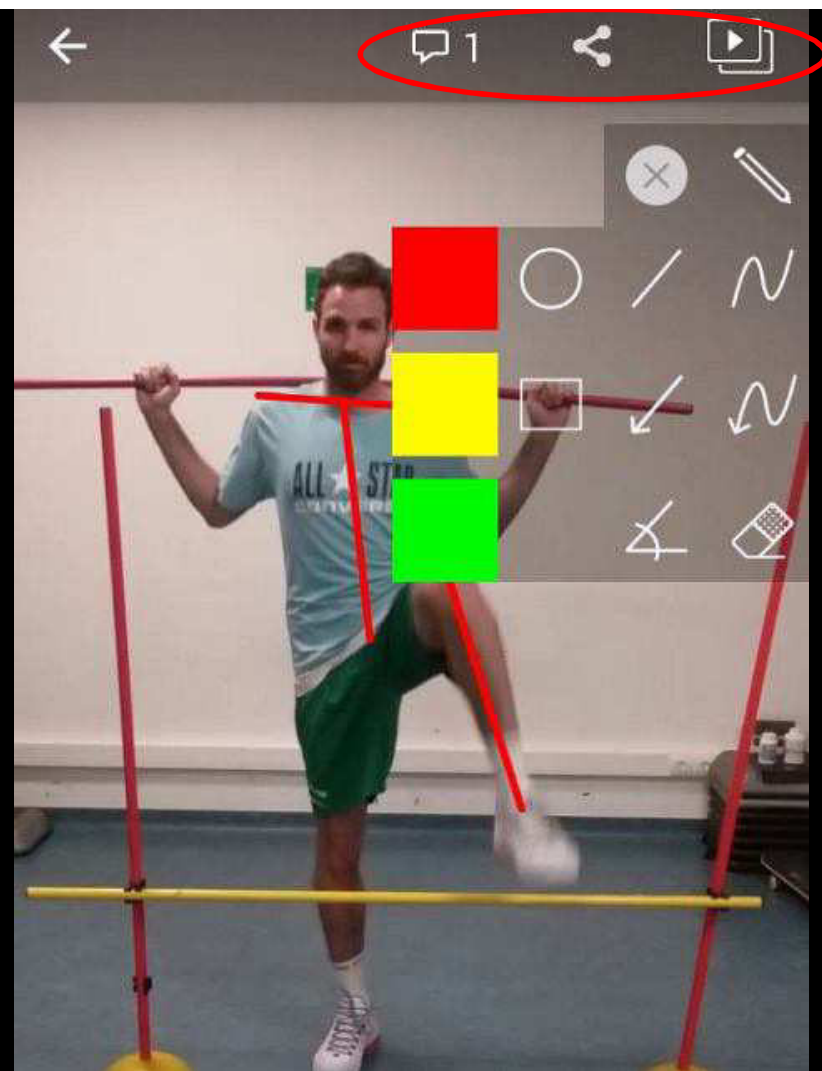
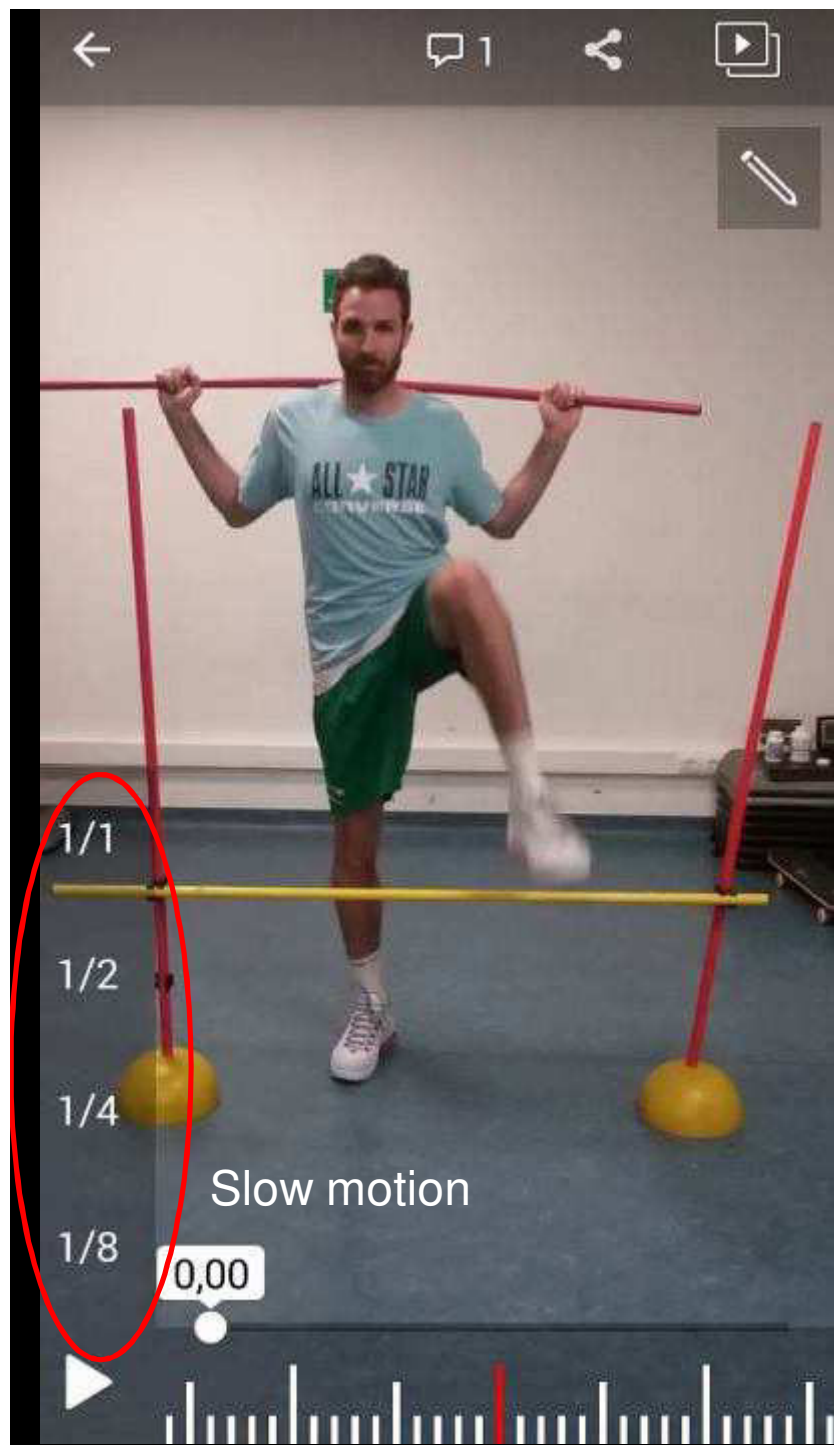
The easiest way to improve at sports using video analysis and coaching.

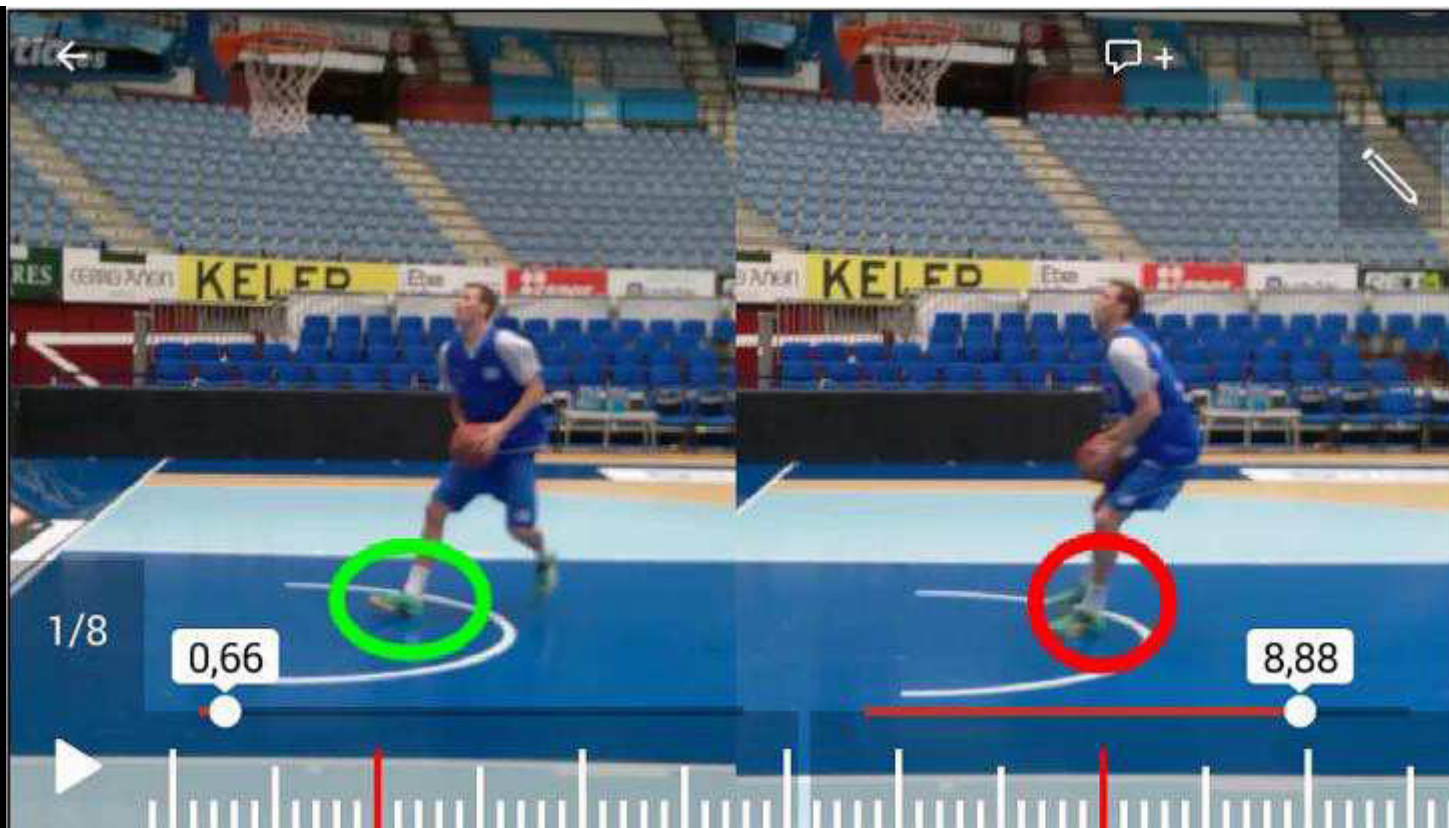
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Xiaomi Yi Sport Camera (YiCam)

85,00€-114,99€



Livraison via PostNL.

Couleur

BLANCHE

Perche Télescopique

SANS

Carte SD

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Video Support:

- 1080p 60 FPS
- 1080p 30 FPS
- 720p 120 FPS
- 480p 240 FPS
- H.264 Video encoding with Sport level image processor providing ultra high

NOTE: Download the APP here: http://sports.xiaoyi.com/app/sports_camera.apk



OTRAS SOLUCIONES...



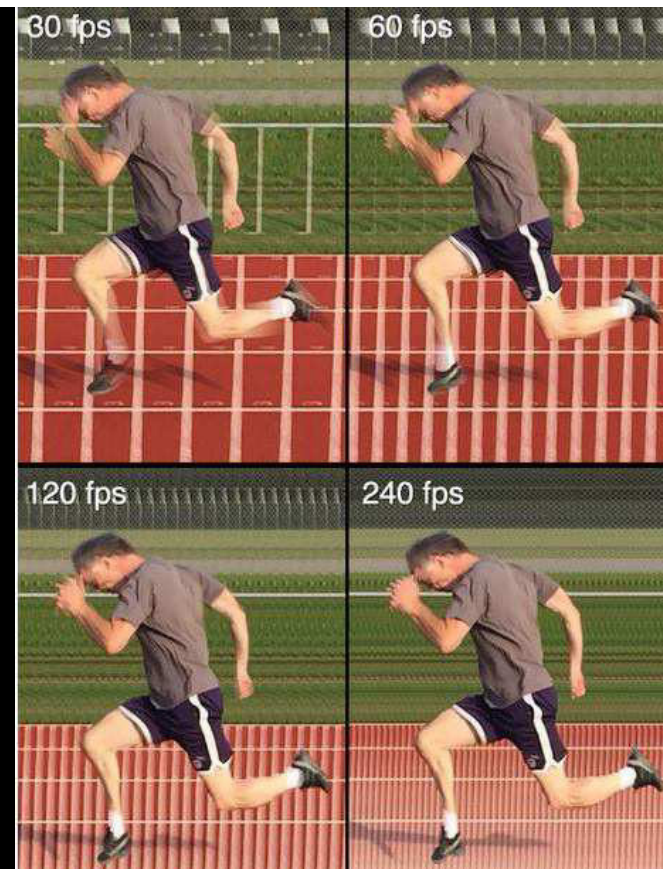
iPhone 6 Plus iPhone 6 iPhone 5 (S) iPhone 5 (C)

Color and Finish



Video Recording

1080p HD video recording (30 fps or 60 fps)	1080p HD video recording (30 fps or 60 fps)	1080p HD video recording (30 fps)	1080p HD video recording (30 fps)
True Tone flash	True Tone flash	True Tone flash	LED flash
Slo-mo video (120 fps or 240 fps)	Slo-mo video (120 fps or 240 fps)	Slo-mo video (120 fps)	—



Samsung Galaxy S5

Samsung Galaxy S4

Samsung Galaxy Note 3



Camcorder

3840x2160 (4K) (30 fps),
1920x1080 (1080p HD)
(60 fps)

1920x1080 (1080p HD)
(30 fps)

3840x2160 (4K) (30 fps),
1920x1080 (1080p HD)
(60 fps), 1280x720 (720
HD) (120 fps)



Settings

STORAGE

Video Storage Location
Internal Storage (Default)
(8.97 GB free)

RECORDING

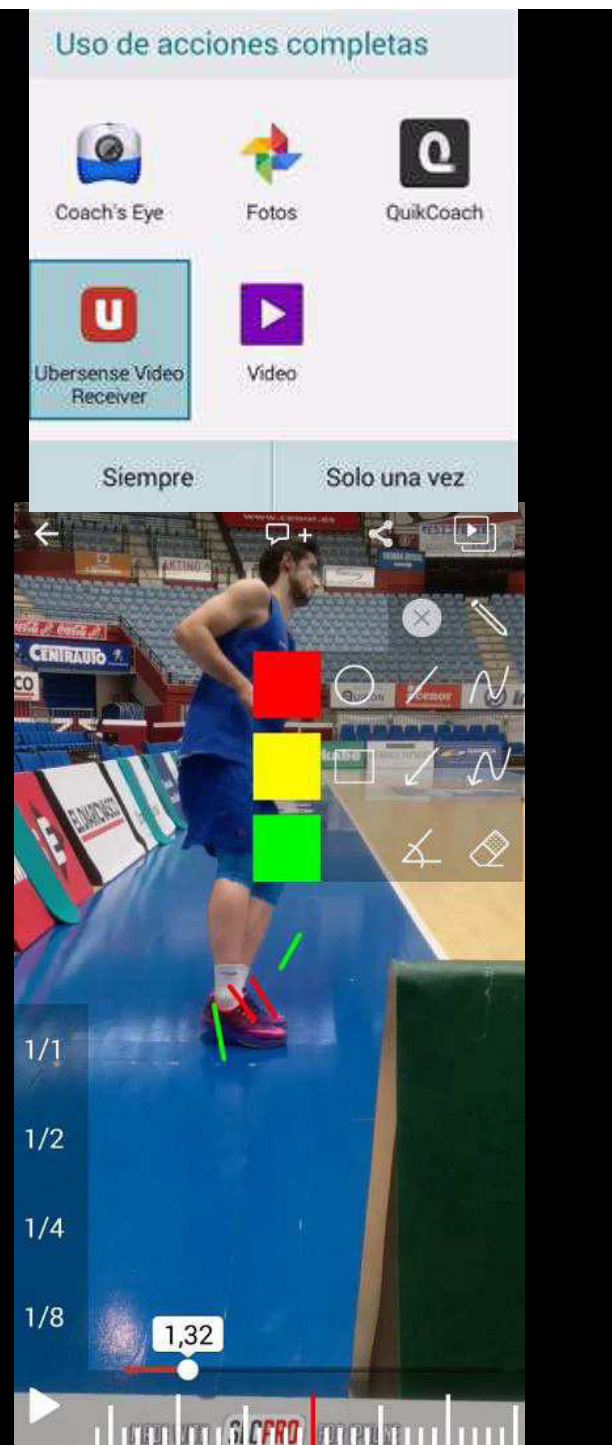
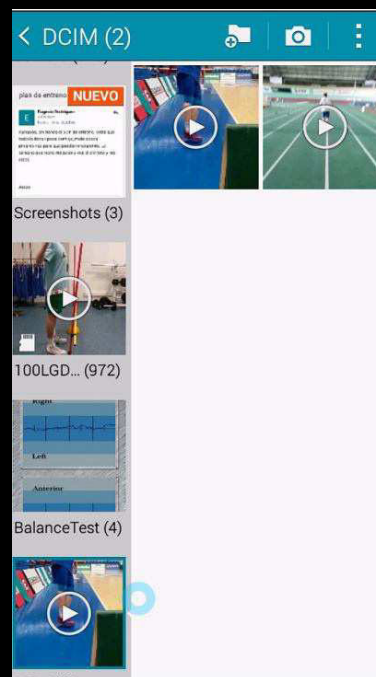
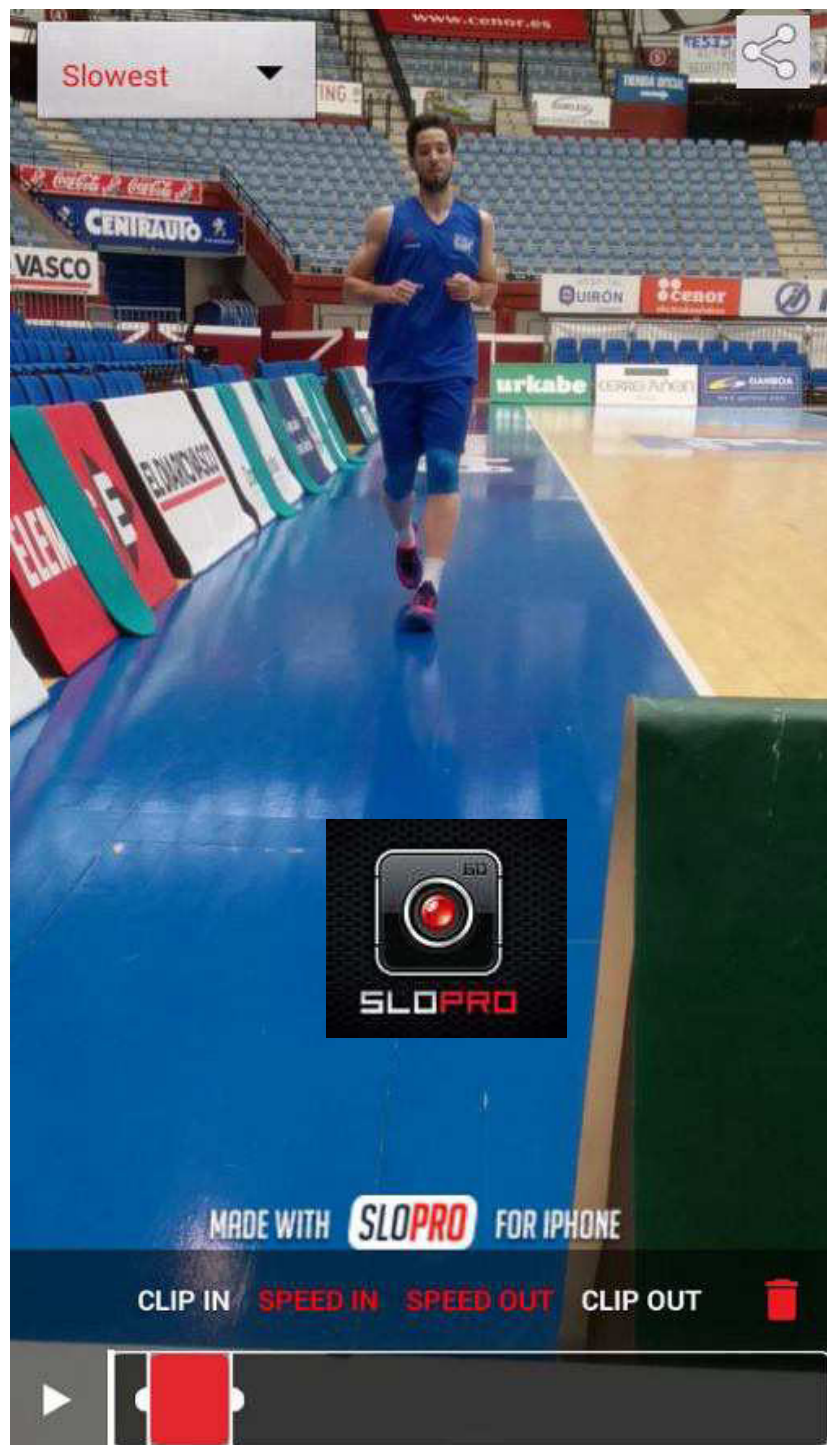
480p ☐

720p ☐

1080p ☒

Cancelar







Philip Green

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Pole Vault

1 view

TAGGED AT
Conrad Bollit

COMMENTS



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GENERAL QUESTIONS



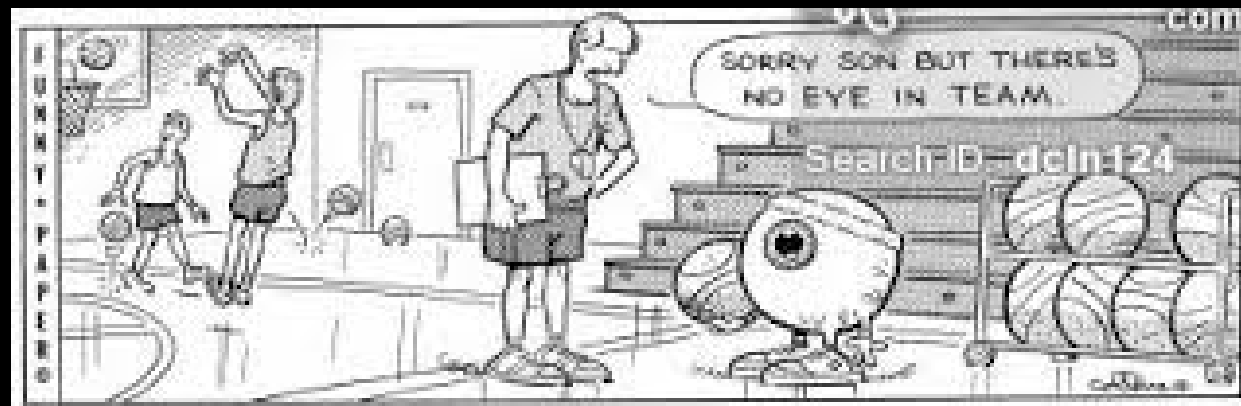
IOS (IPHONE/IPAD/IPOD)



ANDROID



Coach's Eye



Grabación video



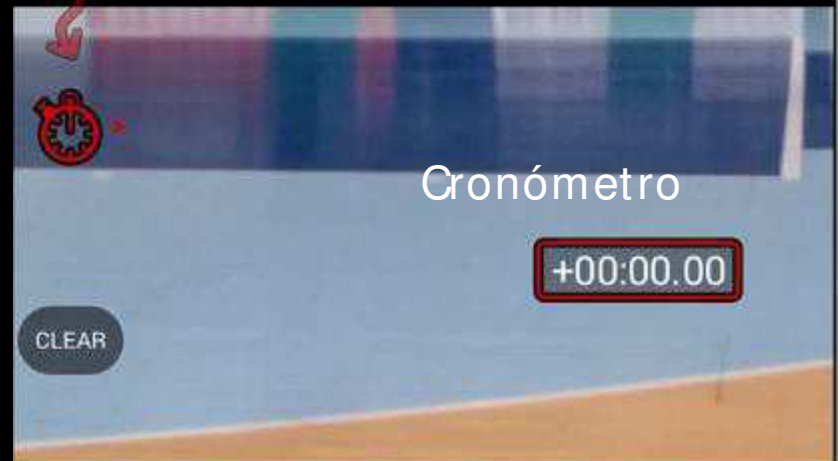
RECORD COMPARE

Milésimas

04.088



Foco



Cronómetro

+00:00.00

+ P R O

\$5 / MO
billed annually



Fully unlocked access to Coach's Eye with precision video review tools and regular software updates.

GO PRO

ALSO INCLUDED

+ LOCKER BACKUP

25 GB personal cloud storage. Device to device sharing. Access to premium analysis tools.



HD backup. HD sharing. HD exports at 60 FPS on supported devices.



Register up to 5 personal devices per account.

+ V I P

\$10 / MO
billed annually
MOST POPULAR



Fully unlocked access to Coach's Eye with precision video review tools and regular software updates.

GO VIP

ALSO INCLUDED

+ LOCKER BACKUP

150 GB personal cloud storage. Device to device sharing. Access to premium analysis tools.



HD backup. HD sharing. HD exports at 60 FPS on supported devices.



Register up to 5 personal devices per account.

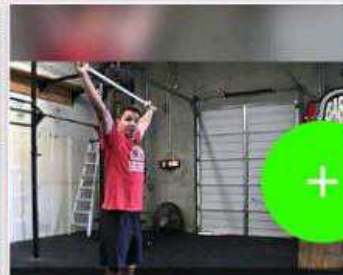
+ T E A M S

COMING SOON



Fully unlocked access to Coach's Eye with precision video review tools plus shared access for you and your team!

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IMPORT



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May 8 2015 - 9:20 AM

may 8, 2015

Wellington, Kansas, Estados Unidos

analysis

weightlifting

EXPLICACION PRÁCTICA

EDUCACIÓN DEL MOVIMIENTO

Apoyo metatarso mayor rendimiento,
menor estrés patelofemoral.

Morin y col., 2011; Kulmala y col., 2013



Mayor frecuencia mejor COD

Hewitt y col., 2013



TC, mejor rendimiento 0-5 / 0-10 metros.

Lockie y col., 2011

COD

Spiteri y col., 2015





Tronco y rendimiento COD

Sasaki y col., 2011

Movimientos laterales y cruzados.
Kuntz y col., 2009



Research article

The relationship between performance and trunk movement during change of direction

Shogo Sasaki ^{1,2}✉, Yasuharu Nagano ³, Satoshi Kaneko ³, Takakuni Sakurai ² and Toru Fukubayashi ³

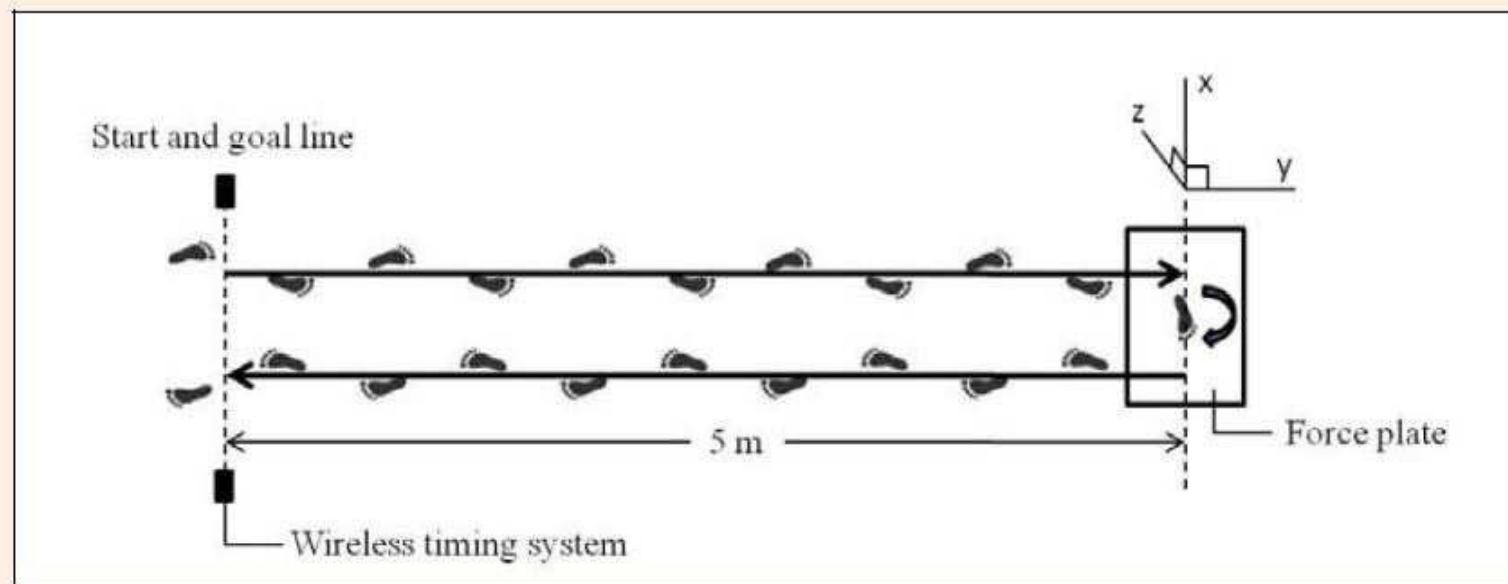


Figure 1. Diagram of the shuttle run cutting task. Participants ran straight ahead for 5 m, planted their cutting foot, and then changed direction to move 180 degrees to their original direction of motion.

Research article

The relationship between performance and trunk movement during change of direction

Shogo Sasaki^{1,2}✉, Yasuharu Nagano³, Satoshi Kaneko³, Takakuni Sakurai² and Toru Fukubayashi³

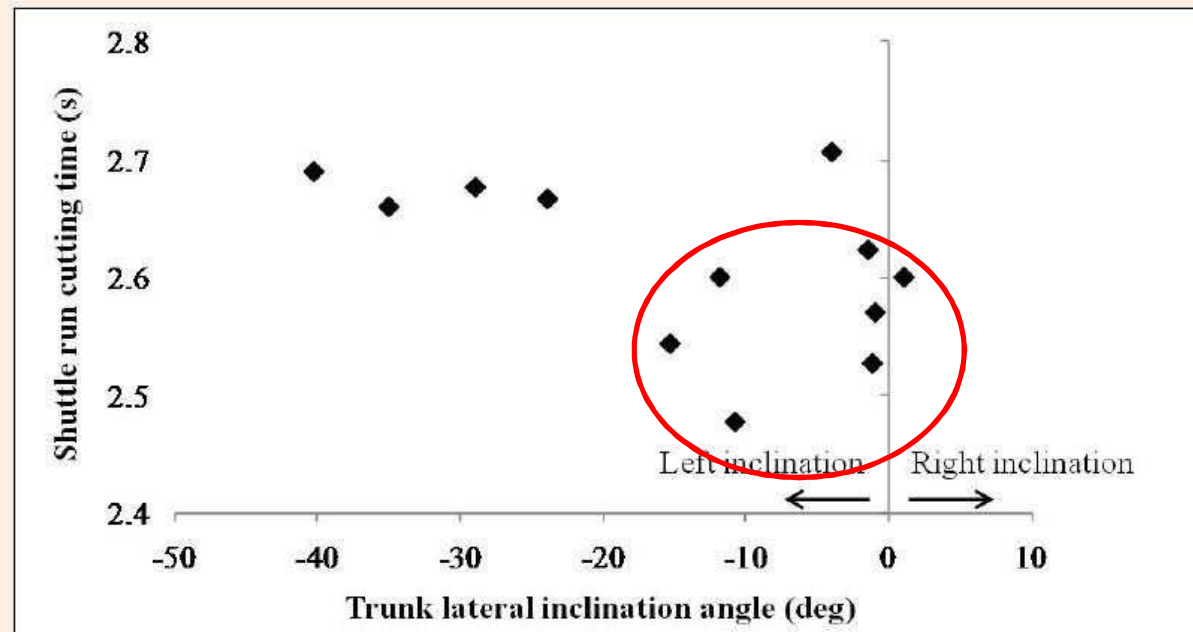


Figure 3. Relationships between shuttle run cutting time and lateral inclination angle of the trunk at maximum inclination.

time and ground contact time. These findings suggested that change-of-direction performance may be related to the small angular displacement of the trunk during direction changes. Moreover, it was considered that there might be optimal inclination angles related to change-of-direction performance.

Research article

Bilateral ground reaction forces and joint moments for lateral sidestepping and crossover stepping tasks

Gregor Kuntze¹, William I. Sellers² and Neil J. Mansfield¹✉

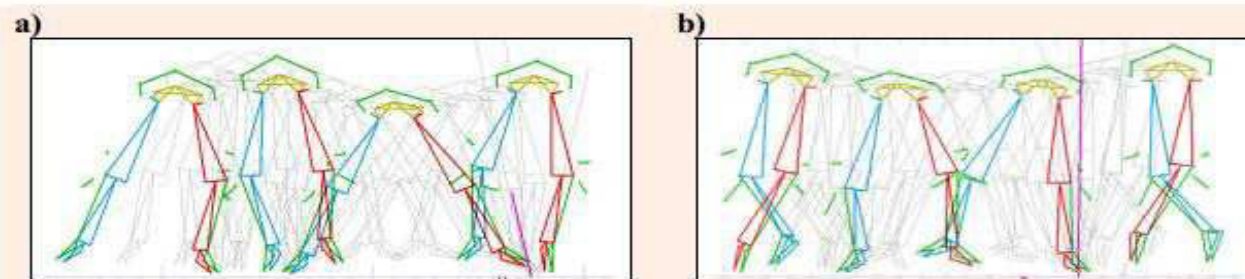


Figure 1. Posterior view of the (a) lateral sidestepping and (b) lateral crossover stepping movements tested. The leading limb is shown in red while the trailing limb is shown in blue. The yellow structure connecting the limbs represents the hip. The green lines indicate the wand system references used for motion capture. Images taken from CODAmotion software.

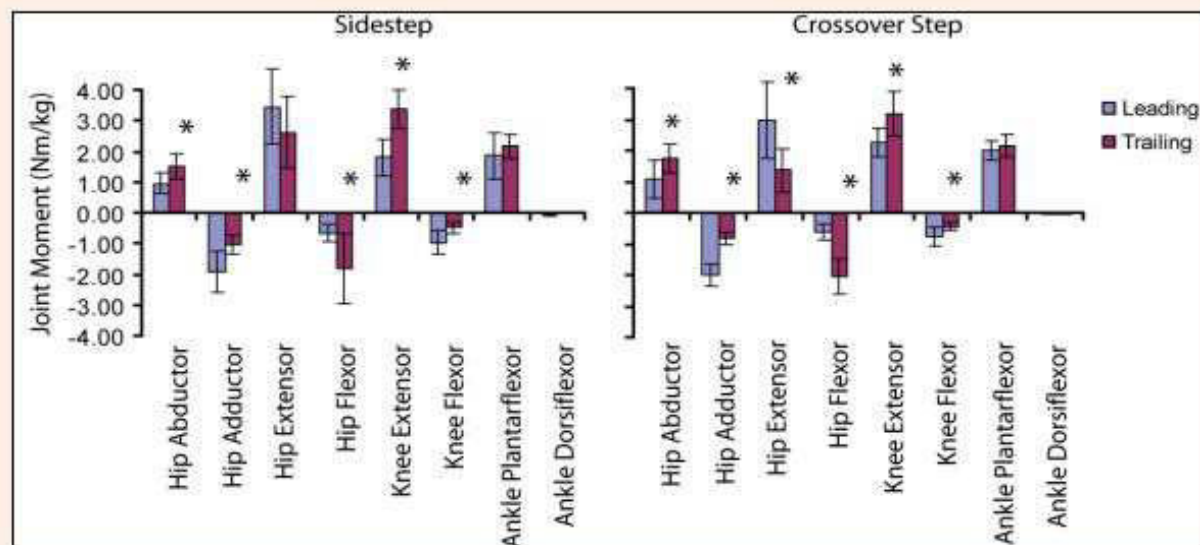
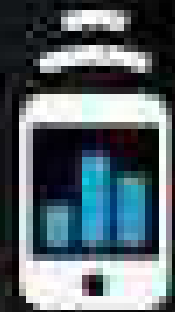


Figure 4. Summary of the differences in peak joint moments between the leading and trailing limbs during the SS and XS. * indicates significant differences between the leading and trailing limb. Joint moment values are expressed as Nm·kg⁻¹.



thankyou.



TRACK YOUR IMPACT



SUEÑO, ESTADO DE ÁNIMO Y RENDIMIENTO



FT QTests

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Tecnologia low cost



FT QTests

Add profile Save



Change the image

Male

Female

First Last name

John Doe

Team

Team Doe

Birth date

-



Weight

80

kg

Size

1,81

m



Test choice



RPE



Hooper



POMS





References

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order to reach optimal performance with its players.
This index was validated initially in swimming [3] and then used by others researchers in soccer.

References

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- [4] A. ANGELI, M. MINETTO, A. DOVIO, P. PACCOTTI (2204), The overtraining syndrome in athletes: a stress-related disorder
- [5] A. URHAUSEN, W. KINDERMANN (2002), Diagnosis of overtraining: what tools do we have?

Presentation

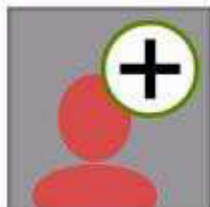
Since its release in 1971, the Profile Of Mood State (POMS) assessment has proven itself to be an excellent measure of affective mood state fluctuation in a wide variety of populations. It is a popular tool among sport psychologists who have used it to compare the prevailing moods of elite athletes and non-athletes. Six mood states are used in POMS:

- tension
- depression
- anger
- vigour
- fatigue
- confusion.

RPE

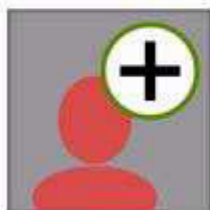
Step 2 : In order to start, select the first athlete to be tested.

Athletes no team join



New athlete

Team Kirol Eskola



New athlete



Eugenio



Eugenio

1/1 How hard was the training session ?

10 - Very hard

9

8 - Hard

7

6 - Middling

5

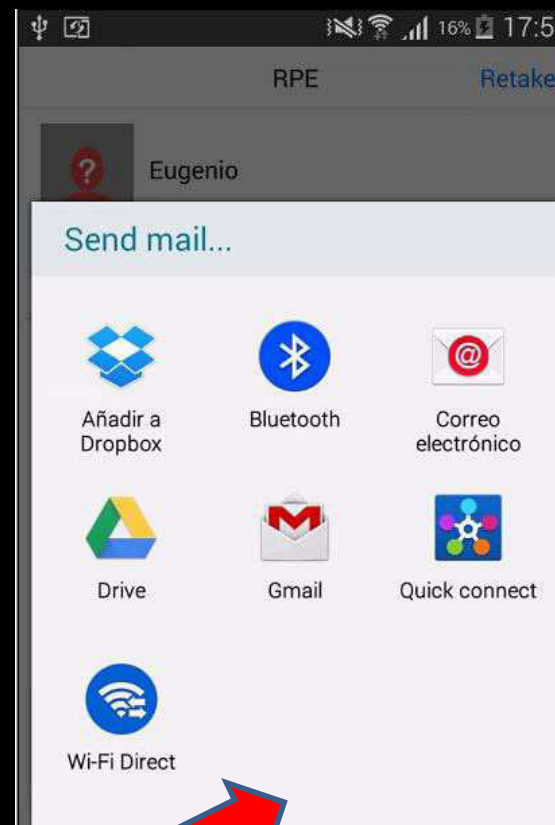
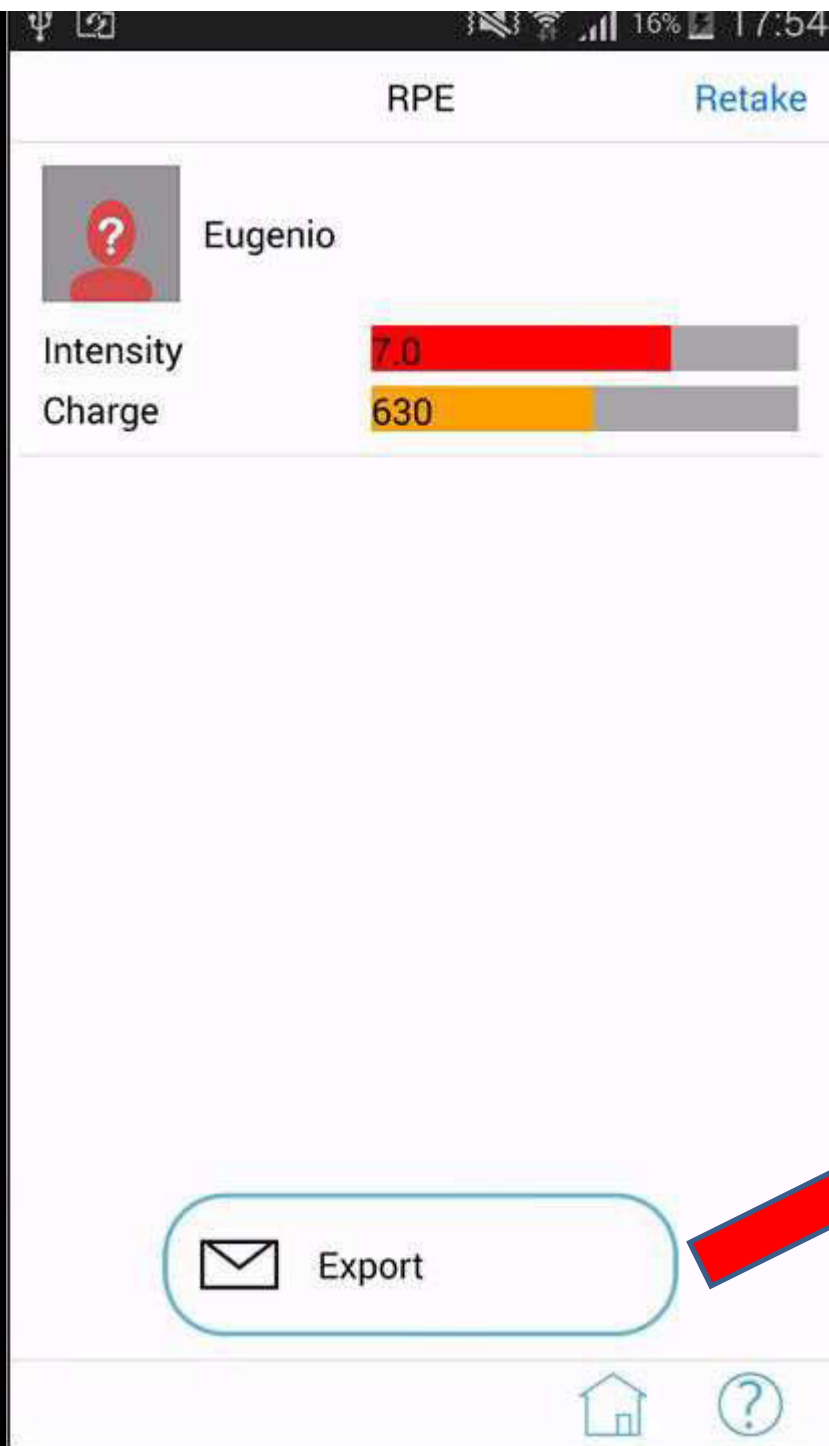
4 - Easy

3

2 - Recovery

1

0 - Nothing



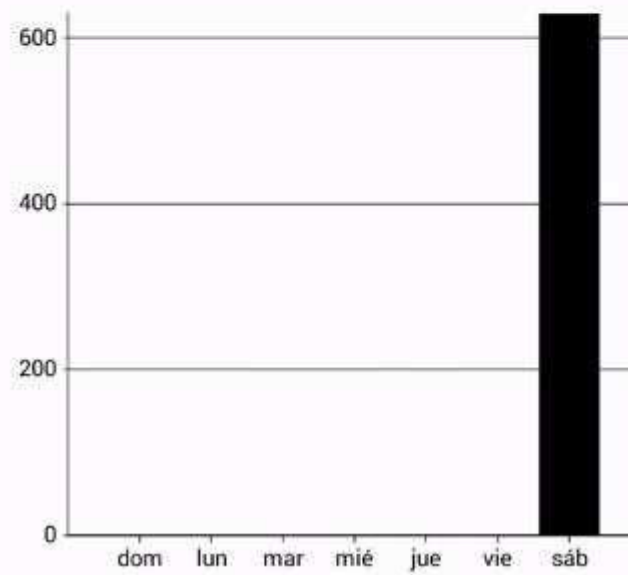
RPE

Day

Week

Month

Charge



Hooper



Eugenio

3/4 Please rate your level of stress.

1 Very, very low

2 Very low

3 Low

4 Average

5 High

6 Very high

7 Very, very high

Hooper



Eugenio

4/4 Please rate your level of muscle soreness.

1 Very, very low

2 Very low

3 Low

4 Average

5 High

6 Very high

7 Very, very high

Hooper



Eugenio

1/4 How well did you sleep ?

1- Very, very good

2- Very good

3- Good

4- Average

5- Bad

6- Very bad

7- Very, very bad



Hooper



Eugenio

2/4 Please rate your level of fatigue.

1 Very, very low

2 Very low

3 Low

4 Average

5 High

6 Very high

7 Very, very high

Hooper

Change

04/07/2015

Sleep

3,00

Fatigue

4,00

Stress

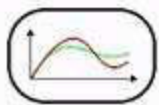
4,00

Muscle
soreness

6,00

TOTAL

17,00



Export

Hooper

Day

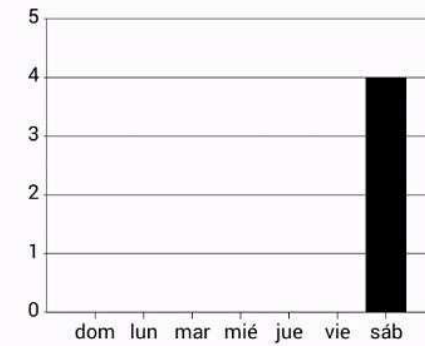
Week

Month

Sleep



Fatigue



Stress

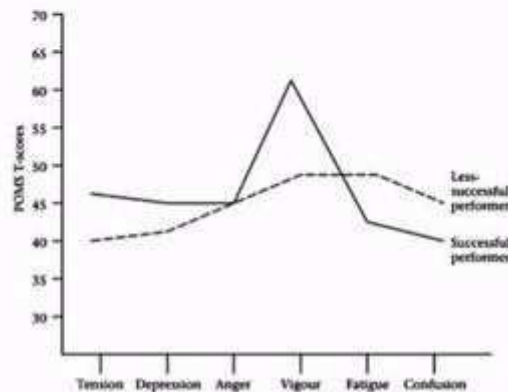


Muscle soreness



Profil Optimal

Elite athletes from different sports tend to score below average for negative states such as tension, depression, fatigue, and confusion; and score well above average on vigour. When presented on a graph, the POMS profile for these elite athletes assumes a characteristic shape that has been called the 'iceberg' profile; the better the athlete, the more pronounced the profile (figure 53).



POMS



Eugenio

For each word, rate your feeling using the scale below.

0/65

0=Not at All 1=A Little 2=Moderately 3=Quite a Bit 4=Extremely

Friendly

0	1	2	3	4
---	---	---	---	---

Tense

0	1	2	3	4
---	---	---	---	---

Angry

0	1	2	3	4
---	---	---	---	---

Worn Out

0	1	2	3	4
---	---	---	---	---

Unhappy

0	1	2	3	4
---	---	---	---	---

POMS

OK



Eugenio

For each word, rate your feeling using the scale below.

65/65

0=Not at All 1=A Little 2=Moderately 3=Quite a Bit 4=Extremely

Worthless

0	1	2	3	4
---	---	---	---	---

Forgetful

0	1	2	3	4
---	---	---	---	---

Carefree

0	1	2	3	4
---	---	---	---	---

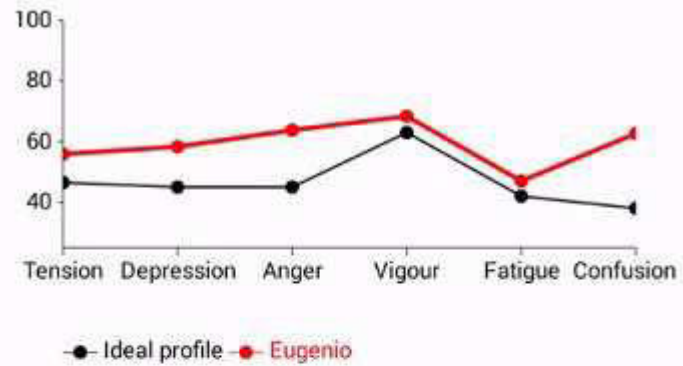
Terrified

0	1	2	3	4
---	---	---	---	---

Guilty

0	1	2	3	4
---	---	---	---	---

POMS



Results detail

Tension	56
Depression	58
Anger	64
Vigour	68
Fatigue	47
Confusion	63
Total	56



Export

Práctica con smartphone



Fatigüo
Coach



Fatigüo
Player

Test diario

➤ Al levantarse

▼ Antes de acostarse

1. ¿Qué nivel de dolor muscular tienes?

0 - No hay dolor, 10 - Mucho dolor

0

2. ¿A lo largo del día te irritas con facilidad?

0 - No, 10 - Con mucha facilidad

0

3. ¿Qué nivel de apetito tienes a lo largo del día?

0 - Nada, 10 - Mucho

0

Enviar Test



Fatigüo Player



Mi perfil



Test diario



Test entrenamiento



Test competición



POMS



Salir

¿Cómo te sientes de recuperado?

0

Muy, muy poco recuperado

1

2

Muy poco recuperado

3

4

Poco recuperado

5

6

Algo recuperado

7

8

Bien recuperado

9

Muy bien recuperado

0

Muy, muy suave

1

2

Muy suave

3

4

Suave

5

6

Algo duro

7

8

Duro

9

Muy duro

TORIO

CRIO

Fatigüo Coach



Mi perfil



Grupos



Deportistas



Estadísticas



Exportar datos



Salir

Último test realizado: Ayer

POMS 15

Último test realizado: Nunca

POMS 29

65?

Último test realizado: Ayer

POMS 58

<http://fatiguo.com>

Sensitivity of monthly heart rate and psychometric measures for monitoring physical performance in highly trained young handball players.

Buchheit M¹.

⊕ Author information

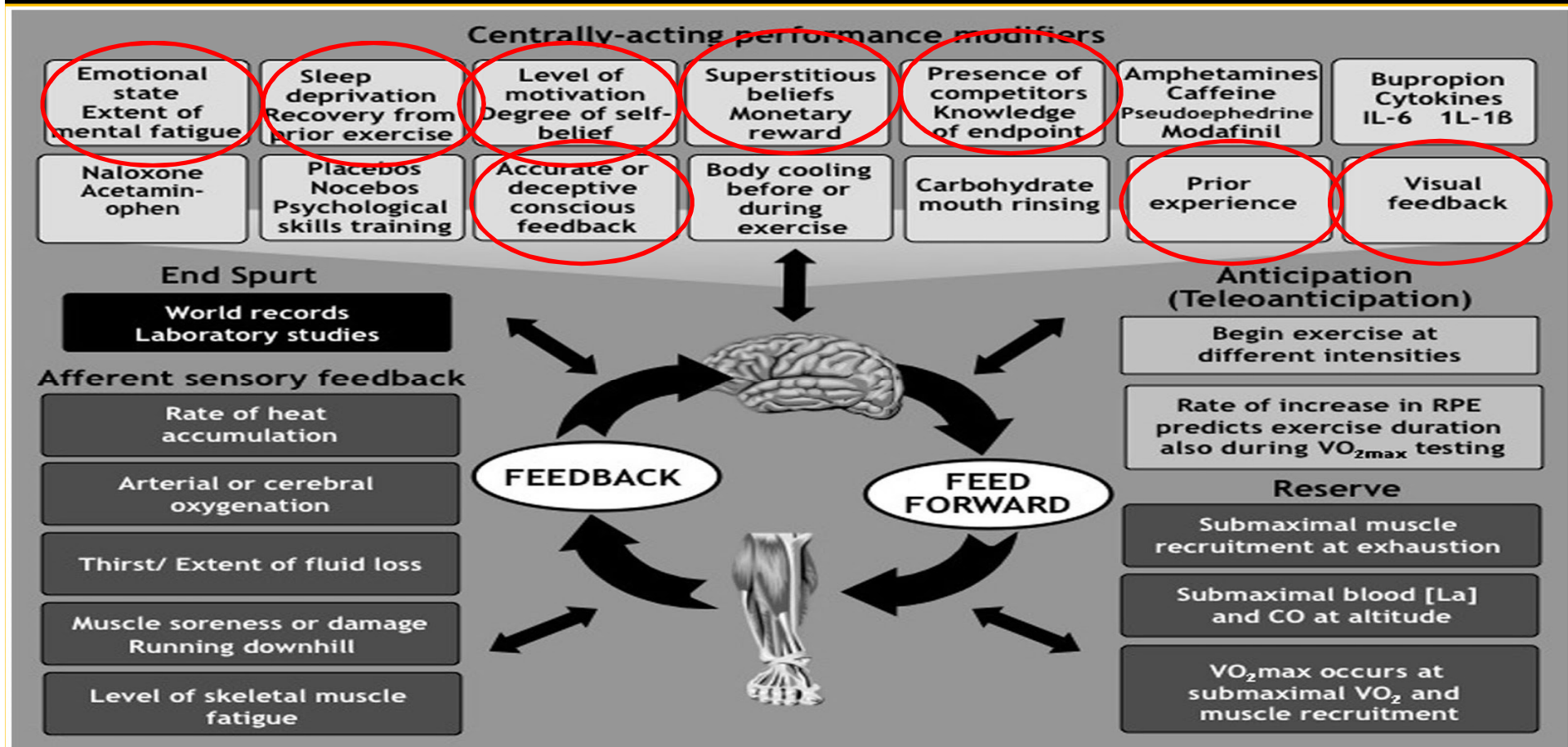
Abstract

The aim of the present study was to examine whether monthly resting heart rate (HR), HR variability (HRV) and psychometric measures can be used to monitor changes in physical performance in highly-trained adolescent handball players. Data were collected in 37 adolescent players (training 10 ± 2.1 h.wk⁻¹) on 11 occasions from September to May during the in-season period, and included an estimation of training status (resting HR and HRV, the profile of mood state (POMS) questionnaire), and 3 physical performance tests (a 10-m sprint, a counter movement jump and a graded aerobic intermittent test, 30-15 Intermittent Fitness Test). The sensitivity of HR and psychometric measures to changes in physical performance was poor (< 20%), irrespective of the training status markers and the performance measures. The specificity was however strong (> 75%), irrespective of the markers and the performance measures. Finally, the difference in physical performance between players with better vs. worse estimated training status were all almost certainly trivial. The present results highlight the limitation of monthly measures of resting HR, HRV and perceived mood and fatigue for predicting in-season changes in physical performance in highly-trained adolescent handball players. This suggests that more frequent monitoring might be required, and/or that other markers might need to be considered.



Noakes, TD. Fatigue is a Brain-Derived Emotion that Regulates the Exercise Behavior to Ensure the Protection of Whole Body Homeostasis. *Front Physiol.* 2012;3:82. Epub 2012 Apr 11.

MODELO DEL GOVERNADOR CENTRAL



The Effects of Sleep Extension on the Athletic Performance of Collegiate Basketball Players

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SLEEP, Vol. 34, No. 7, 2011

Address correspondence to: Cheri D. Mah, 1050A Arastradero Road, Palo Alto, CA 94304; Tel: (650) 353-7536; Fax: (650) 725-7341; E-mail: cherimah@stanfordalumni.org

**Descanso nocturno
Extensión sueño.**

9%TL, 9.2% (3)
Mah y col., 2011

Table 6—Daytime sleepiness and mood at baseline and end sleep extension

	Baseline	End Sleep Extension	P
Epworth Sleepiness Scale	9.64 ± 3.80	3.36 ± 1.69	< 0.001
Range	4 - 16	1 - 7	
POMS Vigor	11.71 ± 5.31	18.14 ± 5.57	< 0.001
POMS Fatigue	8.24 ± 5.28	1.45 ± 2.46	< 0.001
POMS Tension	5.26 ± 3.24	2.73 ± 2.25	< 0.001
POMS Depression	2.95 ± 3.53	0.59 ± 1.14	0.006
POMS Anger	4.24 ± 5.39	1.05 ± 1.68	0.002
POMS Confusion	4.79 ± 2.28	1.95 ± 1.40	< 0.001
POMS Total Mood Disturbance	13.76 ± 17.17	-10.36 ± 9.62	< 0.001

Data presented as mean ± standard deviation.



Media de hora de acostarse (hh:mm) jugadores durante la semana.

JUGADOR	PROMEDIO HORA ACOSTARSE							
	V1	V2	V3	V4	V5	V6	Media	DS
A	1:00:00	0:15:00	23:55:00	23:47:00	0:04:00	1:02:00	0:20:00	0:32
B	2:15:00	2:25:00	0:35:00		1:36:00		1:42:00	0:49
C	1:30:00	1:10:00	0:45:00	0:45:00	1:00:00	1:10:00	1:03:00	0:17
D	2:30:00	1:20:00	1:05:00				0:58:00	0:45
E	0:30:00	1:10:00	0:27:00				0:42:00	0:24
F			1:32:00	1:21:00	2:09:00	2:05:00	1:46:00	0:23
G	1:15:00	1:10:00	0:55:00	1:00:00	1:18:00	1:40:00	1:13:00	0:15
H	1:15:00	1:20:00	0:47:00	0:45:00	1:12:00	1:47:00	1:11:00	0:23
Media	1:10:00	1:15:00	0:45:00	0:43:00	1:13:00	1:32:00	1:06:00	0:18
DS	0:39	0:35	0:26	0:31	0:37	0:23	0:26	0:06



Rodriguez, Calleja, Terrados.
Datos no publicados

Promedio sueño total (hh:mm) jugadores durante la semana

	PROMEDIO SUEÑO TOTAL SEMANA							
	V1	V2	V3	V4	V5	V6	Media	DS
A	8:30	8:25	8:42	8:37	8:24	7:32	8:21	0:25
B	8:00	6:40	8:52		8:18		7:57	0:55
C	8:15	9:20	8:47	8:47	9:18	9:15	8:57	0:25
D	7:30	8:10	9:09				8:16	0:49
E	6:45	8:20	8:07				7:44	0:51
F			8:10	8:07	7:40	7:52	7:57	0:13
G	8:30	8:45	7:57	8:47	8:42	7:50	8:25	0:25
H	9:00	9:50	8:22	9:12	9:30	8:40	9:05	0:32
Media	8:04	8:30	8:30	8:42	8:38	8:13	8:26	0:34
DS	0:44	1:00	0:25	0:23	0:40	0:42	0:28	0:15

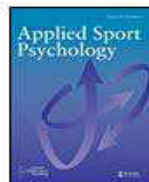
Table 2—Total sleep time per night during baseline and sleep extension

	Baseline	Sleep Extension	P
Subject sleep journals (min)	470.0 ± 65.9	624.2 ± 68.4	
Mean days of data	18.2 ± 5.6	41.5 ± 3.3	
Actigraphy (min)	400.7 ± 61.8	507.6 ± 78.6	< 0.001
Mean days of data	17.7 ± 4.8	41.2 ± 3.3	

Data presented as mean ± standard deviation.

+ 10 horas!!!





The profile of mood states and athletic performance: Two meta-analyses

DOI: 10.1080/10413200008404213

Christopher J. Beedie^a, Peter C. Terry^a & Andrew M. Lane^a
pages 49-68

Publication not for distribution outside of the library

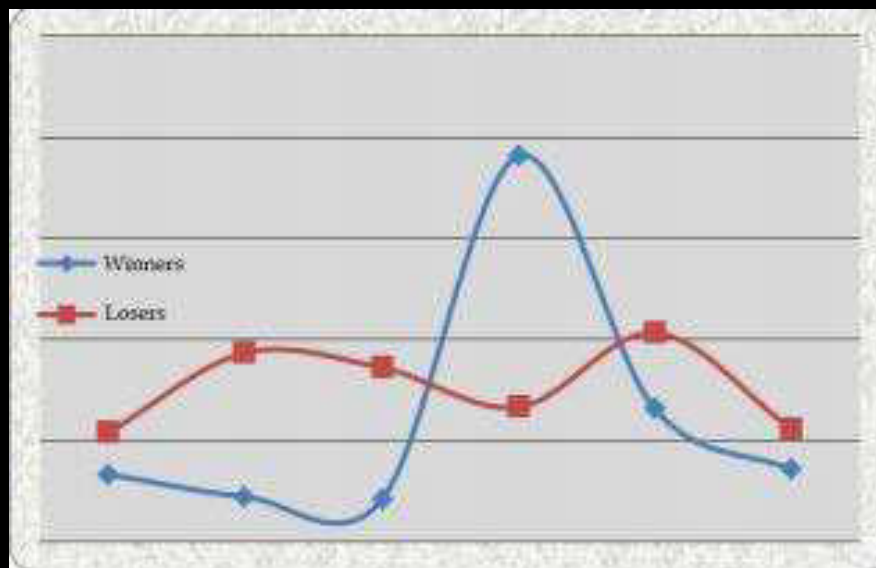


Figure 3. Mood state profiles of winning and losing athletes



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European Journal of Experimental Biology, 2013, 3(1):424-428



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ISSN: 2248-9215

CODEN (USA): EJBAU

A comparison of the mood state profiles of winning and losing female athletes

Leila Zandi and Lila Sabbaghian Rad

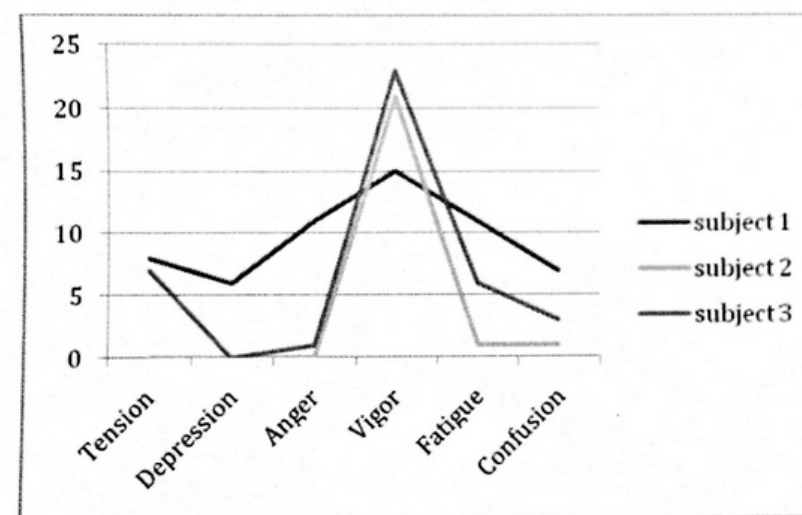


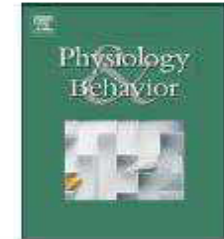
Figure 1. The "Iceberg Profile" of POMS Results in Three Healthy Athletes



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Physiology & Behavior

journal homepage: www.elsevier.com/locate/phb



Influence of fatigue, stress, muscle soreness and sleep on perceived exertion during submaximal effort



Monoem Haddad^a, Anis Chaouachi^a, Del P. Wong^{b,*}, Carlo Castagna^c, Mourad Hambli^a, Olivier Hue^d, Karim Chamari^e

5. Conclusion

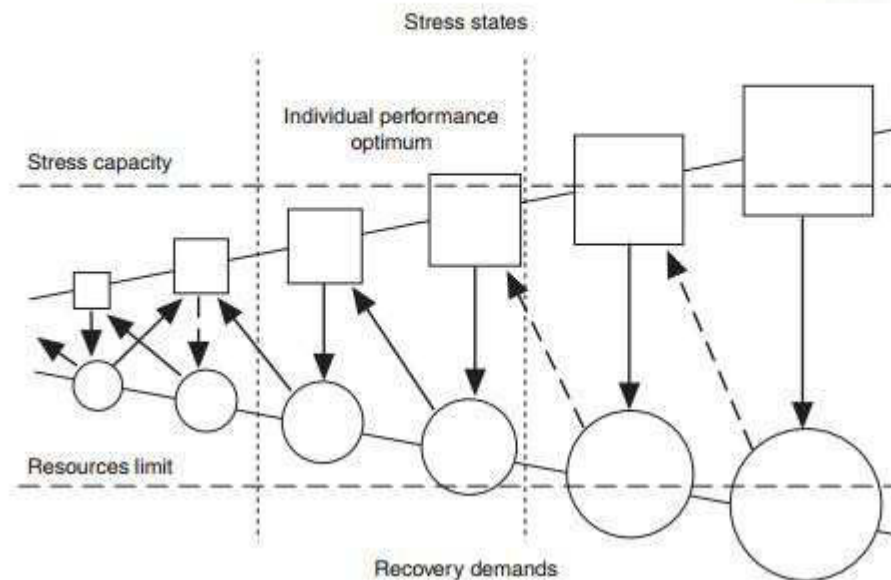
The rating of perceived exertion during a submaximal exercise does not seem to be affected by the variability of the quality of sleep and quantity of stress, fatigue, and DOMS during traditional soccer training with young players. Therefore, the results suggest that stress, fatigue, sleep, and DOMS are not contributing signals of altered perceived exertion and reject the hypothesis of the possible influence of mood and pre-fatigue state on RPE during a submaximal exercise. Thus, it seems that psychobiological factors others than stress, fatigue, sleep, and DOMS may have mediated the exercise perceptual intensity. The good reliability and internal consistency of RPE further supports the validity of RPE as indicator of intensity despite any possible influence of any contributing factor. It is important to note that it could be speculated that the influence of the Hooper Index could be observed during high intensity training or overtraining therefore further studies are strongly recommended to check the stability of RPE during high intensity training and over-reaching/overtraining.

Review

Preventing overtraining in athletes in high-intensity sports and stress/recovery monitoring

M. Kellmann^{1,2}

Preventing overtraining



GRACIAS
ARIGATO
SHUKURIA
TASHAKKUR ATU
SUKSAMA
GRASIE
MEHRBANI
BOLZİN
MERCİ
THANK
YOU
BIYAN
SHUKRIA
DANKSCHEEN
VAQRAYELRY
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DICHAGOTO
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