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Titolo	Individualizing Training Procedures with Wearable Technology // edited by Peter Dürking, Billy Sperlich
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2024
ISBN	3-031-45113-9
Edizione	[1st ed. 2024.]
Descrizione fisica	1 online resource (125 pages)
Disciplina	613.711
Soggetti	Human physiology Materials Detectors Physical education and training Sports sciences Human Physiology Sensors and biosensors Sport Training Sport Science
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Sensor data to individualize athlete training through data-informed decision making -- How sensor data can capture recovery: The case for heart rate variability -- How sensor data can guide intensity in resistance training procedures -- A primer on wearable technology for injury risk management in distance running -- Using wearable devices to guide sleep behaviors in athletes -- How Sensor data can guide females through training and recovery according to their menstrual cycle -- How soccer coaches can use data to better develop their players and be more successful.
Sommario/riassunto	This book gives evidence-based background information and advice to athletes and coaches on if and how data from wearable technologies can be applied for preparing individual training procedures to achieve improvement on aspects of performance and health. Sports practitioners frequently make decisions on long-term training planning

and daily choices on different aspects of training, recovery and therapeutic procedures. Such decisions are essential to gain optimal performance enhancement, reduce likelihood of injuries and to reach peak performance. These decisions are complexed by the fact that there is no "blue-print" training procedure applicable to all athletes, and individual characteristics need to be considered to improve training procedures. With rapid technological advancements, data from Wearable Technologies is becoming increasingly available and potentially can aid athletes and coaches to individualize and optimize training procedures. Finally, the book explores if and how data can deliver actionable insights to inform long-term and day-to-day decision making to individualize training procedure.
