COURSE CONTENT ITALY

**MEASURING AND MONITORING OF ATHLETIC PERFORMANCE AND PHYSIOLOGICAL DATA GATHERING IN TEAM SPORTS**

**DORIS VAN DER LAAN**

Marco Cattaneo: Applied Science in Strength and Conditioning

Rolf Walter: Active Rehabilitation, data gathering, goal setting and planning steps of progression in clinical practice

Andrea Benvenuti: Athletic Performance (Training Performance and Progression)

9:00 Introducing myself

9:10 What is athletic performance?

* Definition
* Examples from sports
  + Hockey
  + Soccer

9:30 How do you achieve athletic performance?

* Endurance
* Speed (and agility)
* Mobility
* Strength
* Coordination

9:45 Introduction training laws, theoretical background

* Supercompensation
* Overload
* Specificity
* Sustainability

10:30 BREAK

11:00 Build up of training/periodisation

* A:C ratio
  + Practice A:C ratio
* Making a Periodisation
  + Practice Periodisationà-----àò….-.ò-.òl

13:00 BREAK

14:00 Endurance

* Definition
* Measuring Endurance
  + Practice with heart rate monitoring
    - Submax testing
    - Maximal testing
* Monitoring endurance

15:30 BREAK

16:00 Mobility

* Definition
* Measuring Mobility
  + Practice Functional Movement Screening

Monitoring Mobility

17:00 END

DAY 2

9:00 Questions from Day 1

9:30 Speed (and agility)

* Definition
* Measuring Speed and Agility
  + Practice with timing gates
    - Lineair sprint
    - Agility test
* Monitoring Speed and agility

11:00 BREAK

11:15 Coordination

* Definition
* Measuring Coordination
  + Practice Counter Movement Jumps Gymaware, muscle lab
  + Practice Filming Complex Movements
    - Analyzing
* Monitoring Coordination

13:00 BREAK

14:00 Strength

* Definition
* Measuring Strength
  + Practice 1RM test, Isometric Mid Thigh Pull, Muscle Lab, Biodex/Cybex
* Monitoring Strength
* Deficits in Strength in relationship to medical/physiotherapist

15:30 BREAK

15:45 Physiological Data gathering in Sports

* Examples from Practice
* With and without expensive machines

17:00 END