Improving fitness with data

Information Brochure

Thank you for considering participating in our study to validate an athletic performance monitoring application. The application is designed to help athletes understand and improve their physical condition by analyzing their training routines. This is a baccelour's degree project developed with the cooperation of both the Polytechnic University of Barcelona and the University of Twente. The details that follow will help you determine whether you would like to participate

Purpose of the Study

The purpose of this study is to validate the usage of an application that helps athletes to understand and improve their physical condition. The application uses data from your training routines to predict whether your performance in the upcoming week will be positive, negative, or maintenance. The application will help you recognize the evolution of your performance and provide suggestions for optimal training routines.

Procedures Involved

To participate in this study, you will be asked to firstly read and understand this information brochure and sign the consent form.

Then, to register in the clickable link, upload your required data and play with the application in order to try to recognize the results, especially the results about the evolution of your performance and the label for each week. Finally, you will be asked to participate in a short interview so that we can understand your conclusions and thus validate the usage of the application.

Potential Risks and Benefits

The potential risks of participating in this study include the risk of obtaining incorrect results. The application is designed to provide predictions based on your training routine data, but the results may not always be accurate. There is also a risk of taking the results of the application too seriously and not achieving the desired objectives. It is important to remember that the application is just a tool to help you improve, and it should not replace proper training and coaching.

The potential benefits of participating in this study include having an optimal training routine and improving your physical performance. By using the application, you will have access to data-driven predictions and guidance that can help you understand your physical condition and improve your training routine.