

Chronojump Manual

(updated until Chronojump 1.4.3 version)

<http://www.chronojump.org>

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Find the last version of this document in last version of Chronojump software and here:

<http://www.chronojump.org/documents.html>

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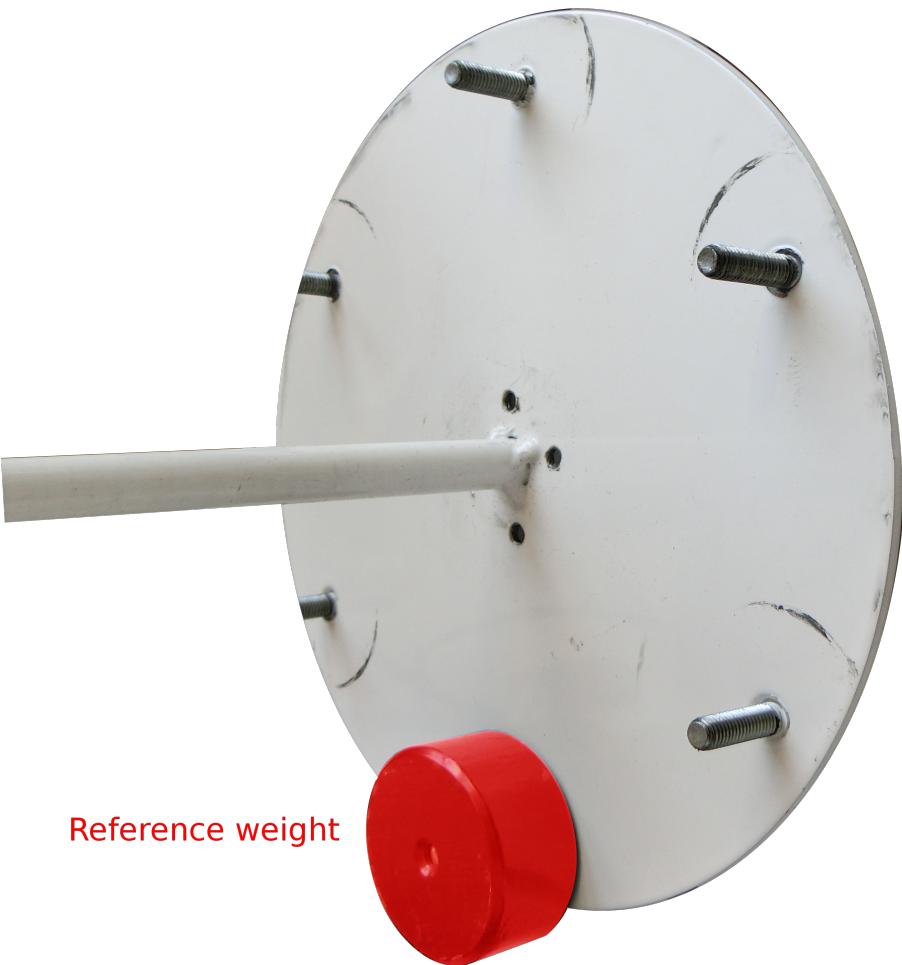
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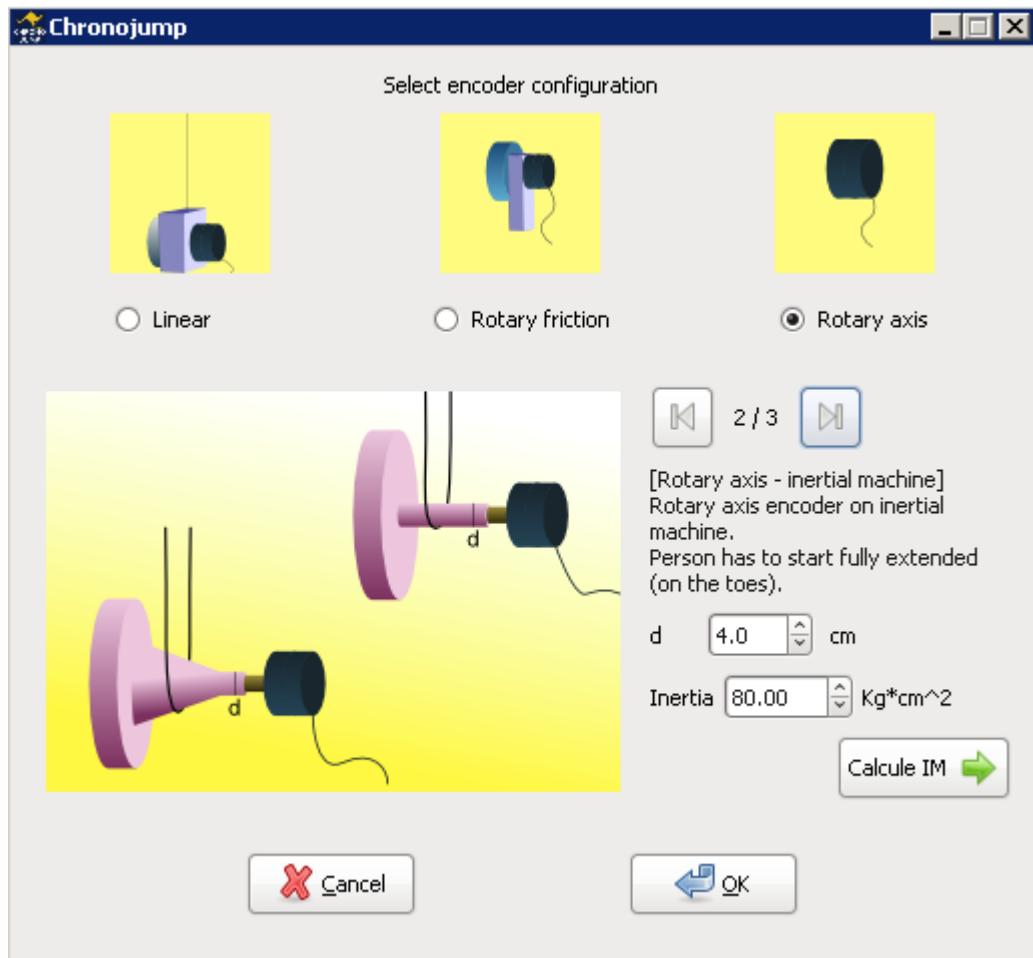
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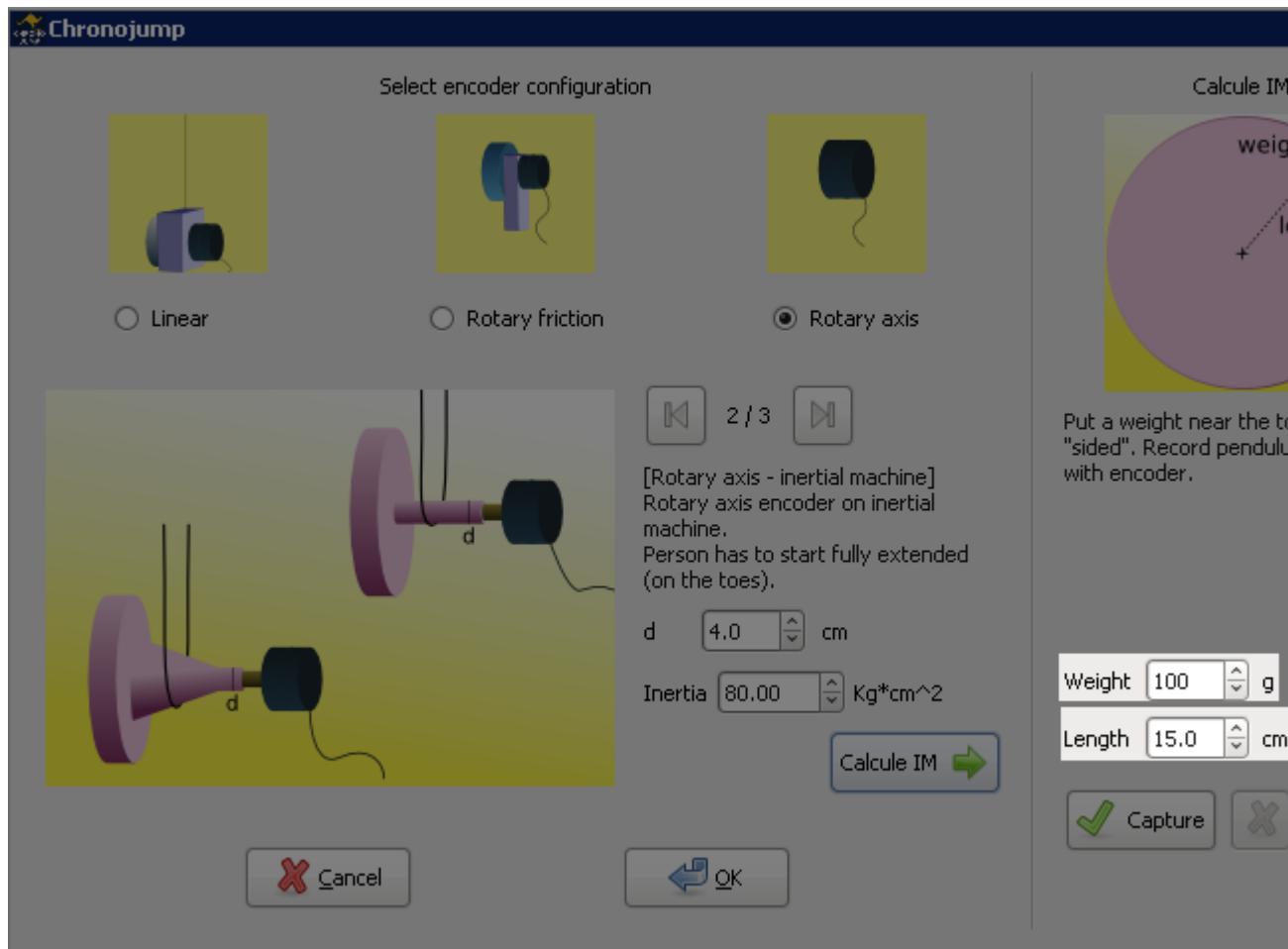
Capture Analyze

Encoder: Linear - barbell Select encoder



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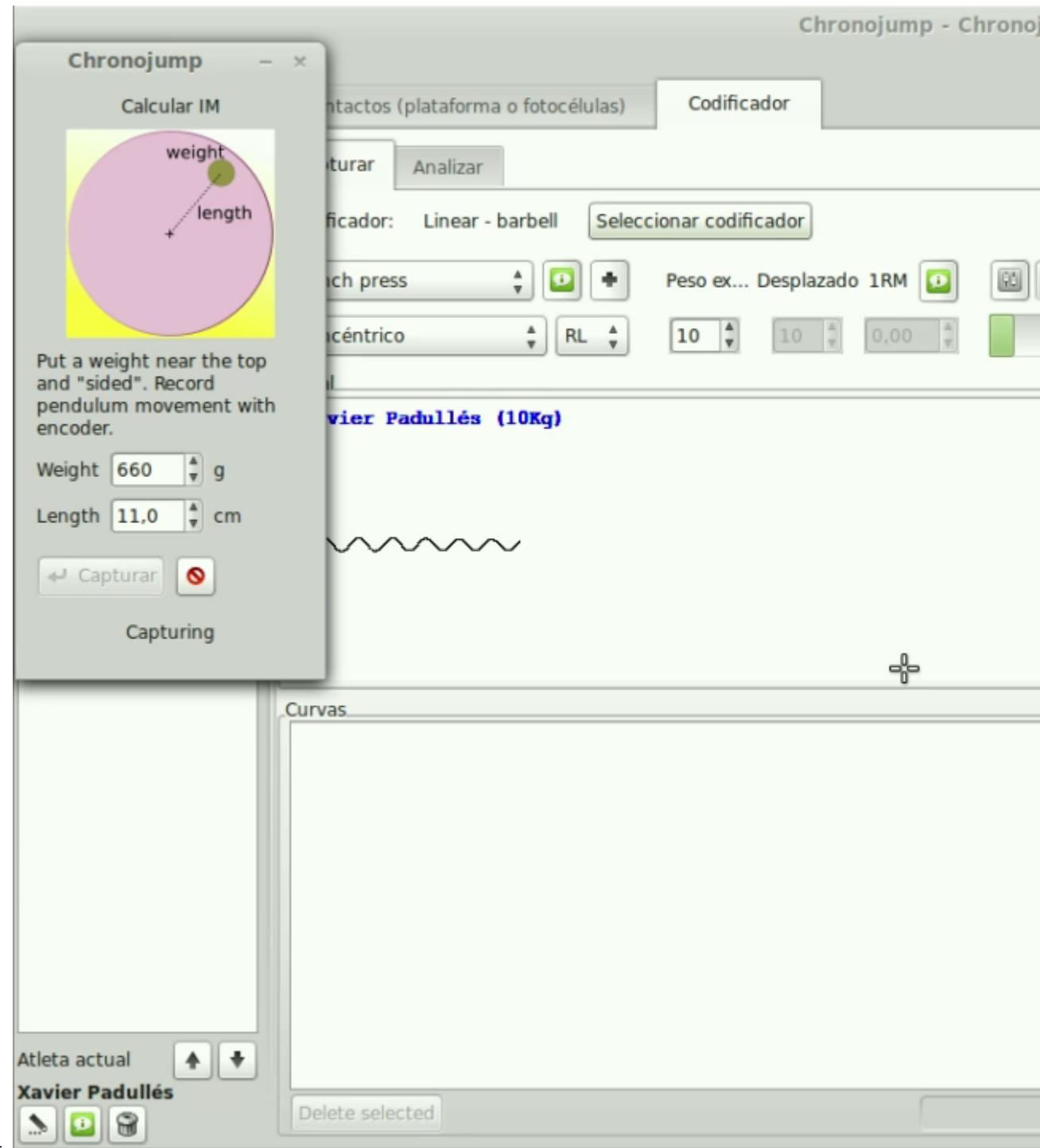
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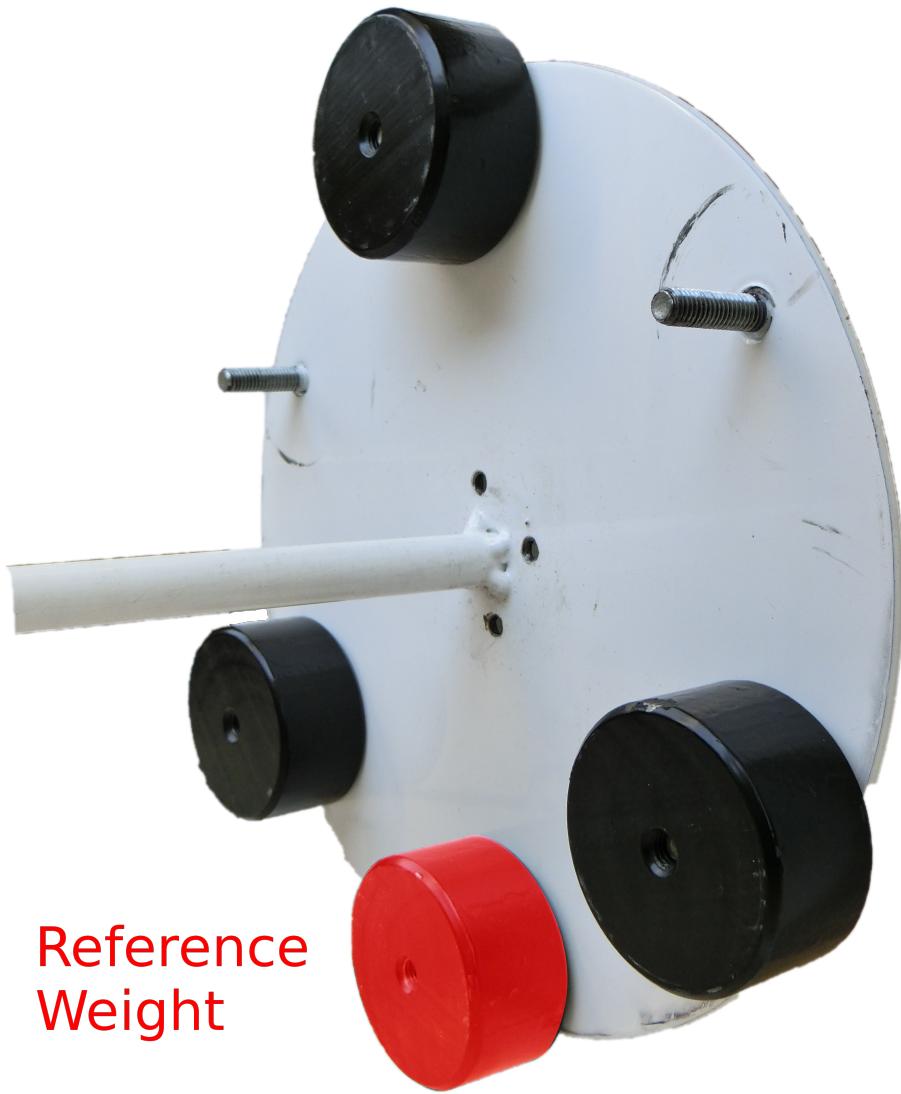


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Chapter 1

Introduction: Chronojump as a free software collaborator project in sport science

[Pending]

1.1 introduction

1.1.1 Instruments

1.1.2 Jump tests

1.1.2.1 Sargent test

1.1.2.2 Abalakov test

1.1.2.3 Bosco test

1.1.2.4 Specific jumps

1.1.3 Run tests

1.1.3.1 Simple runnings

1.1.3.2 Interval runnings

1.1.3.3 Agility circuits

1.1.4 Reaction time

1.1.5 Rhythms

1.1.6 Other tests

Part I

Obtaining and configuring the software and the hardware

Chapter 2

Obtaining the software and the hardware

To use Chronojump technology is necessary:

Detection device one or two contact platforms or photocells.

Chronopic (chronometric device responsible to receive the changes in the detection device)

Chronojump management software.

Computer with Windows, OSX or Linux operating system connected to chronometer Chronopic and executing the software Chronojump.

2.1 Chronojump software installation

Chronojump is free software which works with Windows, OSX and Linux operating systems. To be download at the web page <http://chronojump.org/products.html#chronojump>.

For more information consult the frequent asked questions of the software (FAQ) http://chronojump.org/faq_software.html.

2.2 Acquisition and construction of the detection device

If you like to buy measuring device please check online shop at the web page http://www.chronojump.org/hardware_store.html

To build your own contact platform or photoelectric cell, consult at the hardware section at the web page http://www.chronojump.org/documents_es.html

2.3 Acquisition and construction of the Chronopic chronometer

If you like to buy the Chronopic chronometer, please check online shop at the web page: <http://chronojump.org/pricing.htm>

If you want to build your own Chronopic please check the section Hardware at the web page: <http://www.chronojump.org/documents.html>

For more information consult the frequent questions of the software (FAQ) http://www.chronojump.org/faq_hardware.html

Chapter 3

Configuring Chronopic

Chronopic is an integrated circuit used by ChronoJump to detect the test done at the detection device. To obtain the Chronopic please check section 2.3.

For more information about Chronopic consult the web page: <http://www.chronojump.org/documents.html>

Current Chronopic version is Chronopic3 (fig 3.1).

3.1 Chronopic connections

Chronopic 3 is a USB powered hardware. Using USB cable it receives data from PC and also power. To complete the connection, this cable will also be connected to the socket.

<<<<< HEADALL Chronopics will be connected to the platform using the terminal block. This terminal block will receive each of the two cables from the contacts platform. Chronopic3 adds an RCA jack, to be used by the terminal block, RCA, or both.

Chronopic will be connected to the contact platform or photocell barrier through the RCA connection  , the terminal block  or both.

Using Chronopic3 RCA (and / or fuse) it is possible to connect 'n' networking platforms to any Chronopic. This model is useful to chronometer situations where an athlete should not be able to be in more than one platform at the same time. Both cables of each platform must be connected to the RCA connector or the terminal block.

Software allows the connection up to 4 Chronopics with an independent signal, each connected to one or more sensing devices. This makes possible chronometer independently various subjects, complex paces or other applications.

3.2 Chronopic working process

Chronopic detect changes in the contact platform and sends it to the computer by USB cable, USB-serial or serials. You can also use the test button  to simulate changes in the platform.

Chronopic has a green light to indicate when the subject is on the platform or the photoelectric barrier (light stays on/off) or outside the platform (light is off/on). Chronopic has a green light to indicate when the subject is on the platform or the photoelectric barrier (light stays off) or outside (light is on).



Figure 3.1: Chronopic3.

The image above shows the 200 initial units. The methacrylate was available in different colors such as yellow, orange, blue or transparent. The image below shows the second process of the assembly with 500 equal units.

3.3 USB ports

The operating system assigns names to ports, as shown in Table 3.1.

Operating system	Port	Name	Comments
MS Windows	USB	COM1, COM2, COM3, ... (seen to COM27)	Driver required
GNU/Linux	USB	/dev/ttYSB0 , /dev/ttYSB1	

Table 3.1: Names of each operating system port.
The most common names are in bold type text.

The use of the driver is explained in the next section.

3.3.1 Windows USB Driver

A driver is a small program that indicates the computer how to operate a new device.

Chronopic3 plate requires a driver to run on Windows. This driver is automatically installed when you install any version later than Chronojump 0.7.

If you connect the Chronopic to the computer, and it's detected "New hardware found", then the driver is not required, in other case it will be necessary to run the driver.

3.4 Detection port

As explained in section A.3, is assigned a port name for the connection. In case of using **Linux**, the port name is not usually a problem, because the names are clear and the / dev/ttyUSB0 is usually correct.

In case of using **MS Windows**, when Chronopic3 is connected to the USB port, the driver assigns different names: COM1 ... COM27 or higher. In previous versions of Windows Chronojump, the port was auto detected, but later version than 0.6, this is not possible. In case of port serial, is typically assigned port COM1.

We recommend the following process when the port is detected in Windows because of the connection of Chronopic via USB:

1. On the desktop or the Start menu, **right click** on the icon "My Computer" Right (In Windows Vista the icon called "System")
2. On the menu select "Properties" (last item)
3. Go to the tab "Hardware"
4. Select "Device Manager"
5. Click the '+' which is to the left of "Ports COM & LPT"
6. Will the port be indicated as COM? to the right of "USB-serial" click the right mouse button and select "Properties" if this doesn't appear, then we can see the COM port assigned.
7. The value of COM, such as "COM3" is what we have to enter in the configuration of Chronopic.

The port can change in a reboot or after plugging new USB devices.

The antivirus Spy-doctor has been related to problems in ports connection <http://mail.gnome.org/archives/chronojump-list/2008-January/msg00012.html>. We recommend to stop it.

3.5 Modification port assigned by Windows

If the port assigned is COM5 or higher it may cause problems in some computers detection. If this happen, it's recommended to assign a lower port than COM5, preferably COM1 or COM2.

To manually assign a port, repeat the steps described in 3.4 to know which port is assigned, then do the following steps:

1. Click "Port Settings".
2. Click on "Advanced Options".

3. Select one of the ports COM1-4 (preferably COM1 or COM2).
4. Accept and close the assistant.
5. Disconnect the USB cable and reconnect it after a few seconds.

At this point it should be assigned a COM port that device that will last forever. Alternatively, return to perform the steps described in 3.4 to verify that the change was made directly.

En este momento ya debería tener el puerto COM asignado para siempre a dicho dispositivo. Opcionalmente, si quiere puede comprobar que el cambio se ha realizado directamente puede volver a realizar los pasos descritos en 3.4.

3.6 Chronopic solution problems

In case of detection failure when changing Chronojump platform, we propose the following battery of tests. If Chronopic is not working after performing these tests, please noted at the Forum <http://foro.chronojump.org>.

Perform each of the tests until it's working correctly. Remember to check that the cables are connected properly.

1. Power Problem: The red light will turn on when you connect the USB cable (this will happen when the computer is turned on except when there is a connected platform and someone stepping on it, or pushing the test button ).
2. Problem networking platform: Connect the contact platform (without computer) and check the Chronopic by clicking on the platform and checking if the light turns on and off. If the light doesn't turn on and off, but it did in the previous step, then the cables are in touch when they are connected to Chronopic. Insulate them, check if they are poorly connected or if the platform has a bad contact (disassemble and repair).
3. Port problem on Windows: If the contact platform doesn't have any problem, unplug it and continue the testing only with the Chronopic. Then, check if the port is detected and connect the cables to the computer, the power should also be detected in the Chronopic as described in Section 3.4. Windows may detect more than one type of port COM, do the following test to both. If the port assigned is higher than COM4, it's recommended to modify the port to one less than COM4, preferably COM1 or COM2 as described in Section 3.5.
4. Execute Chronojump, select the port configuration in the Chronopic window. A dialog will appear asking you to click "OK" and after this click on the button Chronopic, shortly Chronopic should be detected and ready to be used with the platform connected if desired.

Part II

Using Chronojump

Chapter 4

Using Chronojump

4.1 Chronojump main window

Figure 4.1 shows Chronojump main window. This is divided into the following parts:

The menu where you find the access to session and help.

Edit subject provides a quick access to individual operations.

Subject selection where you can select the subject and edit it with the menu that appears when you click on the right button of the mouse.

Chart selected test If there is a drawing of the test selected or targeted by the mouse, it will be shown. Also, if the program has expanded information on the test, displays an icon to indicate it. By pressing this button it will display a help window on this test chart containing the expanded and test information.

Tabs that allow you to change the work form: Contacts (platform of photocell), Encoder and Server.

Test type with the functionality of executing each of the tests on the tab or active labor module.

Viewing and editing the tests shows different selectors for viewing and editing the jumps and runs. User Notification displays information about the last action.

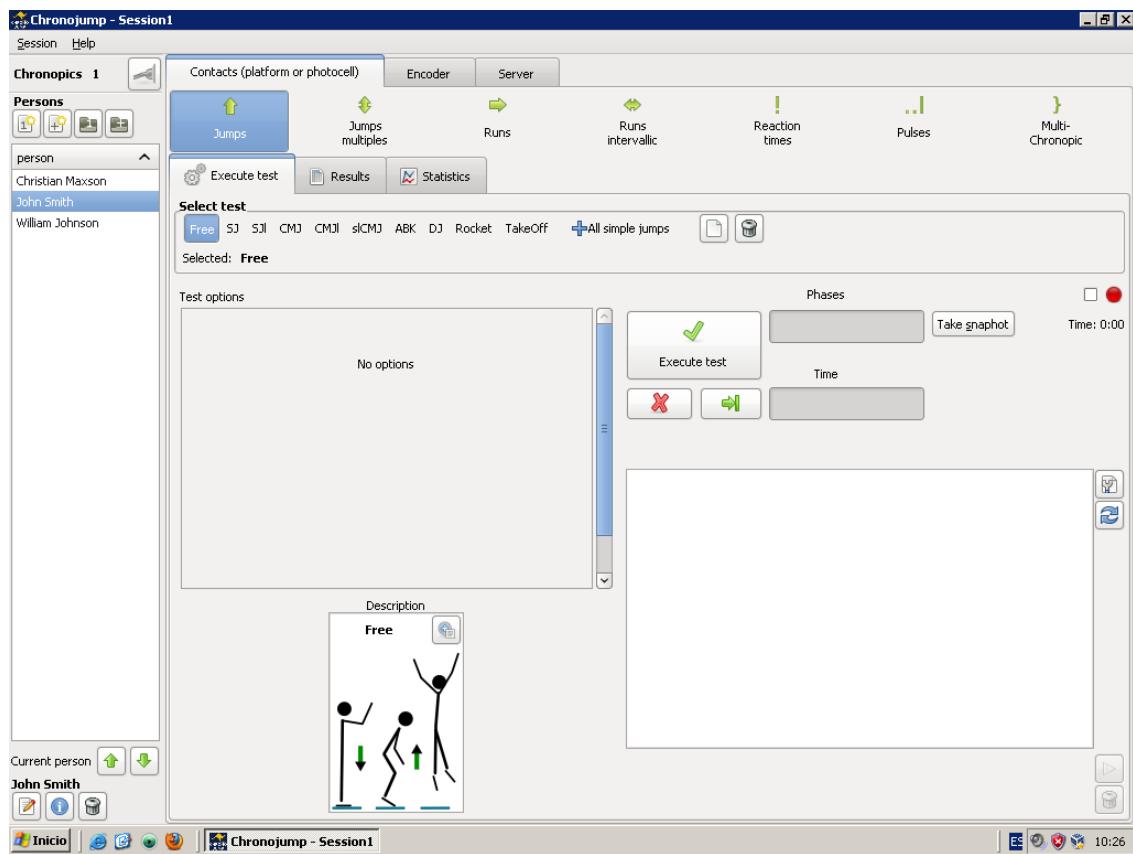


Figure 4.1: Chronojump main window.

4.2 Chronojump Menu

In the following pictures you can see the drop down menu of the program.

Session Menu see figure 4.2.

Help Menu see figure 4.3.

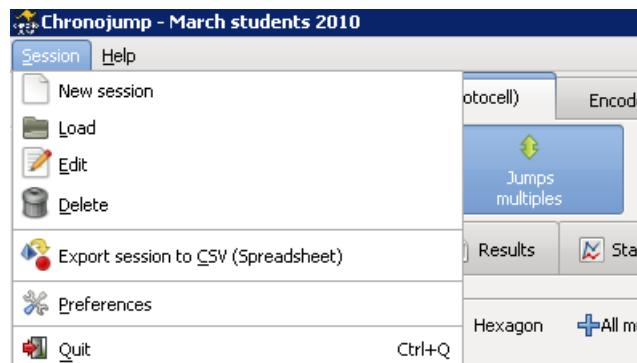


Figure 4.2: Session Menu.

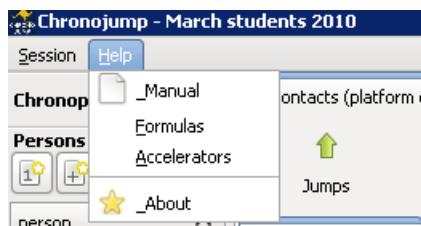


Figure 4.3: Help Menu.

4.3 Chronopic/s Connection.

Is possible to connect one or more Chronopics on the menu: *Tools / Chronopic*. In Figure 4.4 two Chronopics connected are shown. There is a help button for the ports by clicking on the *Help* button window. The connection to the Chronopic timer is specifically addressed in section 3.

If the first Chronopic is activated, the first circle will be green. You can connect more than one to perform tests in Multi Chronopic. When you select the port, you must click on the right button to make the connection. In each successful activation the red circles will become green.

4.4 Database: sessions, subjects and tests

ChronoJump stores all data in one database file. Thus, instead of collecting the information in individual files for each session, all information is organized in a single file to facilitate the study of relationships between:

- sessions
- people
- tests (jumping, running, reaction times, pulses (rates), multi Chronopic)

All modifications in session, subjects and tests, will be updated at any time in the database. So there isn't need to save the information periodically and make data loss to a computer error. If rare case, the program crash, you wouldn't lose any data except sometimes the one that is being performed at the time.

4.4.1 Sessions

The sessions represent situations where the coach or evaluator gathers many athletes (subjects) for a series of tests. Every time you gather a group of athletes to be tested in a short space of time (usually one day), you should create a new session. Although the subjects to assess are the same as in other session, you should create a new one to keep adding subjects and tests in an old session. In this way, you can make comparisons between data.

Figures 4.5 and 4.6 demonstrate the creation of a session.

4.4.1.1 Creation

Click on the menu *Session menu / Create session* and one window will be opened where you must enter the name of the session, the date and the sport practiced. Optionally you can also indicate the place where is done and even add comments.

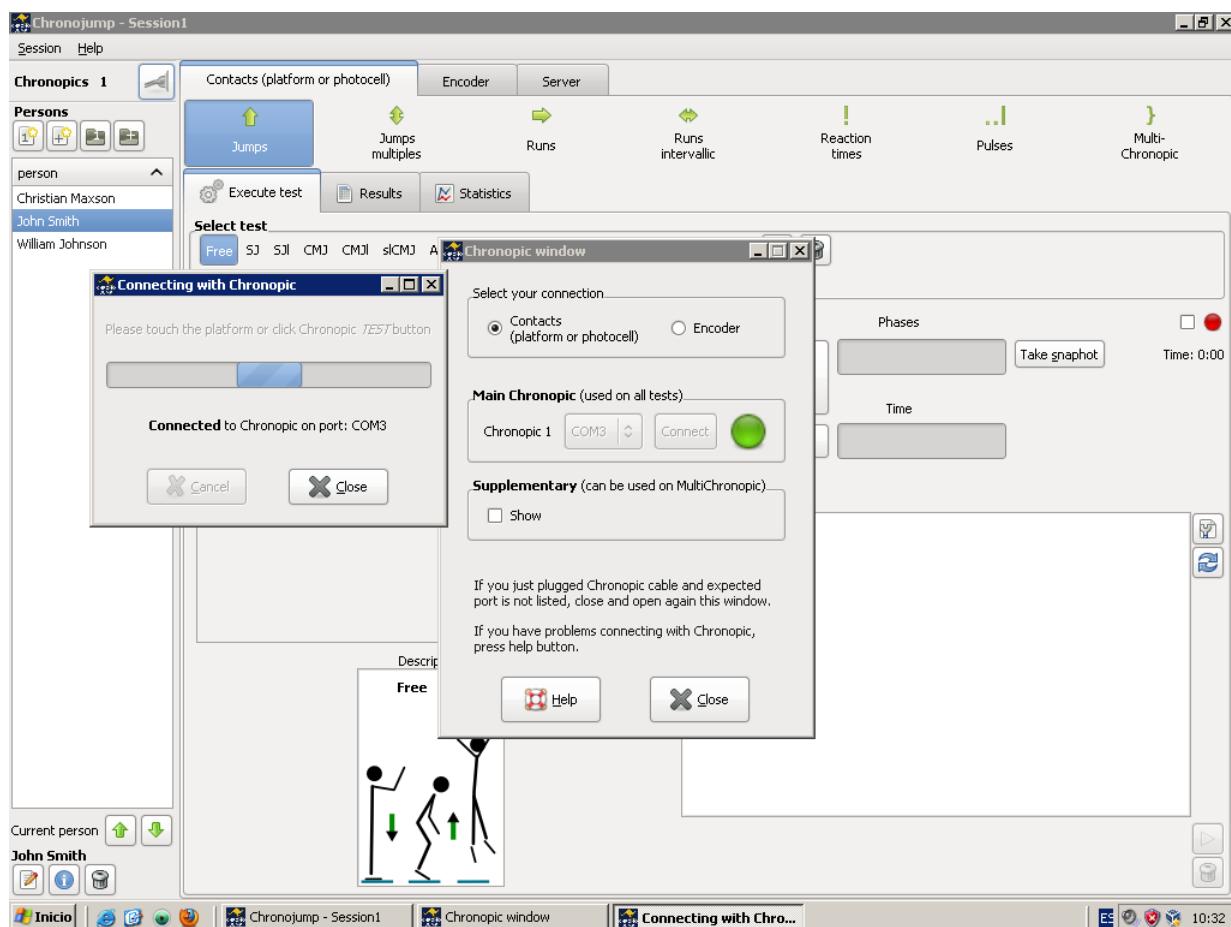


Figure 4.4: Chronopic connection.

The figure corresponds to the program ChronoJump-in version for Linux operating system, which are connected with two Chronopics.

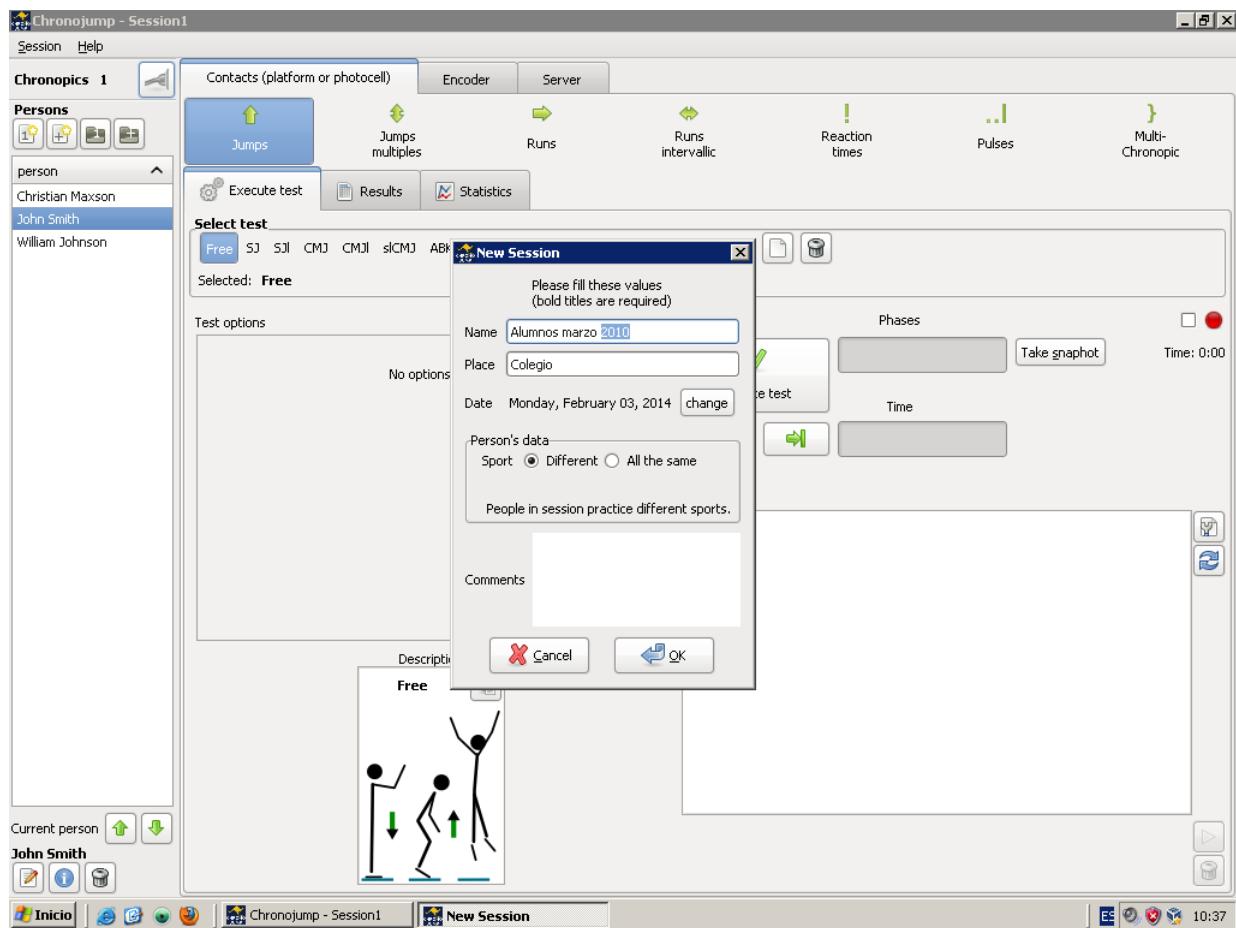


Figure 4.5: New Session. School students.

4.4.1.2 Load

If you want to load a session already created to study, add subjects and / or to test, click on the *Session menu / Load session*. It will show a list of sessions created and information of the subjects enrolled in each of them and the tests performed.

4.4.1.3 Edición

Click on *Session menu / Edit session* to modify the parameters that have been inserted earlier. Normally, it's used the edition of sessions to add comments about the evolution.

4.4.1.4 Delete

To delete a **session and all tests** performed, click on the *Session menu / Remove session*. A confirmation window will appear.

4.4.2 subjects

All individuals able to perform the tests are known as subject. It's strongly recommended to create one subject only once in order to study the evolution over time. In following sessions the subject must

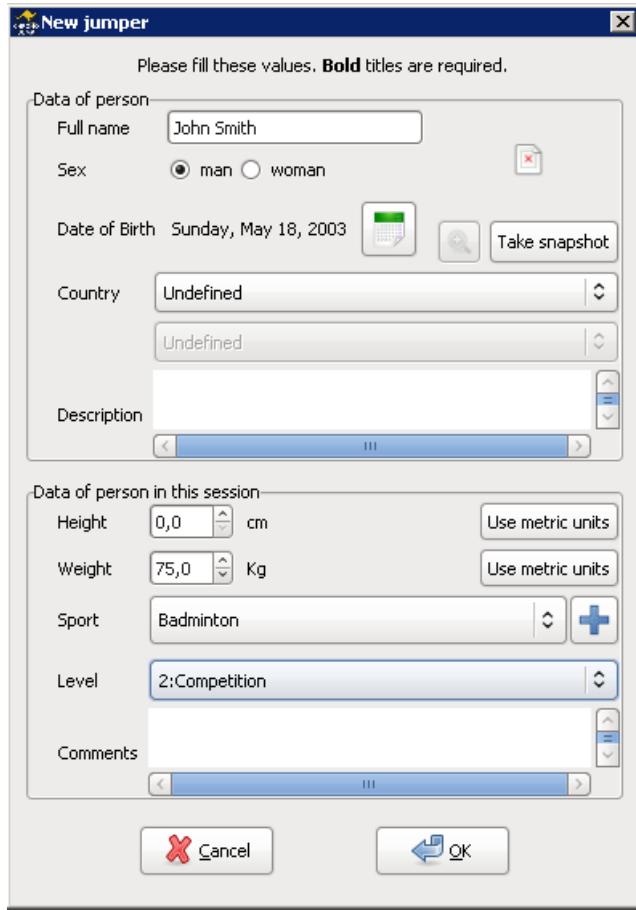


Figure 4.6: New Session. Rhythmic competitors.

be loaded.

Figure 4.7 shows the creation of a person.

4.4.2.1 Current person

The subject on the left side of the main window is known as *current person*. All tests done shall be linked to that subject. The latter subject created or loaded is assigned as current person.

Tests shall not start until the current person is assigned.

4.4.2.2 Creation

Click on the *Person menu / Create person* or use the *Create* button to create a person. You may indicate the full name, gender, date of birth, height, weight, country, sport, mode and level. It's important to enter the full name to avoid further conflicts with other different subjects.

In order to accelerate the creation of multiple subjects, click on the menu *Subject / Create subjects [multiple]*. A window will appear where you can create multiple subjects at once. You can choose between *Add entries from CSV (spreadsheet)* or *Add entries manually*.

In the first case you will need a coma separated value file (.csv) previously created with the information of the name, surname, genre and weight in different fields. The format of the file can be specified with

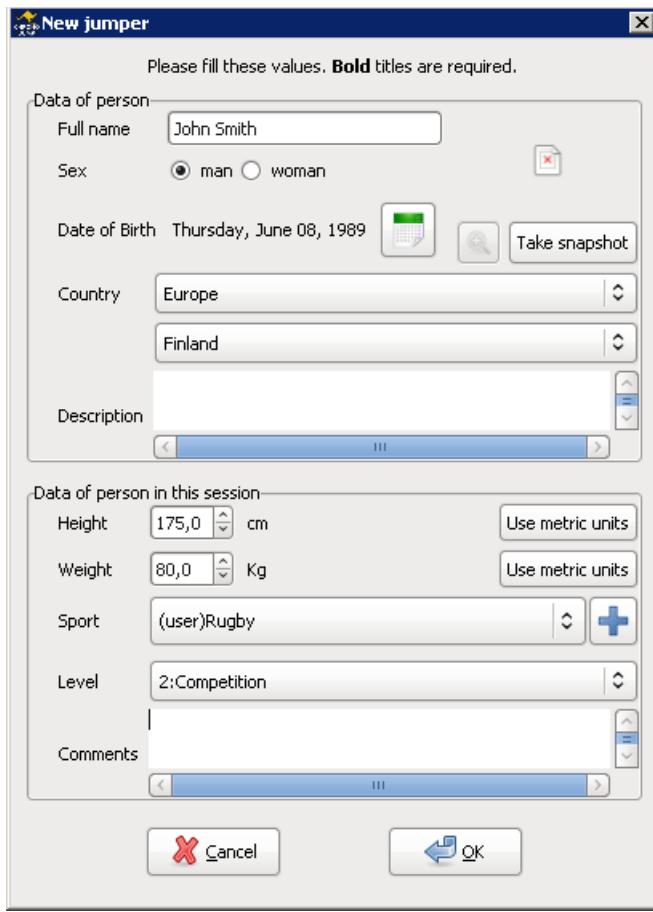


Figure 4.7: Creation of a person.

headers or without it . Additionally you can have a file with a single column for the full name or two columns for the name and surname .

In the second case, you can create manually a set of subjects as shown in the figure.

Once created, if you still want to create more subjects, you can click again on the same menu item. Figure ?? shows the creation of 11 subjects at once.

4.4.2.3 Load

If a person has participated in another session, and you want to evaluate him/her again in the current session, click on *Load person*, and enter the same subject to the new session. The program will distinguish between tests (jump, run, reaction times and rhythms) made by the same person in two or more sessions.

If you created a session and you want to continue with the same person/s in another session click *Load subjects from another session* and check all subjects who participated in the other session or multiple session. If you wish you can always discard any subject.

Figures 4.9 and 4.10 show the load of subjects.

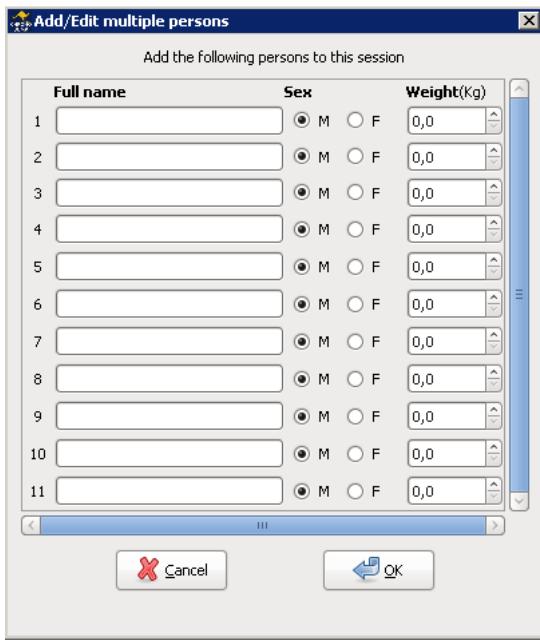


Figure 4.8: Creation of different subjects simultaneously.

4.4.2.4 View subject tests

Click *Show all tests of current person* to see all the tests that this person has done in the different sessions. You can also select other subjects of the current session.

4.4.2.5 Edit

Click *Edit person* or press *p* (person) to modify the data that was entered at the same time as the creation. You can also add comments.

4.4.2.6 Delete

Click *Delete current person* to be removed of the session. This operation will remove all tests from any person in the current session. It's important to know that the subject will not be removed from the database and the tests in other sessions remain intact.

After deleting this subject, another subject will become the *current person*. Otherwise any test can be provided.

4.4.3 Tests

So far ChronoJump manages five types of tests: jumping, running, reaction times, rhythms and Multi-Chronopic. Later ChronoJump can handle other tests. These tests are detected by the signals sent by the contact platform when the subject steps on and off it.

The database stores the tests and links to other data tables.

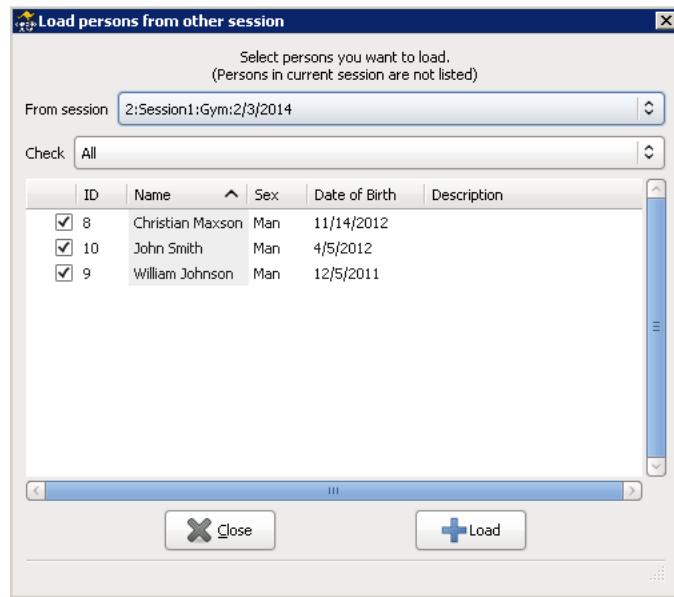


Figure 4.9: Load subjects.

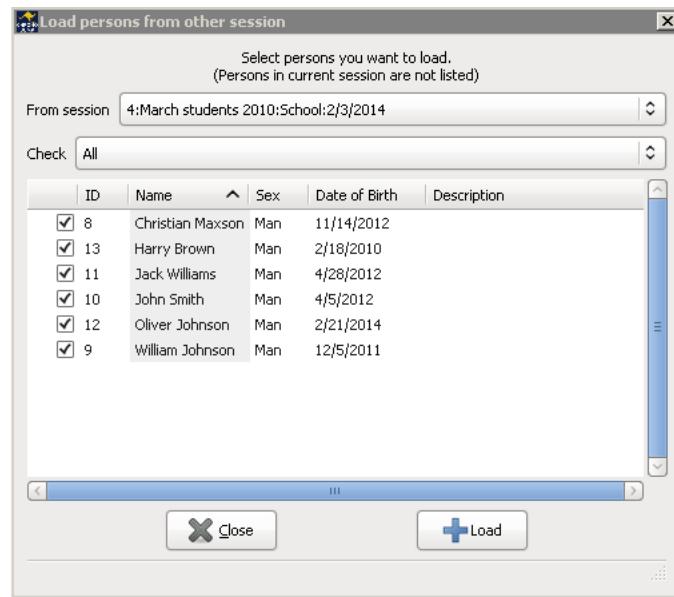


Figure 4.10: Load subjects from other session.

Chapter 5

Contact tests

At the following text, it describes the management of the five types of tests allowed in Chronojump software.

5.1 Jumps

There is basically two types of jumps: simple and repetitive. Chronojump detect a **single jump** as one phase of flight. That's why there are two types of simple jumps:

1. Those who start and finish on the platform (single hop). We obtain the variable flight time (TF)
2. Those who started outside the platform (drop from a height or do a jump before) to fall on the platform and then jump. Variables obtained: Contact time (TC) (time between reception and takeoff on the platform) and flight time (TF). Usually jumps will pursue minimum contact time and maximum flight time as a power indicator.

A **repetitive jump** (also called reactive) is when you obtain more than one flight time. For example: make two consecutive jumps initiated on the platform in the order TF, TC, TF or start outside the platform and continue with the order TC, TF, TC, TF.

Assuming that the body during the takeoff position is the same as in the landing, the flight time indicates the height of center of gravity of the athlete in this jump.

5.1.1 Simple jumps execution

From the jumps tab, click the buttons:

- *SJ*, Squat Jump
- *SJI*, Squat Jump with extra charge (extra weight)
- *CMJ*, countermovement jump
- *ABK*, jump with arms Abalakov
- *DJ*, drop jump
- *Rocket*, Rocket Jump is simple jump similar to the squat jump but it starts with a full flexion of the legs.

Sometimes you will be asked to provide additional information as the extra weight of the subject (SJL) or the height of the drop (DJ).

Click on *More* to get all the available of the simple jump and click *ok* on them to be executed. The jump menu also provides this access. The original protocol of Bosco for the *DJ* test indicates that the arms don't participate in the jump. Instead many coaches ask their athletes to use the arms because is more similar to the techniques used in sports. The original *DJ* is called *DJna* (no arms), while the *DJ* with arms is called *DJa*. When you start a *DJ* test, the program will ask whether to use arms or not and automatically appoint the jump properly.

If Chronopic has not been connected and activated from Chronopic window, a jump will be simulated. In the other hand, if Chronopic is connected, real jump will be done. Note that for some jumps the athlete should be on the platform, while other jumps it's essential to be elsewhere. You will be notified if the athlete's situation is not correct. In the pop-up window it shows the progress of the jump, which may be stopped by clicking on the *Finish* or *Cancel* button.

If you want to execute the same type of jump to various subjects and you don't want a button (only available on the tab *More*), you can change the subject and use the *Last* button to allow another person to perform the same jump.

5.1.1.1 Repetitive jumps execution

Click in the button on the Repetitive jumping tab:

- *RJ (j)*, Repetitive Jump (jumps) or repetitive jumping limited number of hops
- *Rj (t)*, Repetitive Jump (time) or time-limited repetitive jumping
- *Unlimited*, unlimited repetitive jumping.

Sometimes is necessary to provide additional information as the height of the initial drop, the extra weight or value of the limiting factor (hops or seconds). Click on *More* to get a list of all the available of the reactive jumps and execute them clicking *OK*. The jump menu also provides access to these actions.

If Chronopic has not been connected and activated from Chronopic window, a jump will be simulated. In the other hand, if Chronopic is connected, real jump will be done. Note that for some jumps the athlete should be on the platform, while other jumps it's essential to be elsewhere.

If you want to execute the same type of jump to various subjects and you don't want a button (only available on the tab *more*), you can change the subject and use the *Last* button to allow another person to perform the same jump.

5.1.2 Auditive and visual feedback in repetitive jumps: bells

In order to add a visual and auditory feedback during execution of the jumps, you can set values of flight time, contact time, or the relationship of both. To be shown a red bell (poor performance) or green (good performance) together with a distinctive sound. Click on the "Bells" to configure these actions as shown in Figure 5.1.

5.1.3 Jumps view

Simple jumps are shown on the *Jumps* tab and the reactive Jumps on the *Jump Reactive* tab. In both cases, it's included a filter for all the possible tests or only a particular type.

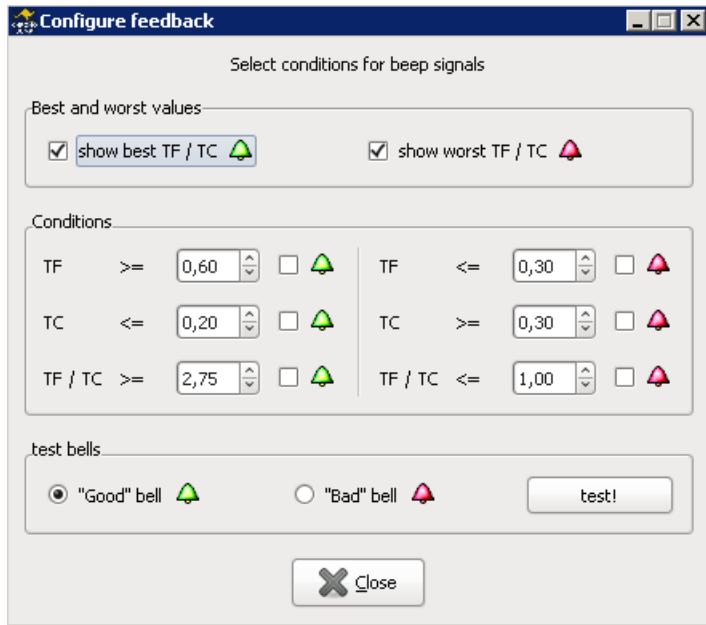


Figure 5.1: Bells - auditory and visual feedback.

Tests are associated with the jumpers. The order of the tests presentation of each jumper is chronological so, the last test appears at the end of the list. It's included a button that allows sorting the tests by the type of jump and not in chronological order.

All jumps are selected in the view filter. A series of values are presented at each hop. It's possible to change the view by accessing at the Preferences (more information in section 10 en la página 72).

You can use the *magnifying glass* button (or press *z*) to facilitate the view of the tests.

5.1.4 Jumps edition

You can add comments to a jump or change the person (if you forgot to change the current person previously) If you select the desired jump and click on the *Edit* button on the selected jump, you can also find it on the menu, or by pressing the button *e*.

In the reactive jumps, since they are composed of a set of jumps, this change will affect all the jumps even if only one is selected.

5.1.5 Repair repetitive jumps

Using *Repair selected* button or pressing *r*, you can add a jump, modify a contact time or flight time or delete a jump. If a repetitive jump type has been defined to be limited to max *n* jumps, or max *n* seconds, this conditions will limit the repair functionality. When this happens, you will find an information text on the bottom of the window.

5.1.6 Jumps delete

To delete a jump, select it and click the *Delete selected jump* button. Its equivalent in the menu or press *d* (delete). By deleting the test you will be asked to confirm it if the delete confirmation option is activated in the *Preferences* menu (more information in section 10 en la página 72).

Deleting a repetitive jump will delete all its jumps.

5.1.7 Creation of new jump types

In order to adapt the software to the needs of each user, it has been included the function: *Add jump type* (on *Jumps* menu). This allows trainer to define easily and powerfully the desired jump types.

Created jump type will be available on database to be used at any session, and it will be listed clicking on the *More* button at the *Jump* or *Jump repetitive* tabs (depending on which kind of jump it's created). This new jump type will be also differentiated on statistics, graphs and reports.

On creation, you should give it a distinctive name and classify between simple or repetitive. If jump is repetitive, then you can limit it by jumps, time, or leave it unlimited.

The limit by time or jumps options can be defined as a fixed value or left as undefined. If it's defined fixed, all new jumps of this type will be limited to that value; in the other hand, if the type is not fixed, user will be asked by limit value everytime a new jump is done.

Last settings include: start inside or outside the platform, allow to jump with an extra weight, and add a description to the jump type. In the figure 5.2 you can see the creation of new jump type.



Figure 5.2: Creation of a new jump type.

5.1.7.1 Examples on creation of new jump types

Here you can find some examples on creating new jump types. The names of the types have been invented in this manual. The table 5.1 is also useful to understand the different variables.

- “*SJ-N*” Jump like Squat Jump but the hands are on the nape instead of hips.
- “*DJ-Rope2*” Jump like Drop Jump but after executing the Drop jump, person have to jump again doing two turns with the skipping rope on the air.
- “*Triple*” Repetitive jump starting outside the platform and including three jumps.

- “50%fatigue” Repetitive jump that has to be done until arriving to 50% of the person’s fatigue. The number of seconds needed to be fatigued is personal and is known previously by the trainer. Starts inside.
- “RopeUnlimited” Person has to jump the rope until trainer (or jumper) decides to finish. Start inside the platform and can be done with an extra weight.

Name	Type	Limited by	Fixed	Start in	Additional weight
SJ-N	Simple	-	-	Yes	No
DJ-Rope2	Simple	-	-	No	No
Triple	Repetitive	Jumps	Yes(3)	No	No
50%fatigue	Repetitive	Time	No	Yes	No
RopeUnlimited	Repetitive	Unlimited	-	Yes	Yes

Table 5.1: Examples on jump types created by user.

5.2 Runs

Running can be detected by two kind of devices:

- platform/s
- photocell/s

On a run test ChronoJump detects time between detection devices. If the run is “circular”, it can be used a single device (platform or photocell), in the other circuits, there’s a need of more than one detection device (of any type).

From now on, *device in contact* means that the person is on the platform or blocking a photocell signal. Is important to note that the person should never be in contact in more than one device at the same time.

The figure 5.3 shows a drawing of the position of two platforms to measure run.

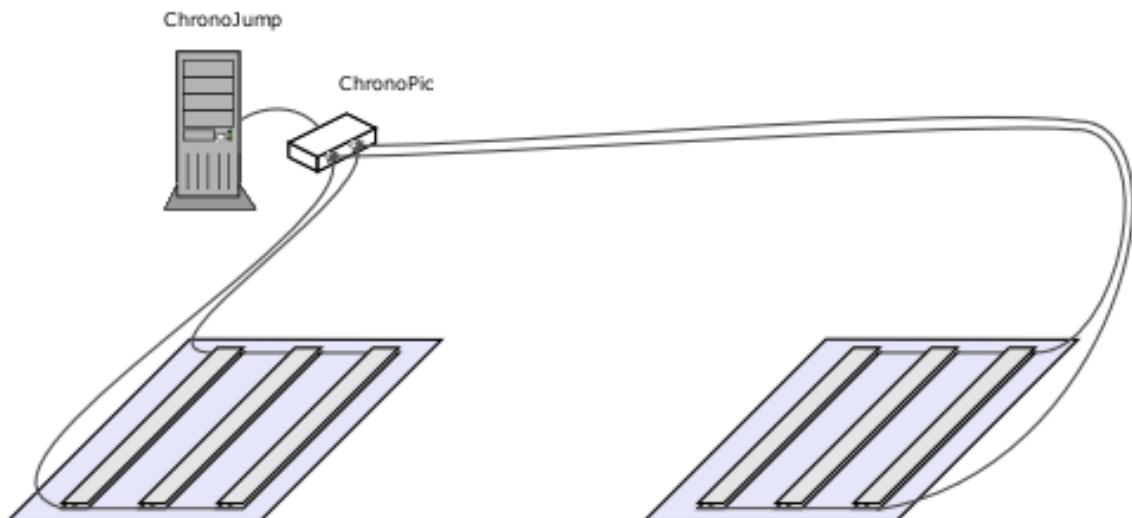


Figure 5.3: Drawing of two platforms circuit to measure run.

In order to calculate average speed, user will be asked about the distance between platforms.

Runs can be of two types: simple and repetitive. On Chronojump a **simple run** means that there's only one track. There are two kinds of **simple runs**:

Running from stop Start on contact in a device and end in contact in the same or other device.

Running with initial speed Start before the contact, after a while, a contact is done and chronometer starts, then person leaves the detection device until it produces contact again. This allows to measure a run where person has an initial speed.

In both situations, the registered data is the time between one device and the other, also speed will be calculated.

An **intervallic run** is a run where there's more than one track, it should be understood as "run along two or more tracks limited by devices at a fixed distance".

5.2.1 Simple runs execution

To execute a simple run, click the following buttons on *Runs* tab:

- *Custom* to run after introduce the track's distance
- *20m-400m*, to run on the preselected track's distance
- Agility runs, this tests are available: 20 Yards, 505, Illinois, Shuttle Run, Zig-Zag test. The figure 5.4 shows the information available on software about the 505 test.

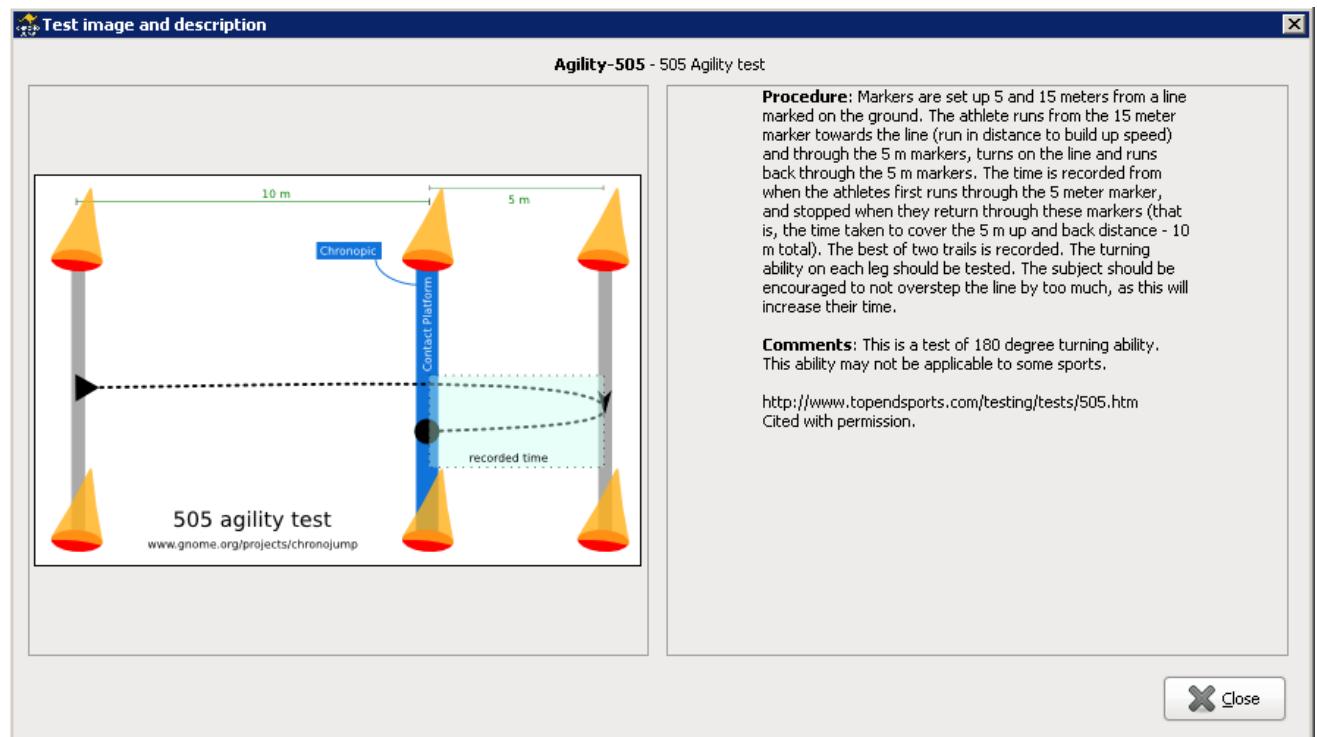


Figure 5.4: 505 Agility test.

Click on *More* to see all simple runs available, and execute them clicking *Ok*.

If Chronopic has not been connected and activated from Chronopic window, a run will be simulated. In the other hand, if Chronopic is connected, real run will be done. Software allows to start run in contact with the device or before the contact. On the later situation, time between starting of the run and contact on the first device is deleted.

In the pop-up window it shows the progress of the run, which may be stopped by clicking on the *Finish* or *Cancel* button.

If you want to execute the same type of run to various subjects and you don't want a button (only available on the tab *More*), you can change the subject and use the *Last* button to allow another person to perform the same run.

5.2.2 Executing intervallic runs

To execute an intervallic run, click the following buttons on *Intervallic Runs* tab:

By tracks: intervallic run limited by number of tracks

By time: intervallic run limited by number of tracks

Unlimited: unlimited intervallic run

At some run types, user interaction will be needed, like track distance and limit factor: tracks or seconds. Click on *More* to get a list of all the available of the intervallic runs and execute them clicking OK. The run menu also provides access to these actions.

If Chronopic has not been connected and activated from Chronopic window, a run will be simulated. In the other hand, if Chronopic is connected, real run will be done. Software allows to start run in contact with the device or before the contact. On the later situation, time between starting of the run and contact on the first device is deleted.

In the pop-up window it shows the progress of the run, which may be stopped by clicking on the *Finish* or *Cancel* button.

If you want to execute the same type of run to various subjects and you don't want a button (only available on the tab *More*), you can change the subject and use the *Last* button to allow another person to perform the same run.

5.2.3 Feedback auditory and visual at the intervallic runs: bells

Similarly to the repetitive jumps, you can configure minimum and maximum values for each track. A red bell will be shown on a bad execution, and a green bell on the opposite, also a distinctive sound will be played.

Configure this actions clicking on "Bells".

5.2.4 Runs view

Simple runs are shown on the *Run* tab and the intervallic runs on the *Run intervallic* tab. In both cases, it's included a filter for all the possible runs or only a particular type.

Tests are associated with the runners. The shown order of the tests of each jumper is chronological so, the last test appears at the end of the list. It's included a button that allows sorting the tests by the type of run and not in chronological order.

It's possible to change tests view by accessing at the Preferences (more information in section 10 en la página 72).

You can use the *magnifying glass* button (or press z) to facilitate the view of the tests.

5.2.5 Runs edition

You can add comments to a run or change the person (if you forgot to change the current person previously) If you select the desired run and click on the *Edit* button on the selected run, you can also find it on the menu, or by pressing the button *e*.

In the intervallic runs, since they are composed of a set of runs, this change will affect all the runs even if only one is selected.

5.2.6 Repair intervallic runs

Using *Repair selected* button or pressing *r*, you can add a track, modify a time or delete a track. If an intervallic run type has been defined to be limited to max *n* tracks, or max *n* seconds, this conditions will limit the repair functionality. When this happens, you will find an information text on the bottom of the window.

5.2.7 Runs delete

To delete a run, select it and click the *Delete selected run* button. Its equivalent in the menu or press *d* (delete). By deleting the test you will be asked to confirm it if the delete confirmation option is activated in the *Preferences* menu (more information in section 10 en la página 72).

Deleting an intervallic run will delete all its tracks.

5.2.8 Creation of new run types

In order to adapt the software to the needs of each user, it has been included the function: *Add run type* (on *Runs* menu). This allows trainer to define easily and powerfully the desired run types.

Created run type will be available on database to be used at any session, and it will be listed clicking on the *More* button at the *Run* or *Run intervallic* tabs (depending on which kind of run it's created). This new run type will be also differentiated on statistics, graphs and reports.

On creation, you should give it a distinctive name and classify between simple or intervallic. If run type is intervallic, then you can limit it by tracks, time, or leave it unlimited.

The limit by tracks or time options can be defined as a fixed value or left as undefined. If it's defined fixed, all new runs of this type will be limited to that value; in the other hand, if the type is not fixed, user will be asked by limit value everytime a new run is done.

User can also fix the distances of the tracks. La ventana de creación de nuevo tipo de carrera concluye con la posibilidad de añadir una descripción textual. En las figuras 5.5 y 5.6 puede observar la ventana de creación de nuevos tipos de carreras.

Last settings include: fix the distance of the tracks, and add a description to the run type. In the figure 5.5 you can see the creation of new run type.

From Chronojump version 0.9, you can create intervallic runs with variable track distance. This is suitable to calculate speed in the different tracks of agility tests.

5.2.8.1 Examples on creation of new run types

Here you can find some examples on creating new run types. The names of the types have been invented in this manual. The table 5.2 is also useful to understand the different variables.

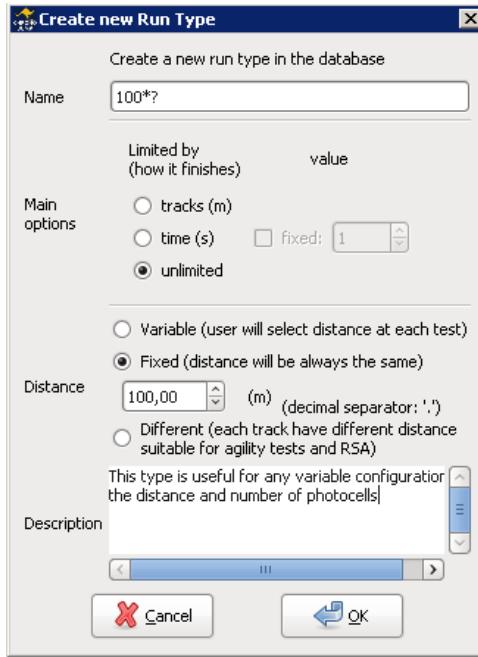


Figure 5.5: Creation of a new run type.

- “*Sprint10*” 10 meters of sprint run.
- “*SprintShortVariable*” Run below 20 meters, each runner will have run at a different distance defined by the trainer.
- “*20*5*” 100 meters run in 5 tracks of 20 meters.
- “*20*n*” 100 .Run 20*n meters (n tracks de 20 meters).
- “*40*50%fatigue*” Intervallic run where each person runs until 50%fatigue is reached. Time needed to fatigue is individual and known by trainer. Each track has 40m.
- “*100*?*” Person has to run tracks of 100m until trainer (or runner) decides to finish.
- “*2 min of 20-10-7*” Agility run on 3 tracks that have to be repeated during 2 minutes. First track has 20m, second 10m and third 7m.

Name	Type	Limited by	Fixed	Track length
Sprint10	Simple	-	-	Fixed(10)
SprintShortVariable	Simple	-	-	Variable
20*5	Intervallic	Tracks	Yes (5)	Fixed(20)
20*n	Intervallic	Tracks	No	Fixed(20)
40*50%fatigue	Intervallic	Time	No	Fixed(40)
100*?	Intervallic	Unlimited	-	Fixed(100)
2 min 20-10-7	Intervallic	Time	Yes(120'')	Variable(20,10,7)

Table 5.2: Examples on run types created by user.

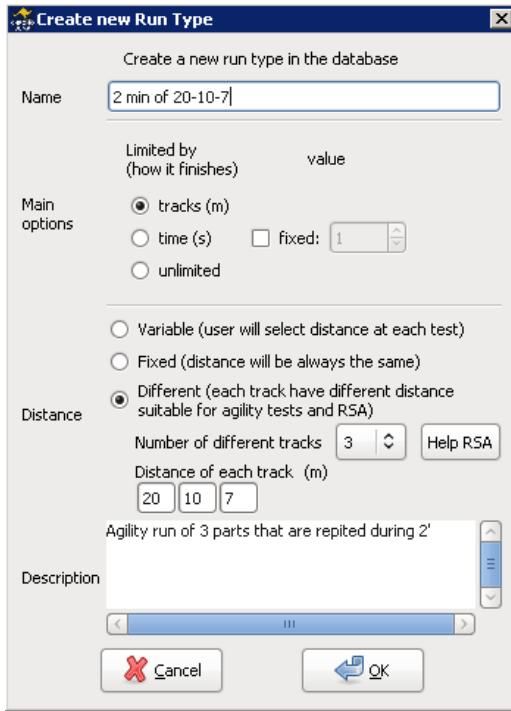


Figure 5.6: Creation of a new run type with variable tracks.

5.3 Reaction time

In order to detect reaction time of the person, there's a need of an assistant, because ChronoJump and Chronopic are still unable to produce random signals that can be measured accurately.

5.3.1 Protocol

Assistant will produce contact in a contact device: push-button, platform, photocell, ... and at any moment (when athlete is prepared), assistant will release the contact and instantly the Chronopic green led will light. At this moment, the athlete will produce contact in another contact device and green light will be off. The reaction time registered will be the time between light starts glowing and athlete produces contact. It's important that athlete doesn't see or hear the assistant.

5.3.2 Executing reaction time

To execute a reaction time, have the assistant producing contact in device, click on *Execute reaction time* and follow the protocol described above.

If Chronopic has not been connected and activated from Chronopic window, a reaction time will be simulated. In the other hand, if Chronopic is connected, real reaction time will be done.

5.3.3 Reaction times view

Reaction times are shown on the *reaction time* tab. Tests are associated with the athletes. The shown order of the tests of each jumper is chronological so, the last test appears at the end of the list

You can use the *magnifying glass* button (or press z) to facilitate the view of the tests.

5.3.4 Reaction times edition

You can add comments to a reaction time or change the person (if you forgot to change the current person previously) If you select the desired test and click on the *Edit* button on the selected test, you can also find it on the menu, or by pressing the button *e*.

5.3.5 Reaction times delete

To delete a reaction time, select it and click the *Delete selected reaction time* button. Its equivalent in the menu or press *d* (delete). By deleting the test you will be asked to confirm it if the delete confirmation option is activated in the *Preferences* menu (more information in section 10 en la página 72).

5.4 Pulses (Simple rhythms)

A simple rhythm or pulse can be measured on the *Pulse* tab. On the other hand, if a comple rhythm has to be measured, use a MultiChronopic as described at 5.5 en la página siguiente.

There are two kind of tests:

Free Person tries to be regular on the freely selected pulse. Evaluator will decide te moment where the test end.

Custom Person has to follow a predefined tempo. If desired, the total duration of the test can be defined.

Tempo can be defined in one of this ways:

seconds how many seconds pass between pulsations

ppm how many pulsations per minute

Both methods are interrelated, if eg. seconds value is changed, then ppm changes. As an example, 0.5 seconds are 120 ppm. Evaluator will decide what is more suitable.

5.4.1 Ejecución de pulsos

Desde la pestaña de *pulso* y con el ayudante sin tocar el pulsador o plataforma, haga clic en el botón: *Libre*, o en el botón *Personalizado*.

En caso que no este conectado el Chronopic, el programa simulará un pulso. En la ventana emergente se mostrará la progresión del test, que podrá ser detenido haciendo clic en el botón *Terminar* o cancelado con *Cancelar*.

5.4.2 Pulses view

Puede usar los botones de *lupa* (o la tecla *z*) para facilitar la visualización de los tests.

Pulses are shown on the *pulses* tab. Tests are associated with the athletes. The shown order of the tests of each jumper is chronological so, the last test appears at the end of the list

You can use the *magnifying glass* button (or press *z*) to facilitate the view of the tests.

5.4.3 Pulses edit

You can add comments to a pulse or change the person (if you forgot to change the current person previously) If you select the desired test and click on the *Edit* button on the selected test, you can also find it on the menu, or by pressing the button e.

5.4.4 Pulses delete

To delete a pulse, select it and click the *Delete selected pulse* button. Its equivalent in the menu or press d (delete). By deleting the test you will be asked to confirm it if the delete confirmation option is activated in the *Preferences* menu (more information in section 10 en la página 72).

5.5 Multi Chronopic

Multi Chronopic allows any type of test that uses two, three or four independent measurements Chronopics. Remember that for the other tests it's possible to connect multiple devices to a single Chronopic, but it's understood that that always have to be in touch in one or both of them.

Unlike previous tests, Multi Chronopic allows the use of several Chronopics, each connected to one or more detection devices, so that contact can be more than Chronopic at a time. Their operating depends on the program user, but here are some examples:

1. Static Test running on two platforms: the aim is to assess the tempo of tread of the left and right foot. It's required that each Chronopic is connected and independent since the sportsman is often stepping on both platforms
2. The study of the contact times in a volleyball jump: One foot in each platform, then both take off at the same time. To know various times is needed 2 Chronopics platforms and 2 independents ones.
3. Plate Tapping with extra coordinative action: Construction of a device type detection Plate Tapping, where the tester must touch either side as quickly as possible with a single hand. Connect a conductive part to any side and to one Chronopic to record the different times. Moreover, if the subject should do something with his foot every 3 contacts we can locate a contact platform on the floor and connect it to a second Chronopic.
4. Two, three or four athletes do a round trip timed race on a track: there is placed a platform at the beginning and final of each lane. A Chronopic will be connected to the beginning and end platform because a person can't be at both at once. Thus, if there are 4 subjects it will be 4 lanes, 4 Chronopic and 8 platforms. We will be able to measure the times and speeds of each 4 independently.

5.5.1 Synchronization

Some of these tests require a synchronization to intend that the various Chronopics start at the same time. However, in others the synchronization is not required. In the first three examples cited above, synchronization is required so there is no error in the comparison of time between a tread and the other (example 1 and 2) or from contact with the tapping and the tread on the ground (Example 3). This sync can be selected from a check box and carried out by making contact with several devices at once, or by touching the Test button  of Chronopics. In the Chronojump Forum

<http://forum.chronojump.org> is described a method for the construction of a professional sync device.

The sync in the fourth example requires discussion. If the subjects leave when they want and the aim is to record only the time between contact and the next synchronization is not required. On the other hand, sync is needed if we use the signal of an external evaluator, and when we expect to know the time between the signal (of any contact) and the first contact each athlete.

5.5.2 Erase first time

In some tests, the time of the first contact until the first change of state is not relevant.

Perhaps, the subject can begin whenever he wants. If you want to compare the subject's ability to follow an independent press with both hands (two Chronopics). The time registered since the start until the first contact is not relevant and should be removed to avoid contaminating averages.

5.5.3 Port configuration

Obviously, it's imperative to set up two Chronopic in the window Chronopic: *Tools / Chronopic*, to run the tests proposed.

5.5.4 Multi Chronopic results view

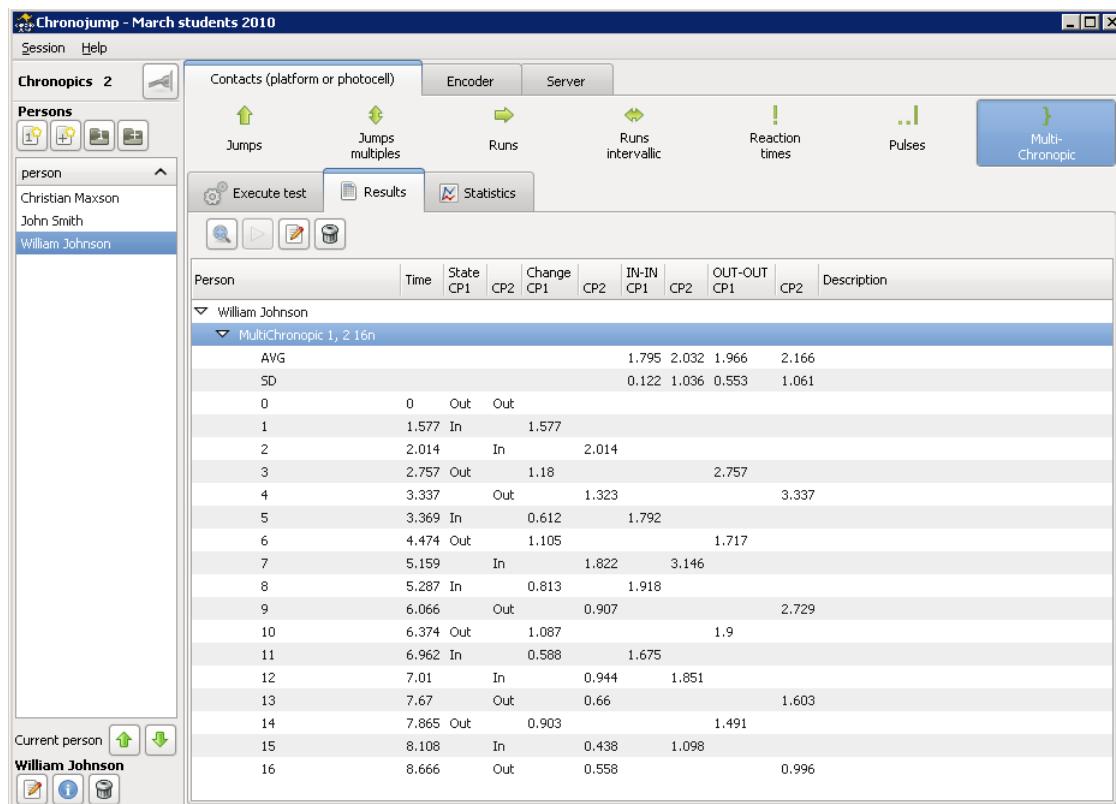


Figure 5.7: Multi Chronopic screenshot.

In the results window, we can observe different columns, if two Chronopic have been used:

- Time: The time from the beginning of the test CP1 and CP2
- State: Information on which change has occur in each Chronopic (if any) at the time point indicated in the previous column.
- CP1 and CP2 Change: Time elapsed since the last change of state in each Chronopic.
- IN-IN CP1 and CP2: Time elapsed since each Chronopic changed the state IN until he returned to the same state.
- OUT-OUT CP1 and CP2: Time elapsed since each Chronopic changed the state OUT until he returned to the same state.
- Description: Comments on the particular test run.

In the example in Figure 5.7 it shows a Multi Chronopic test duration: 0.928 seconds in which there are 10 state changes. Multi Chronopic 1, 2, 10n is called so because is used 2 Chronopics (Chronopics 1 and 2), and has 10 changes. If we observe the change number 5 it occurs at 0.539 seconds. This represents a change of status Out Chronopic 1 (no contact) within a (contact). As indicated in CP1 Change, 0.225 seconds have elapsed since the Chronopic was in its previous state (Outside) and 0.353 seconds since this was Chronopic (Inside) as reflected in IN-IN CP1.

Also note that the column IN-IN and OUT-OUT have average values and standard deviation (SD).

Just as the other tests, the tests are associated with the performers. The order of presentation of each test in each performer is chronological so the latter carried out by a subject appears at the bottom of the list of the tests. You can use the magnifying glass button (or press z) to facilitate the visualization of the tests.

5.5.5 Multi Chronopic test edition and erase

You can add comments to a test or change the performer (if you forgot to change the current subject previously) by selecting the desired test and click on the *Edit Multi Chronopic* button. It can also be done in the menu or press e.

To delete a Multi Chronopic test, select it and click the *Delete Multi Chronopic* button selected. Its equivalent in the menu or press d (delete). By deleting the test you will be asked to confirm it if the delete confirmation option is activated in the *Preferences* menu (more information in section 10 en la página 72).

5.5.6 Run analysis

In addition to the examples given we have to include a test to analyze the run produces by Josep Maria Padullés as part of his doctoral thesis. As sense devices it's used two photocells barriers and a track with contacts platforms.

The two photocells are connected to the **first** Chronopic to know the time between them. The program evaluator will indicate the distance between them and thus it can be known the average speed. The track of platforms will be connected to the **second** Chronopic, which will give us the contact time and flight time. In this case the synchronization between Chronopics or deleted the first time is not required.

From the data obtained by both Chronopics, you will get the average speed of the race, and the following data for each of the steps:

- Contact times

- Flight Times
- Total Time
- Frequency
- Amplitude
- Height
- Takeoff angle

You can see an example in Figure 5.8. Note that the execution button Running Analysis will be activated when the distance between the photocells and the two Chronopics are connected.

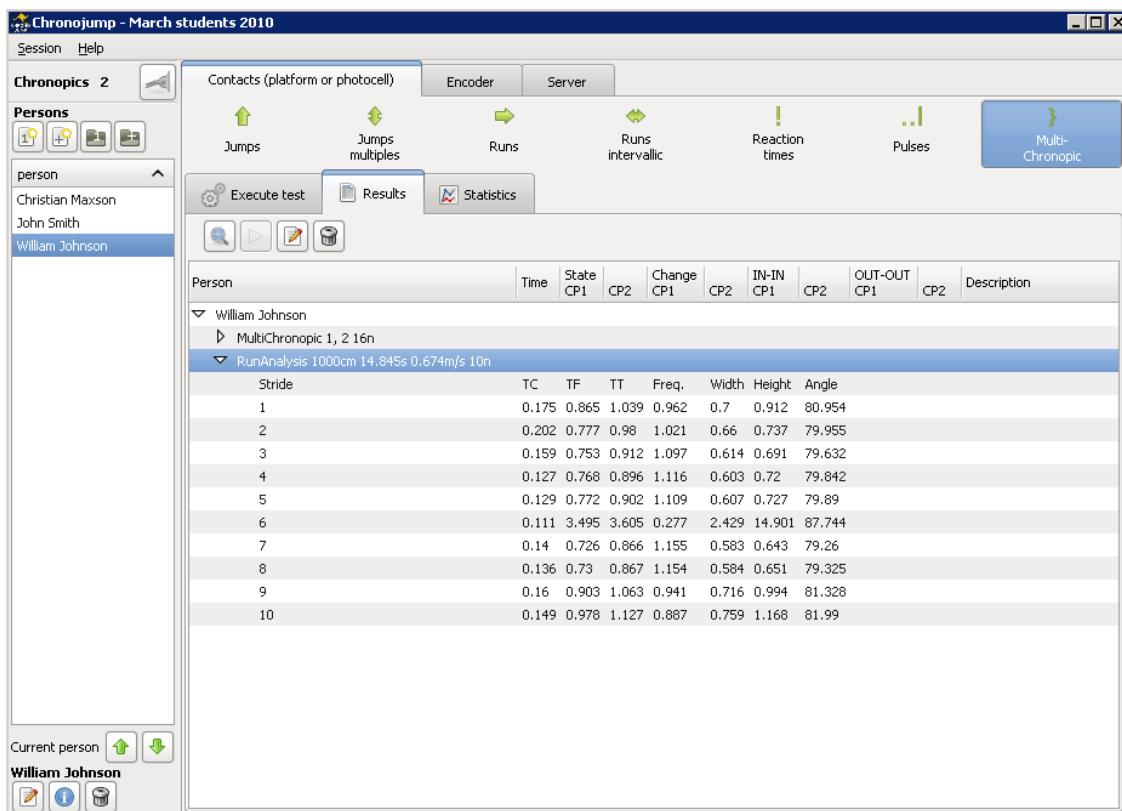


Figure 5.8: Multi Chronopic screenshot with Run Analysis results.

Chapter 6

Encoder tests

6.1 Safety instructions

An encoder is a precise instrument that has to be managed **ALWAYS** with care. Please follow this safety instructions.

If you broke your encoder contact us at hardware@chronojump.org

6.1.1 Safety magnets

Fix the encoder on iron or metal surface like the weights on a gym. Note some gym weights are covered with rubber and have not magnet power.



Figure 6.1: Magnets on a metal surface

6.1.2 Do not release

Do not release the wire because it will return at high speed and will break.



Figure 6.2: Wire handle

6.1.3 Handle the carabiner with care

Allways be careful when manipulating the carabiner. Ensure that it is well secured in your fingers. A wrong grab could end up with a broken encoder. When possible, try to put a finger inside the carabiner to avoid it slipping from your fingers.

6.1.4 Measure wire length

Measure with care (not pulling with the fingers) the length of the wire and the maximum range of the analysed movement. Do not do tests that can exceed the wire length. Note you can fix encoder to a table or other place if needed.

6.1.5 Vertical use

Vertical use: Encoder measures distance, speed and power of the wire assuming it's perpendicular to the surface. If you pull/push the wire with an inclination, data will not be accurate and the wire can be damaged.

6.2 Concepts

This manual briefly describes some concepts. Understanding them is important to use the software appropriately.



Figure 6.3: Wrong use

6.2.1 Database

ChronoJump stores all data in one database file. Thus, instead of collecting the information in individual files for each session, all information is organized in a single file to facilitate the study of relationships between:

- sessions
- subjects
- exercises

All modifications in session, subjects and exercises, will be updated at any time in the database. So there isn't need to save the information periodically. If rare case, the program crash, you wouldn't lose any data except sometimes the exercise that is being performed at the time.

6.2.2 Sessions

The sessions represent situations where the coach or evaluator gathers subjects for a series of tests. Every time you gather a group of athletes to be tested in a short space of time (usually one day), you should create a new session. Although the subjects to assess can be the same as in other session, you should create a new one and load them from the other session. In this way, you can make comparisons between data over time.

6.2.3 subjects

All individuals able to perform the tests are known as subjects. It's strongly recommended to create one person only once in order to study the evolution over time. In following sessions the person can be loaded.



Figure 6.4: Measure

6.2.4 Exercises

Every time you want to measure, you perform an exercise. Exercise has a name (e.g. Bench press), an extra weight (e.g. 40Kg), type of contraction (e.g. concentric), laterality (e.g. both limbs), recording time (e.g. 45s) and others.

6.2.5 Signals

When the person does the exercise, encoder generates a lot of data and sends it to the computer. Exercise duration is defined by the user who manages the software, but can be shortened if wanted. All the data received is called a “signal”. This signal is saved automatically when capture ends. The signal is meaningless, it doesn't have any information on how many repetitions of the movement has been done by the person who executed the exercise.

6.2.6 Curves

When signal is analysed, a number of curves are found. These curves have the mechanical data wanted by the evaluator: start, duration, speed, force, power. The curves are detected by the software automatically following user criteria.

6.3 Using the encoder

6.3.1 Chronojump main windows

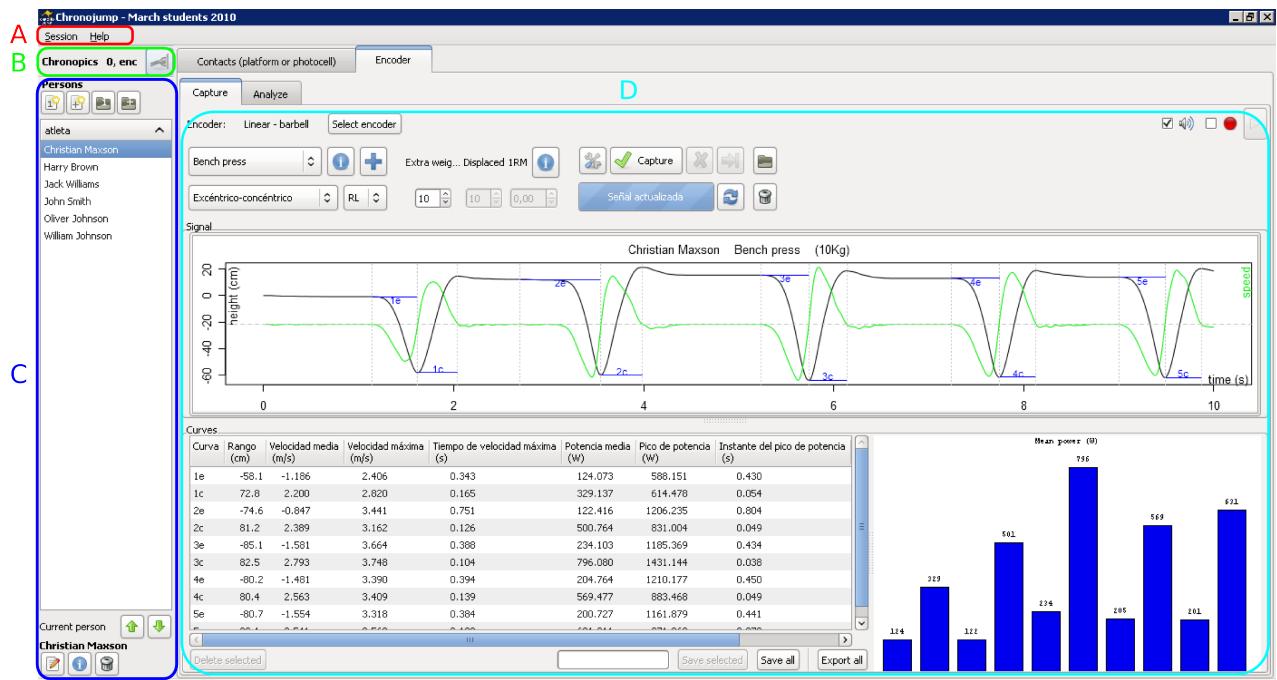


Figure 6.5: Main window

- A) Starting on the top left of main window, there's a menu bar with session options and help. You should start your work creating a new session or loading an existing one.
- B) Under the menu bar there's Chronopic information: number of Chronopics connected and the button to manage them. Chronopic is the microcontroller used on Chronojump project to measure from external devices like a contact platform, photocells or the encoder. Use the Chronopic button to tell the software how Chronopic is connected.
- C) The rest of the left part of the screen is related to subjects. On the top you can create new subjects or load from another session. Below you can select the current person and finally, at the bottom you can edit the person, see all it's tests and delete it.
- D) The centre-right part of the screen is for managing the tests (or exercises). At the top there are two tabs: contacts and encoder. Select the encoder tab.

6.3.2 Connecting encoder

6.3.2.1 Chronopic windows

In order to connect the encoder, click on the Chronopic button ("B", in the above image) and Chronopic window will be opened. On this new window select "Encoder" and the port where Chronopic is connected. If you have any problem press the help button in that window, it has little and useful information. After Chronopic port has been selected, just close the window.

6.3.2.2 Encoder configuration

The next step is the selection of the type of encoder, how it is attached to the machine and the type of machine used in the exercise.

Clicking on the “Select encoder” button a new window with selfexplanatory images will open.

Each type of encoder has a different set of configurations. Clicking on the arrow buttons will change the configuration for this type of encoder

There are three types of encoder:

- Linear.
- Rotary friction.
- Rotary axis.

Some configurations need additional parameters as angle, diameter or inertia momentum.

Chronojump implements a system to calculate the inertia momentum that allows to config an encoder in almost all type of inertial machines. Follow the instructions in section to calcuate the inertia momentum of your machine configuration

6.3.3 Encoder capture tab

At this tab you can see six areas:

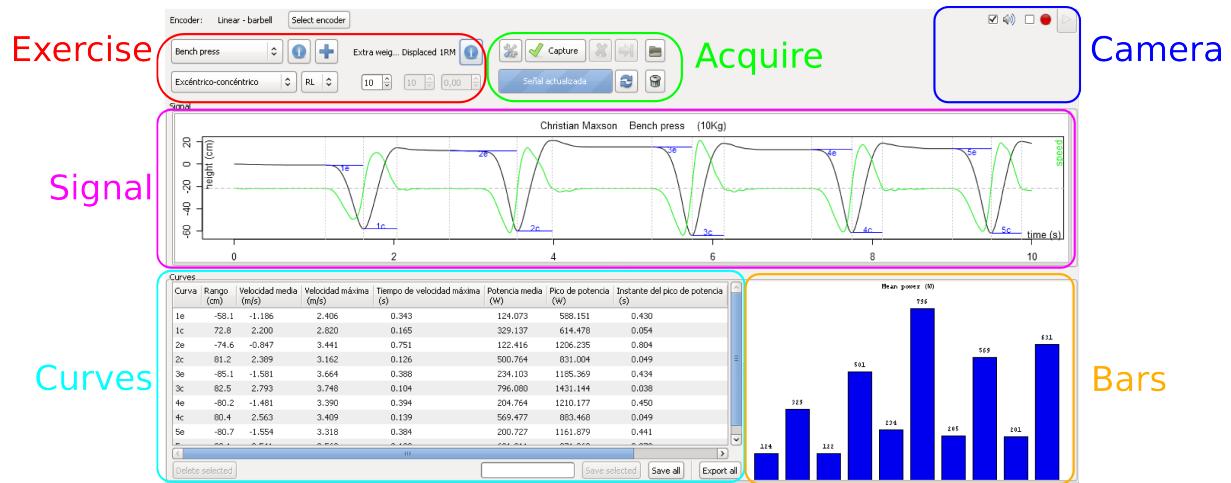


Figure 6.6: Capture tab

6.3.3.1 Exercise

At exercise area there's the exercise name, information of that exercise and a button to create a new exercise. Clicking at the information or at the new exercise creation you will notice there's a selector called “Displaced body weight (%)" . This selector is important to measure the force and power, because 100% of body weight is displaced during a jump, but 0% of body weight is displaced in a bench press. “Extra weight” selector is used to input how many Kg are moved (weight bearing is not considered). Summarizing, weight displacement is calculated like this:

$$WeightDisplacement = \frac{PersonWeight * DisplacedBodyWeight}{100} + ExtraWeight$$

The exercise area includes also the contraction type (eccentric-concentric or concentric), the laterality, the recording time selected, the minimal height, the feedback bell  and the recalculate button.

6.3.3.2 Acquire

In the acquire area a new signal can be captured  or a previously captured one can be loaded 

With the Options button  the following parameters of the capture or loaded signal can be adjusted:

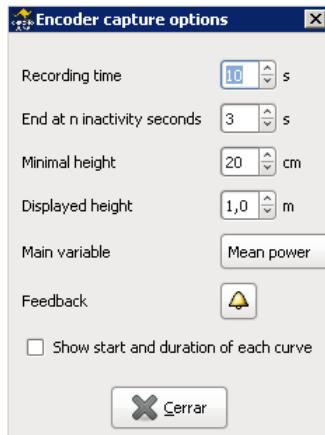


Figure 6.7: Capture options

- Recording time. How long Chronojump will be capturing the signal resulting of the exercise
- End at n inactivity seconds. If the encoder don't receive any movement in the specified time Chronojump will end the capuring process.
- Minimal height is the minimum range of centimetres that a curve has. E.g. In a bench press, when person lifts the bar fom r the first time before starting exercise (weight was in the support), this is not considered a curve because it's range of movement is lower than "Minimal height" defined.
- Displayed height. The scale of the signal frame. The optimal value is the range of the movement in each exercise.
- Main variable. The data displayed in the bars frame. This is the variable that will be showed during the exercise capturing process as a instant visual feedback.

Feedback. This button opens the sound feedback options.

The load button  of this frame allows to load a signal, save signal again with a comment (just write comment in the area and press update), or delete the signal. The load signal window is used also to

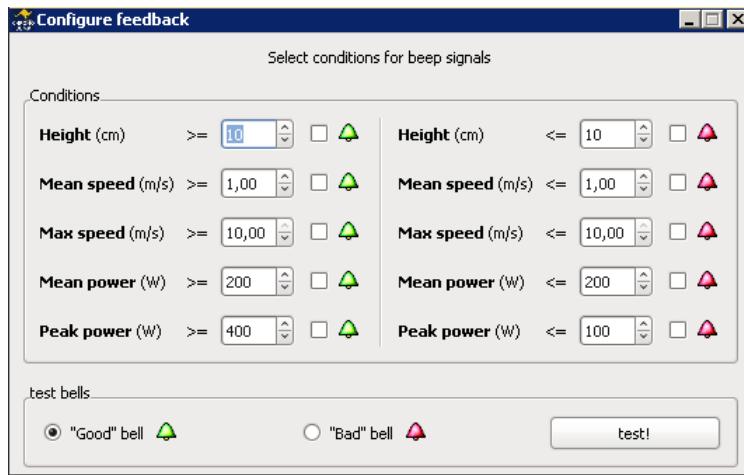


Figure 6.8: Sound feedback options

manage all the signals of current person. Right click on it to change the person who performed the exercise, add a comment or delete any signal of a given person.

Recalculate can be used after capturing or loading. When user detects that some parameter has not been set correctly and wants to perform calculations of the signal again, user can change the selector and press “recalculate” . E.g. 40 seconds squat has been done and the extra weight introduced was 40Kg but user forgot to add the weight of the lift bar. After capture, user can change 40Kg to 55Kg and then press “recalculate” in order to have the force and power calculated correctly.

6.3.3.3 Camera record

At the right of the exercise frame there is a check box where a web cam can be activated. If it's active it will be used on encoder capturing. The resulting video will be attached to the encoder signal and can be watched using a button on signal frame.

6.3.3.4 Signal frame

During the capture this frame will show the signal sent by the encoder. Once finished Chronojump will calculate all the curves and show them in the same frame with some basic graphic information.

6.3.3.5 Curves frame

Once signal is loaded, captured or recalculated, Chronojump will find curves and write their data on a table. Here you can delete a curve, save the selected curve, save all or export them to an spreadsheet software. Most users will save only a curve, or delete a curve and the press “save all”. This curves can be analysed at the Encoder analyse tab.

6.3.3.6 Bars

The bars frame shows, during the exercise, the main variable in real time. This way the athlete can have an instant feedback of every execution of the exersice.

6.3.4 Encoder analyze tab

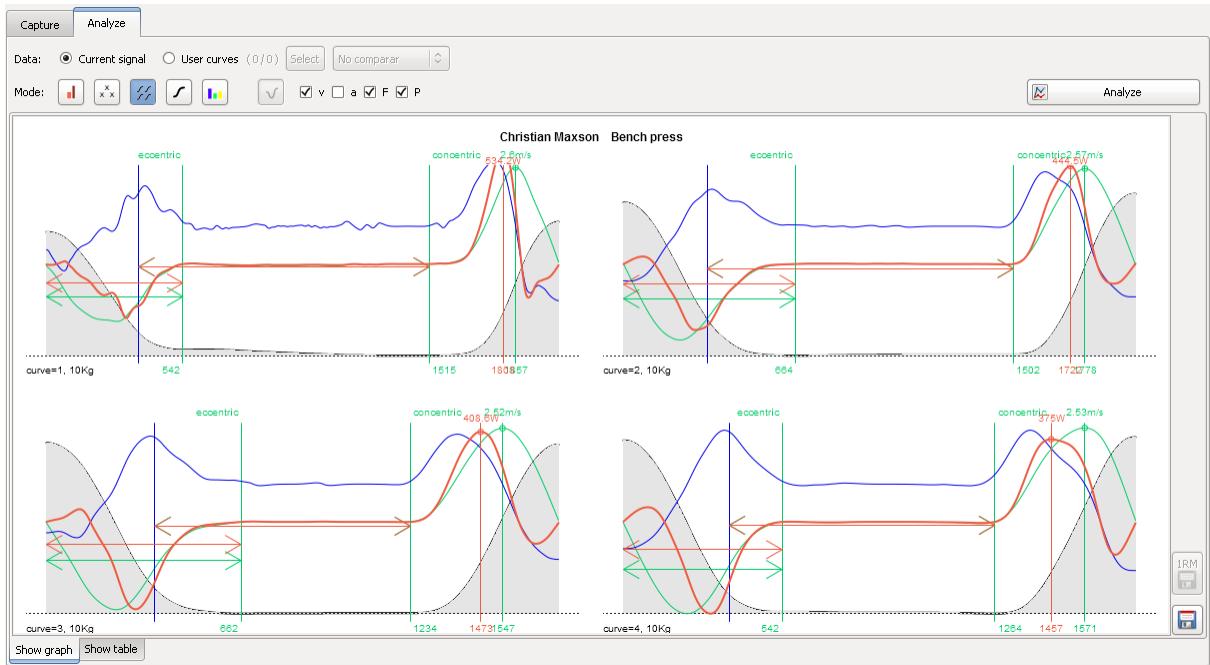


Figure 6.9: Analyze tab

Regarding the data, two things can be analysed: current signal (the signal in the capture tab) or user curves.

When “User curves” is marked, then using the “Select” button, it can be discriminated the active curves and the not-active. The analysis will cover only the active curves. Also the “User curves” allow to make comparisons between subjects (to compare the different subjects in this session), or between sessions (to compare the evolution of a person during different sessions).

There are five modes of analysis:

- Power bars : Shows power, peak power, time needed to arrive to peak power and range of movement.
- Cross variables : to show relationships between variables like “Power / Load”. Includes the 1RM calculation. Cross variables is the only analysis that can be done on “compare” mode.
- Side compare : to see a graph of the mechanical variables of different curves all with the same axis.
- Single curve : to see a graph of the mechanical variables of a curve.
- Neuromuscular profile : to see the neuromuscular profile of the three best jumps of a set of six. At least six jumping curves are needed to perform that kind of analysis.

The analysis starts when user click in “Analysse”. After a while, a graph and a table will appear, both can be saved using each save button in the lower right.

6.4 Calculation of the inertia momentum

The first part of this section will explain how to calculate the inertia momentum (IM) of the disk in an inertial machine. The calculus of the IM of a disk with attached weights will be discussed in the second part. In the following link you can see a video of the process.

[Calculating inertia momentum video](#)

6.4.1 Inertia momentum of the disk

To calculate the IM of the bare disk without weights we will use a reference weight. Remember, although we will use an attached to the disk weight, the results given by ChronoJump in this part of the process refers only to the disk without any weight.

1. Put the machine in any position that makes the disk rests in a vertical plane.
2. Attach a known weight to known distance from the center of the disk. This way the disk will be unbalanced and after lifting and letting the weight it will start to oscillate like a pendulum.

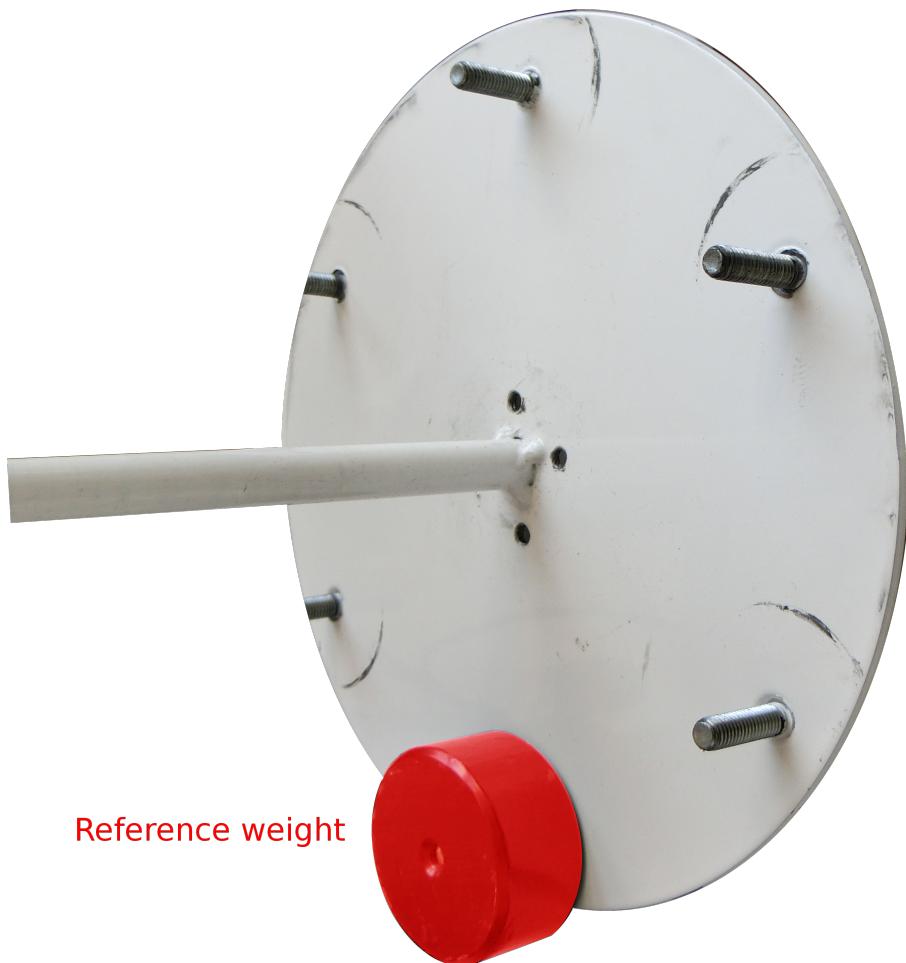


Figure 6.10:

3. In chrono jump software, with the encoder connected go to Select encoder.

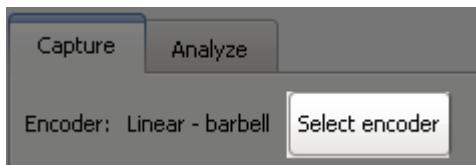


Figure 6.11:

4. Choose type of encoder you will use, and select the Inertial machine option.
5. In this windows you will be asked for the diameter where the rope is wrapped and the IM of the machine. Note that in conich machines this diameter changes continuously as the disk is spinning. We recommend you to use the mean diameter of the part of the cone where the rope is wrapping at.

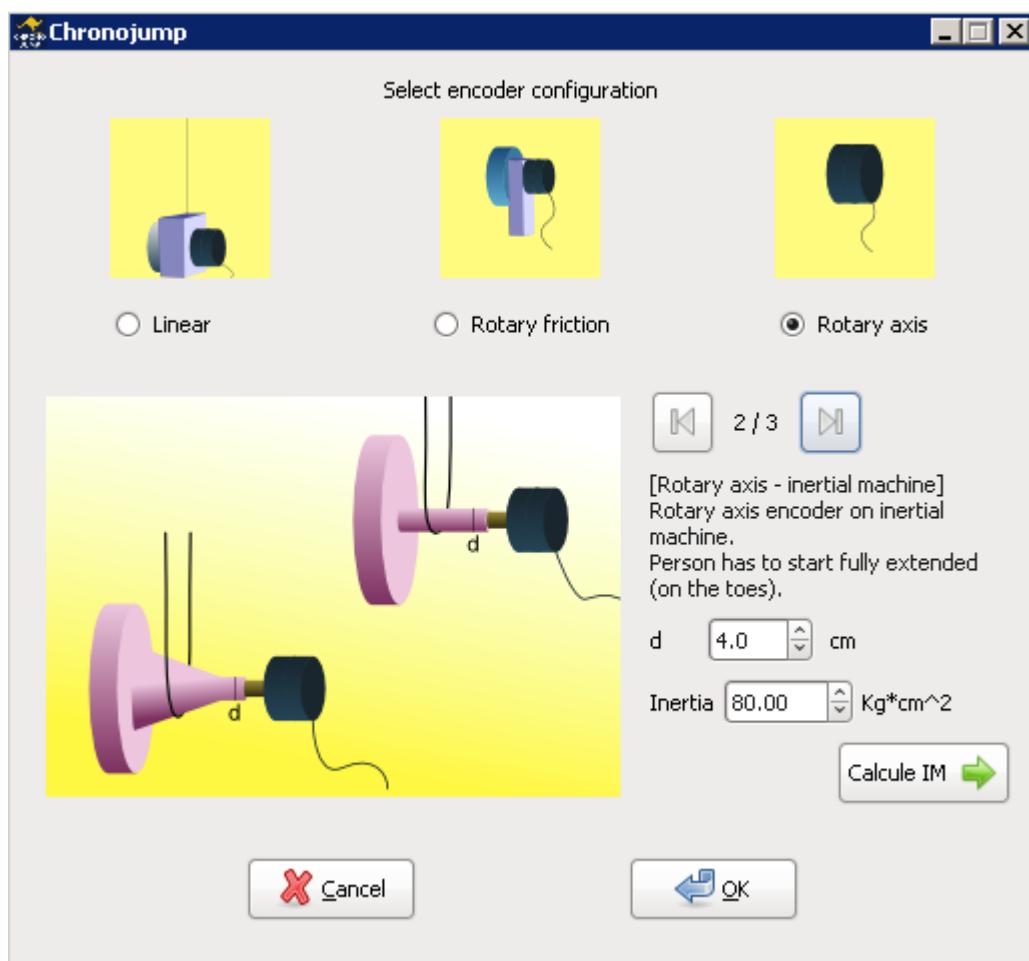


Figure 6.12:

6. As you want to know the IM, click on "Calculate IM"
7. Enter the weight (in grams) of the reference load and the distance (in centimeters) to the center of the disk.

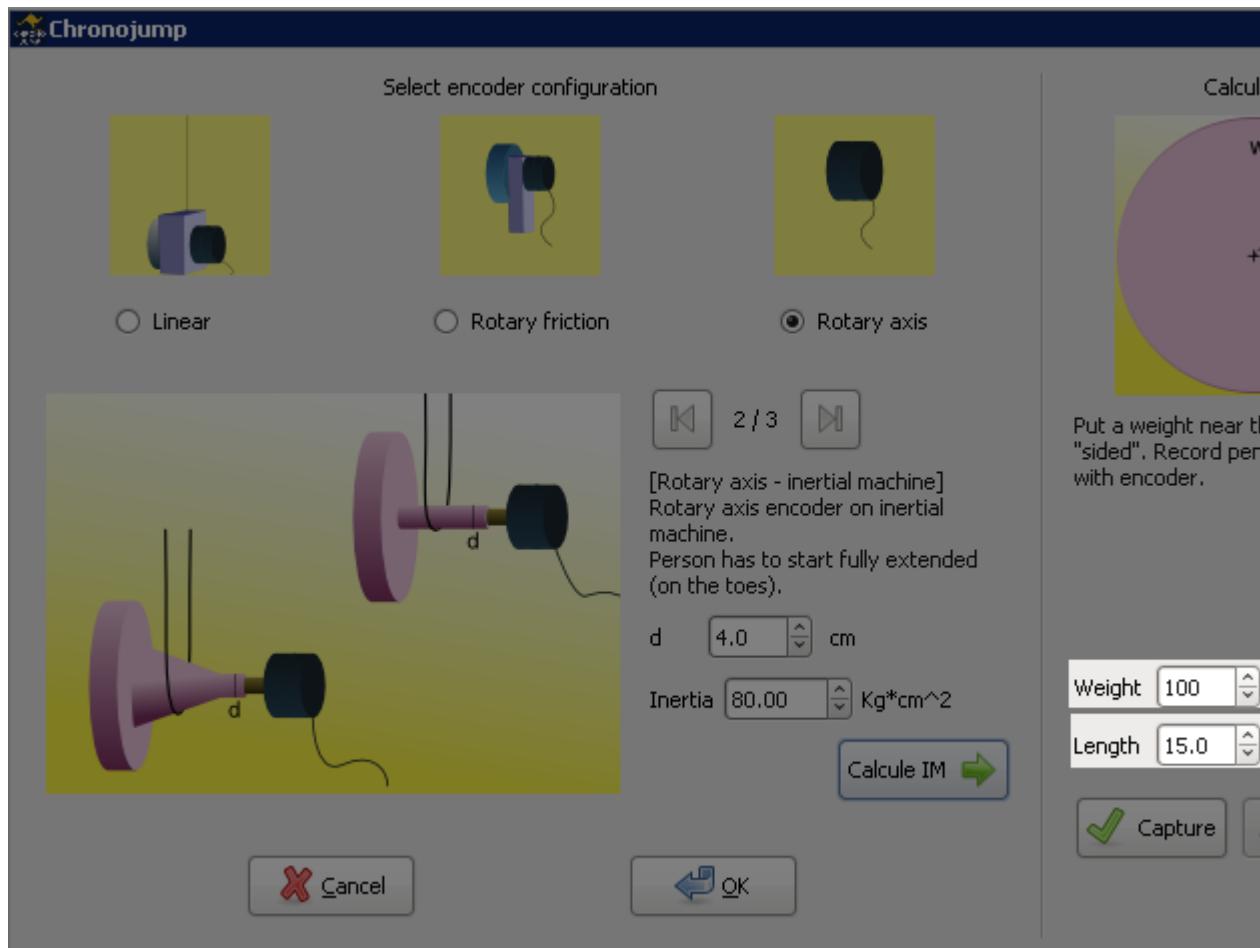


Figure 6.13:

8. Pull the weight to approximately 90 degrees position and leave it. The disk should start oscillating.
9. Quickly, click on the capture button. You will see the signal sent by the encoder. Chronojump will detect when the machine stops moving and will return the calculated IM.

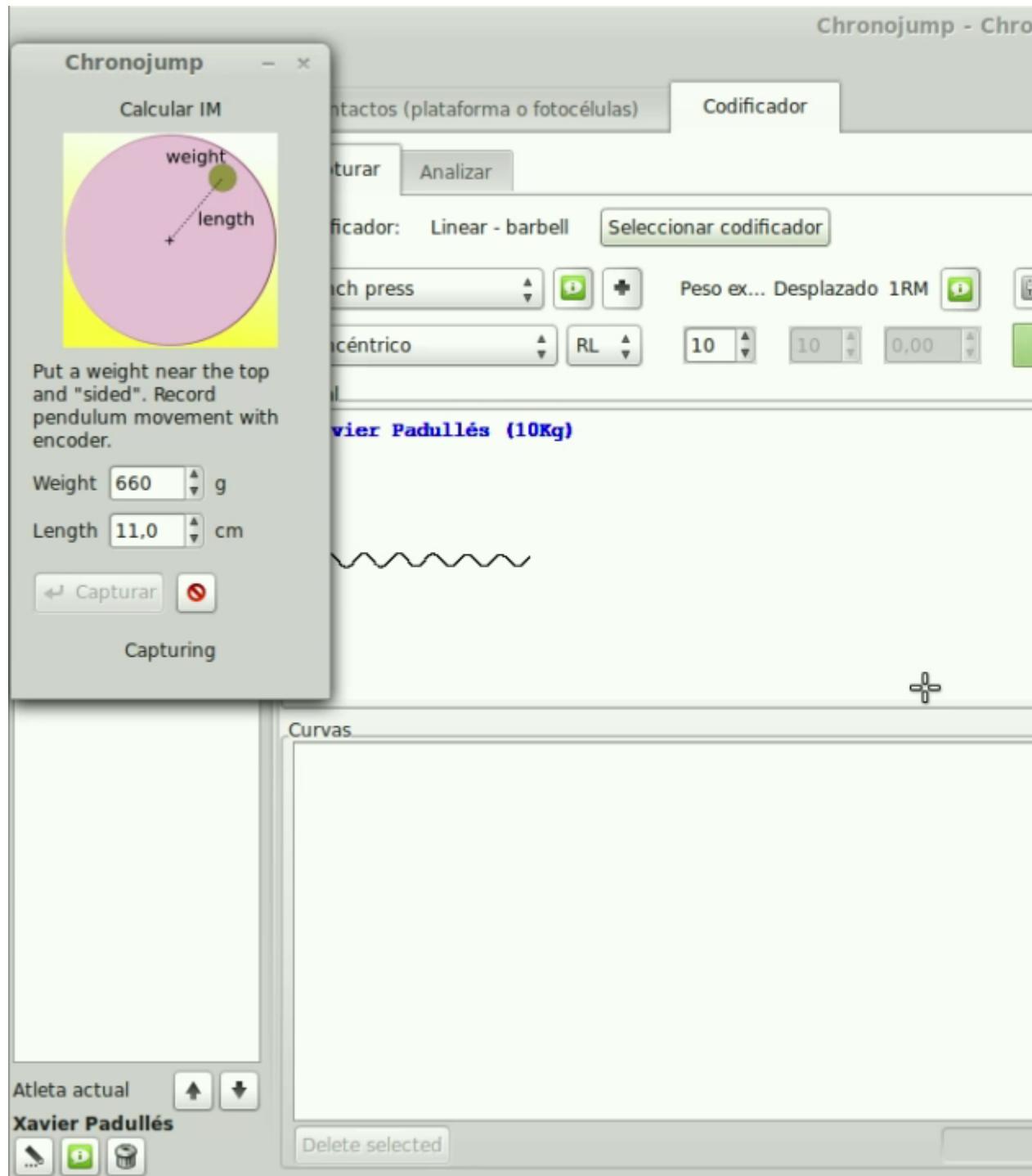


Figure 6.14:

6.4.2 Inertia momentum of the disk with attached weights.

For this process we recommend to calculate first the IM of the disk following the section of this documents. After that if you want to know the IM of the machine with some attached weights you must calculate the IM that every weight will add to the machine. To do so you must use this formula

$$I_w = M * d^2$$

Where:

- I_w is the inertia momentum that each disk will add to the system.
- M is the mass of the weight.
- d^2 is the square of the distance from the center of the disk to the center of the weight.

Finally, you must add the IM of the disk to the IM of the weights.

$$I = I_d + n * I_w$$

Where:

I is the total inertia momentum. This is the value you must enter in the ChronoJump software.

I_d is the inertia momentum of the disk calculated in the first part of this section.

n is the number of weights added to the disk. - is the inertia momentum of each weight calculated above

6.4.3 Using ChronoJump to calculate directly the IM of the disc with some attached weights

Attention, this is not the method recommended by the ChronoJump team. As the manual calculation of the IM of the weights is much more accurate we don't recommend to use this method.

This method can be useful if you don't want to make the manual calculus, or if you want to check your calculus.

You can calculate the IM of your configuration adding an extra weight that unbalance the disk. As the normal use of the inertial machines requires a balanced configuration of the extra weights you attach to the disk, the center gravity of the disk and the weights should be on the center of the disk. Adding an extra reference weight will unbalance the system and, as in the section 1, you can make oscillate it and measure this oscillation with the encoder to know the IM of the disk and the weights **without** the attached reference weight.

6.5 Encoder settings and preferences

At preferences there are some options that are more advanced and are not changed frequently. Clicking at "Session / Preferences" you will see three tabs, the last one is related to encoder.

If you want to do calculations of mechanical parameters only in the propulsive phase just ensure the parameter "propulsive" is active. The meaning is the following: In a fast concentric movement where there's little weight displaced, the brake action of the person in the final phase of the movement will not be used in the calculations. Nowadays most coaches prefer this option active because they noticed that the comparison of mean power between a light weight and a heavy weight exercise is not fair because the brake phase in the light weight exercise is related to negative force and the power values get very low. Then, if "propulsive" phase is active, only this is used, and not the "brake" phase. The other options are related to smoothing of the capture and we recommend to leave them untouched.

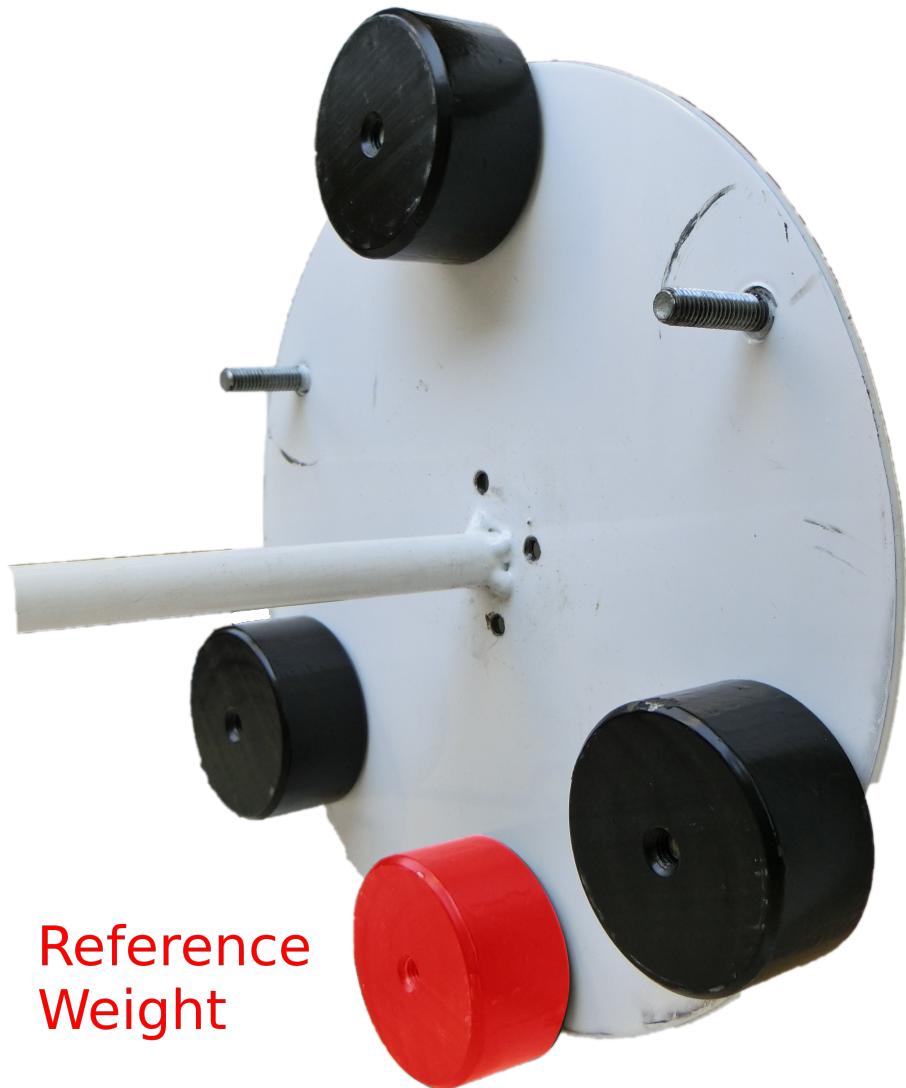


Figure 6.15:

6.6 Examples of encoder use

At the Gym:

1. On the floor, at the side of the weight bar, put a gym weight (not made by rubber) and encoder on the top of it (attached with the magnets).
2. The plastic hook is attached to weight bar securely, and to encoder.
3. Athlete1 and athlete2 start the warming up slowly and full range of movement (in a different place) while evaluator prepare the software.
4. Evaluator starts Chronojump software, loads a session prepared the day before (session parameters and subjects were already introduced).
5. Evaluator connects Encoder-Chronopic to the computer using USB cable.
6. Evaluator selects the port at Chronopic window, at the encoder tab.

7. On main window, go to encoder, capture tab.
8. Select exercise options: bench press, extra weight: 20Kg (10 bar + 10 gym weights).
9. Select athlete1. Click on capture ("Safe" or "External"). See the results but have no time to analyse them now. Signal is automatically saved.
10. Select athlete2. Click on capture ("Safe" or "External"). See the results but have no time to analyse them now. Signal is automatically saved.
11. Select exercise options (extra weight: 30Kg). Change weight of bar + gym weights to 30Kg. Then repeat [9] and [10].
12. Repeat the process every time with 10Kg more until one repetition cannot be done.
13. Close the software and carefully detach the encoder hook from the weight bar.

Later, at home:

Open software.

1. Load session, select athlete1, load first signal, and "Save all" curves.
2. Repeat [2] for all the signals of Athlete1 and Athlete2.
3. Go to analyse tab. Select User curves, compare between subjects, "Power / Load".
4. Use the resulting values to prepare training related to power.

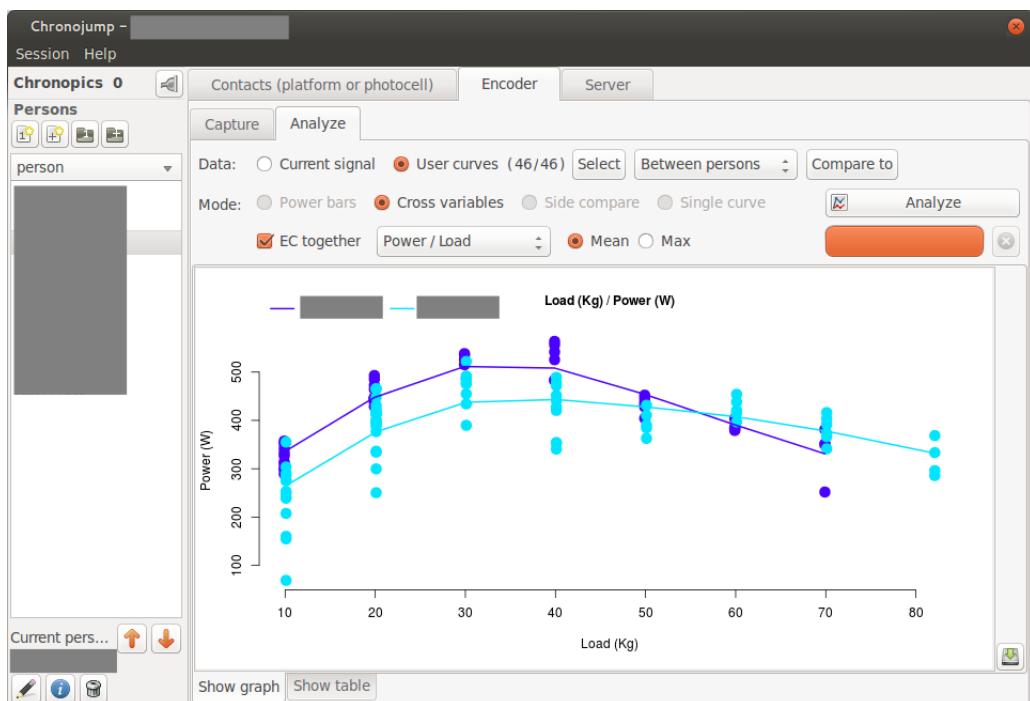


Figure 6.16: Example of encoder use

As a general rule, if you don't know what a button does, just point it with the mouse and wait, a tooltip will be shown.

If you need more help, see Chronojump manual (you will find clicking on Help), and Documents section on our website: <http://chronojump.org/documents.html>

Use the forums to ask questions:

- English forum: <http://forum.chronojump.org>
- Spanish forum: <http://foro.chronojump.org>

Chapter 7

Statistics and graphics

Chronojump has multiple indices to study the tests proposed. Unlike general spreadsheets purpose, the provision of statistical and graphics has been designed specifically to measure jumps and running. Figure 7.1 shows the statistics window that appears when you click on *Tools / Statistics*.

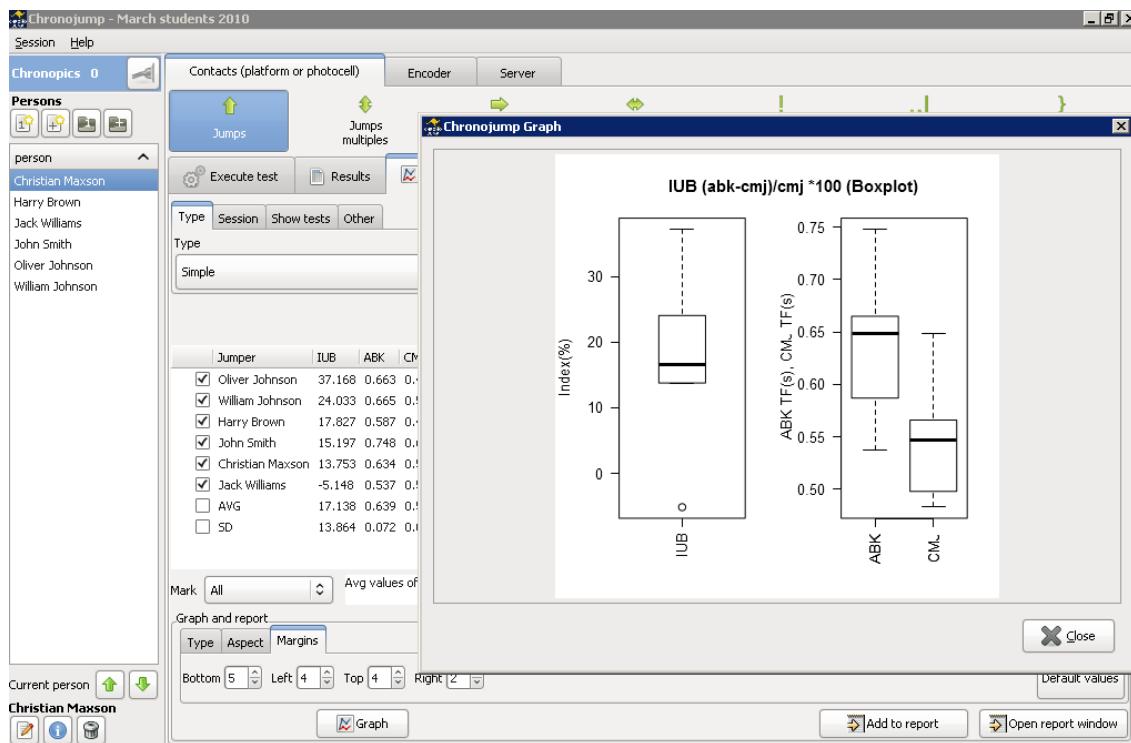


Figure 7.1: Chronojump statistics window.

The current version only provides statistical Chronojump concerning to jumps. Future versions will also include other statistical tests. If you have graphics and other statistical tests, we recommend that you export the worksheet data as described in Section 8.2.

7.1 Statistic type, subtype and applications

Each statistic can be classified by type, among which are:

Simple jumps which offers several ways to analyze simple jumps without contact time.

Simple jumps with contact time which offers various ways to analyze simple jumps with contact time.

Reactive jumps which presents several ways to analyze repetitive jumps.

7.1.1 Simple jumps

The simple statistical hop show various ways to analyze simple jumps without contact time, which can be classified into several subtypes:

- No index
- Force-velocity
- Elasticity rate (IE)
- Use of arms index (IUB)
- Power peak of Lewis, Harman, Sayers (2), Shetty, Canavan, Lara (5)

7.1.1.1 No index

Statistical simple jump that shows all the jumps or a particular type as selected on the *application* field.

7.1.1.2 Force-velocity

Statistical simple jump that shows the force-velocity relationship according to the formula

$$FV = \frac{SJ + (100\%)}{SJ} * 100$$

SJ jumps with 100% extra charge to the body weight, and SJ with no additional charge.

7.1.1.3 Elasticity index

Statistical simple jump that shows the elasticity index formula

$$IE = \frac{(CMJ - SJ)}{SJ} * 100$$

between SJ and CMJ jumps.

7.1.1.4 Use of arms index

Statistical simple jump that shows the rate of the use of arms from the formula

$$IUB = \frac{(ABK - CMJ)}{CMJ} * 100$$

between CMJ and ABK jumps.

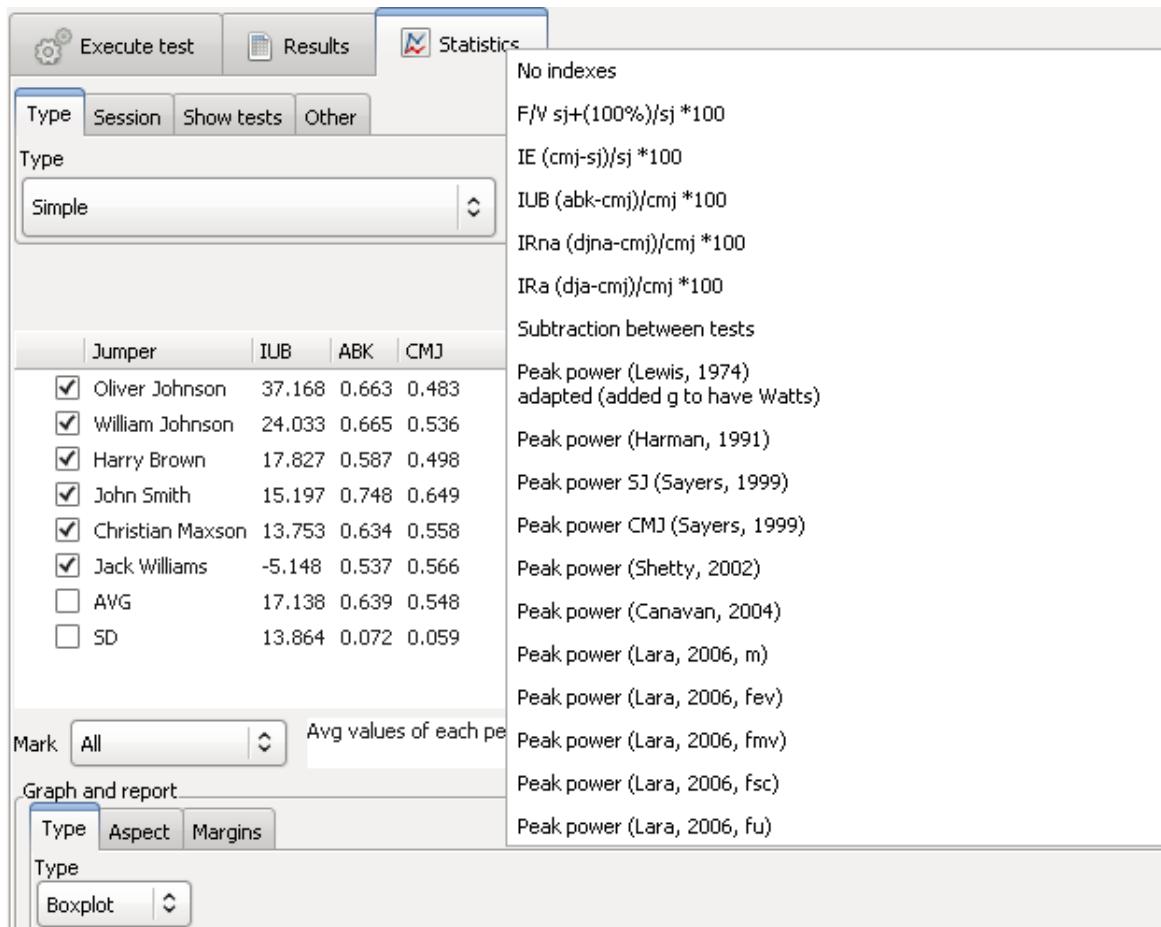


Figure 7.2: Statistics of simple jumps.

7.1.1.5 Peak power

Figure 7.2 is the ratio of power peak of the individual authors and their formulas. In the future, is expected to include expanded documentation for each formula and literature.

7.1.2 Contact time jumps

The most important in this type of jump is the relationship between flight time and contact time. In many sports it's necessary to generate a high power (reflected in the flight time) in a short time (represented by the contact time). We present two indexes to study the relation:

- Dj Index
- Index Q

The application field in both cases refers to the type of jump that is applied to the statistic.

7.1.2.1 Dj index

Study of the relationship between time of flight / time of contact in a single jump from the formula

$$DJindex = \frac{TF - TC}{TC} * 100$$

7.1.2.2 QIndex

Study of the relationship between time of flight / time of contact in a single jump from the formula

$$QIndex = \frac{TF}{TC}$$

7.1.3 Repetitive jump

In the repetition of a jump test specified by a number of jumps, time, or unlimited ends when the coach or athlete decides it. It represents the evolution of flight time with respect to the contact time in the different jumps. With this objective are the following statistics:

- Average index
- Power (Bosco)
- Evolution
- Mean and standard deviation using RjIndex
- Mean and standard deviation using QIndex

In all cases the application field refers to the type of jump that is applied to the statistic.

7.1.3.1 Average index

Study of the relationship of flight time / contact time in the repetitive jump according to the formula

$$AverageIndex = \frac{TFmean - TCmean}{TCmean} * 100$$

7.1.3.2 Power (Bosco)

Study of the relationship of flight time / contact time in the repetitive jump according to the formula

$$Power = \frac{9.81^2 * TFmean * jumps * totalTime}{4 * jumps * (totalTime - TFmean * jumps)}$$

7.1.3.3 Evolution

Study of the relationship of flight time / contact time over the repetitive jump according to the evolution of the formula $Evolution = \frac{TF}{TC} * 100$ for each twitching.

Sometimes some athletes do a jump with a very good TF / TC because of the execution of a low one before or afterwards. For this reason it has arranged the option to make the best 'n' row to get a selection of the best range following this index. To the right of this option you can find the amount of jumps you want to study. If you select a value of 1 then the best jump will be highlighted.

7.1.3.4 Mean and standard deviation using RjIndex

Study Index

$$RjIndex = \frac{TF - TC}{TC} * 100$$

for each of the jumps of the repetitive jump test it's shown the average and standard deviation obtained.

7.1.3.5 Mean and standard deviation using QIndex

Study Index

$$Qindex = \frac{TF}{TC} * 100$$

for each of the jumps of the repetitive jump test it's shown the average and standard deviation obtained.

7.2 Multisession statistics

All statistical presented except the Evolution in the repetitive jumps can be used for the comparison of different jumps or subjects in several sessions. This will submit a column for each selected session and facilitates comparison between the different values shown.

It also includes the average and standard deviation of each row displayed.

To access to the statistics multisession click on *session / selected* and select the sessions you want to use in the window that appears when you click on *Select*. You can select as many sessions as desired and is not required to display the current session between them.

7.3 Selection of the jumps to be shown

There are four selection modes for the jumps shown as a condition in the generation of statistical expectation:

All shows the results of the selected statistics.

Limit n shows the first n selected statistical results.

Average shows the average of each jumper in the selected statistic.

Max /s of the jumper show n maximum values of each jumper in the selected statistic.

Most of the statistics offers the four options. Those omitted is because is not a purpose generate them.

7.4 Other settings

Other related action buttons presented below.

7.4.1 Statistics formulation

All statistics have a statement that is automatically created based on the selections made by the user in the statistics window. The statement can help you understand the statistics.

7.4.2 Genus distinction

It presents the option of distinguish between genders for the presentation of the results. Selecting this option you can have a dual behavior:

- When the result rows correspond to the statistical index or jumping, gender selection will lead automatically to the creation of a row for each of them.
- When the result rows of statistical correspond to the subjects, it will appear a letter at the end of the subject to indicate the gender.

This button can help intra and inter genus comparisons.

7.4.3 Automatic actualization

The statistics window Chronojump is designed so each change in the database (new jump, subject rename, delete, jump, change jumper who has made a jump ...) is updated directly.

7.5 Marked rows

In the first column of each row you will find a small box that allows you to select whether or not a row is taken into account for the graphs and reports generated with Chronojump. The first row contains a checkbox that lets you quickly select and deselect all values. Furthermore, we show a selection box at the left bottom that allows you to expedite the selection of rows based on different criteria. For more information on charts and reports in paragraphs check 7.6 and 8.1 respectively.

7.6 Graphic creation

Chronojump can create any graphics of any of the data shown in the statistics window. To do this simply click on the Graph button that appears in the statistics window. In the figures 7.3, 7.4, 7.5, 7.6 there are some examples of graphics generated.

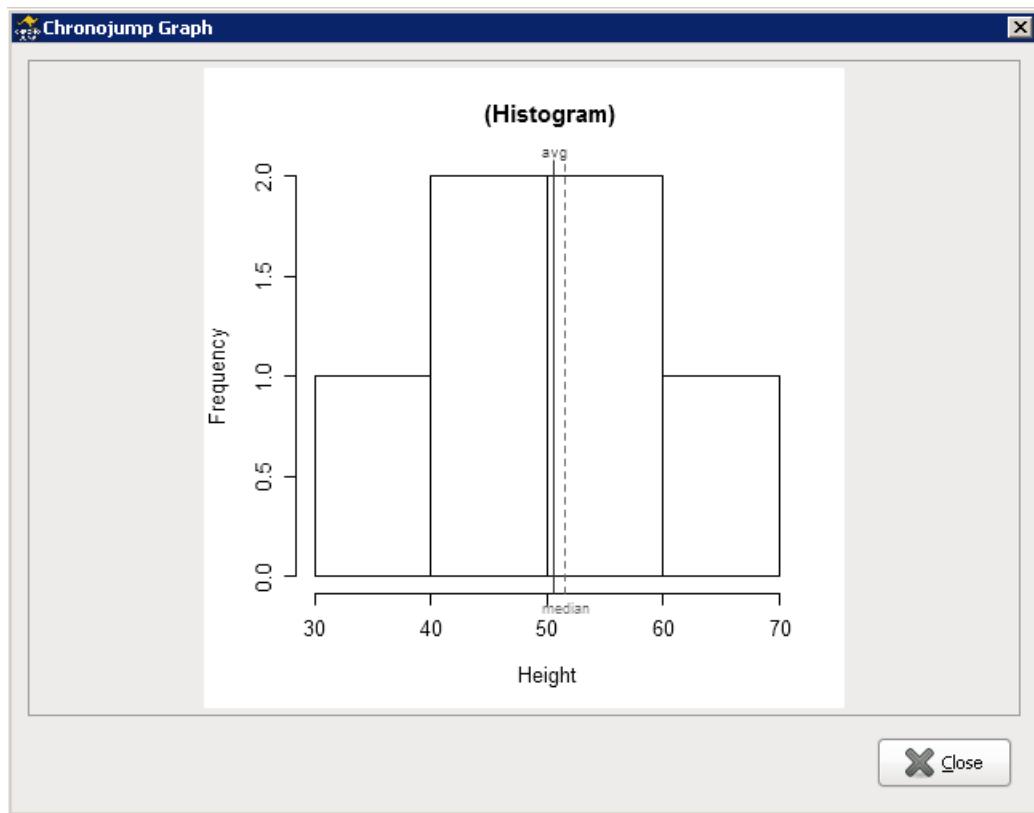


Figure 7.3: Graph example: Histogram of a height of jump.

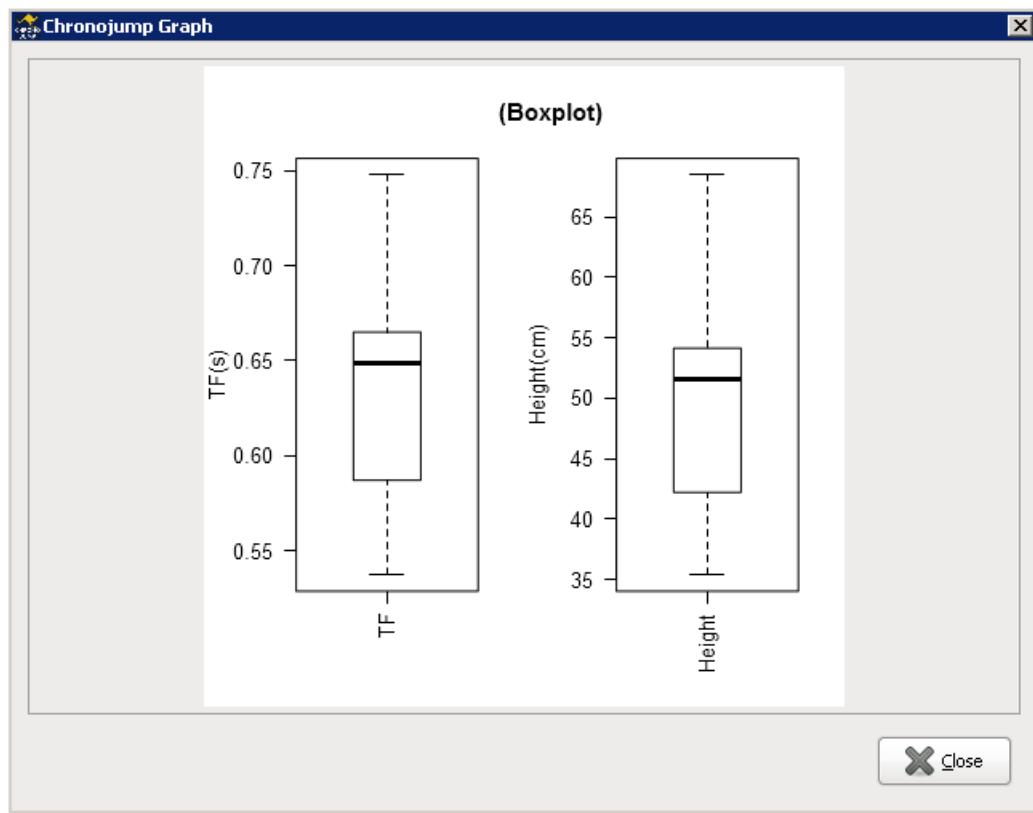


Figure 7.4: Box diagram of the same values.

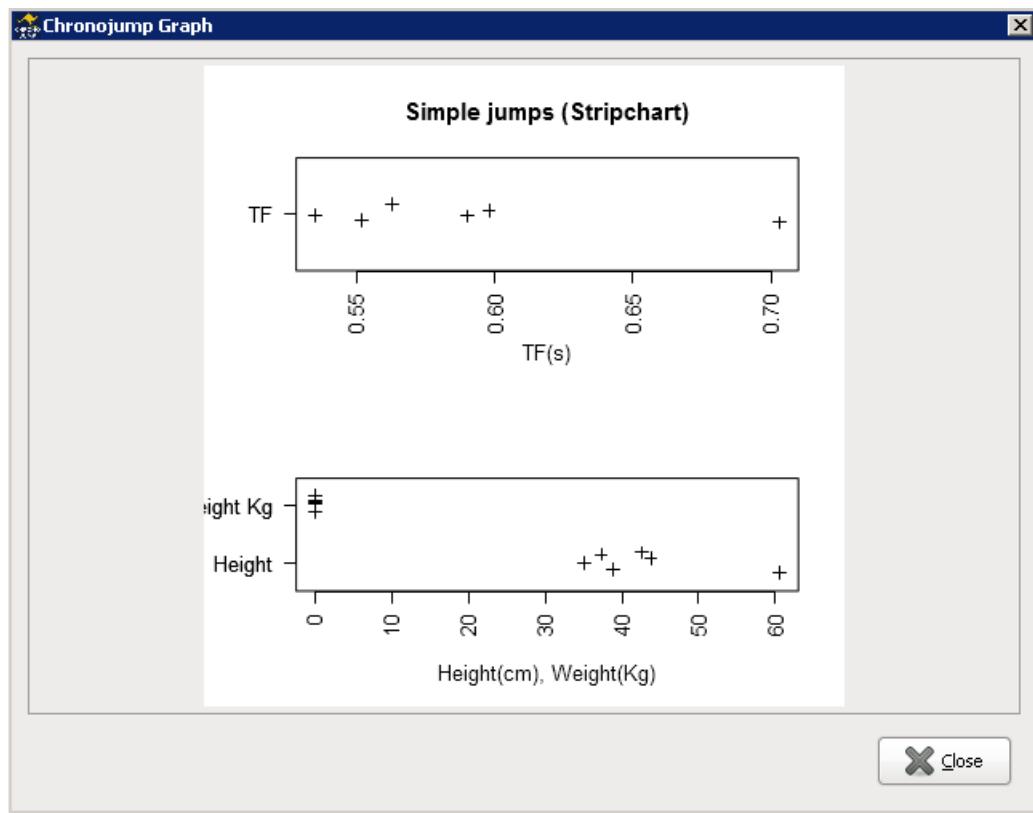


Figure 7.5: Graph stripchart of the same values.

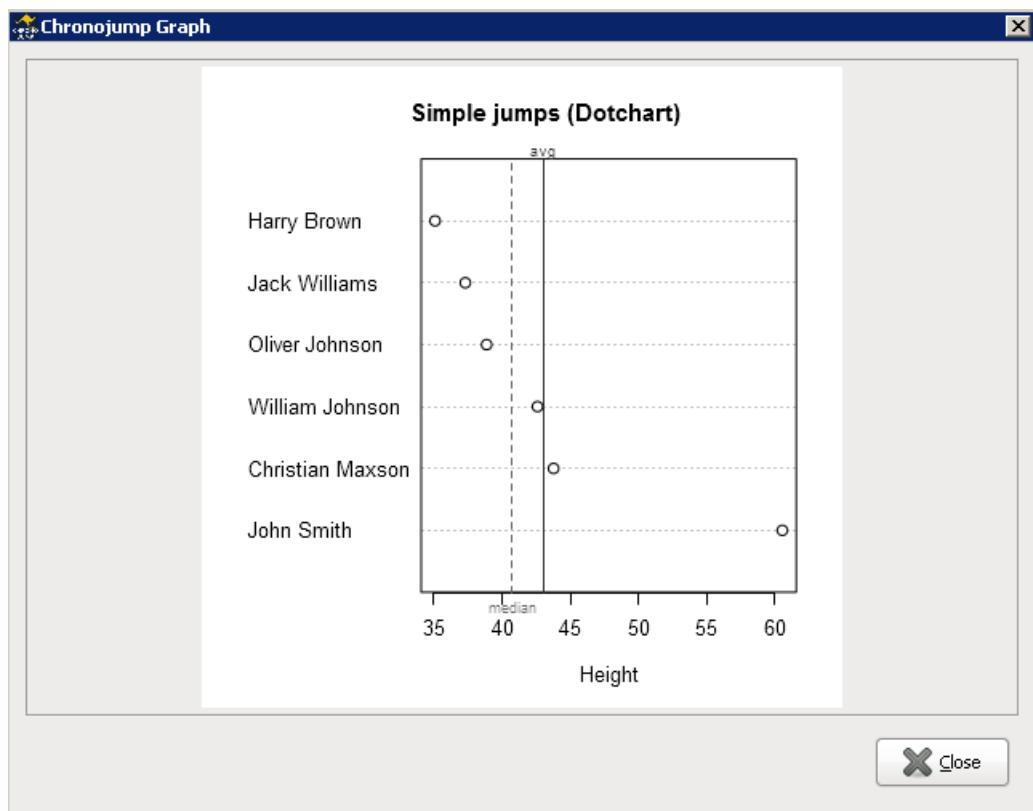


Figure 7.6: Graph dotchart a subset of the above values.

Chapter 8

Report and export

We propose two ways to work with raw data using Chronojump. First of all: *Reporting*, with the utility to create a web page with the content of the session as well as selected statistics and graphs. After this: *Export to spreadsheet* data. Export to the tests program analysis with general purpose spreadsheet (spreadsheet).

8.1 Report generation

Reporting on the program Chronojump is the best way to collect information, statistics and graphs, in one session. This information can be in one study or with the comparison of various.

Clicking on *Tools / Report*, the figure shown is Figure 8.1. The users have the ability to create a report in web format (HTML) which can include session data, the subjects who participated and the tests chosen. Furthermore, using the *Add to report* button is allowed to prepare each of the statistics displayed. Do the apparition in the report generated and the customization that was chosen by the user in the statistical window. The user can also organize each of the statistics to do the final report.

Clicking on *Make Report*, you can choose the filename to save the HTML document. Also, you can generate a folder that will include all necessary images and styles to display the page properly.

To print the report, we strongly recommend using the free browser Mozilla Firefox. In Figure 8.2 you can see a photo of a report.

8.2 Export to a spreadsheet

Clicking on *Session / Export session to CSV* to create a CSV file format (Comma Separated the Values) which can be easily imported into any spreadsheet program. This file contains the records of all the tests produced, but it shall not include statistical or graphics.

To export to CSV we chose the semicolon character (instead of comma character) to separate the different columns of data. Remember to indicate it when you import the CSV file in the spreadsheet.

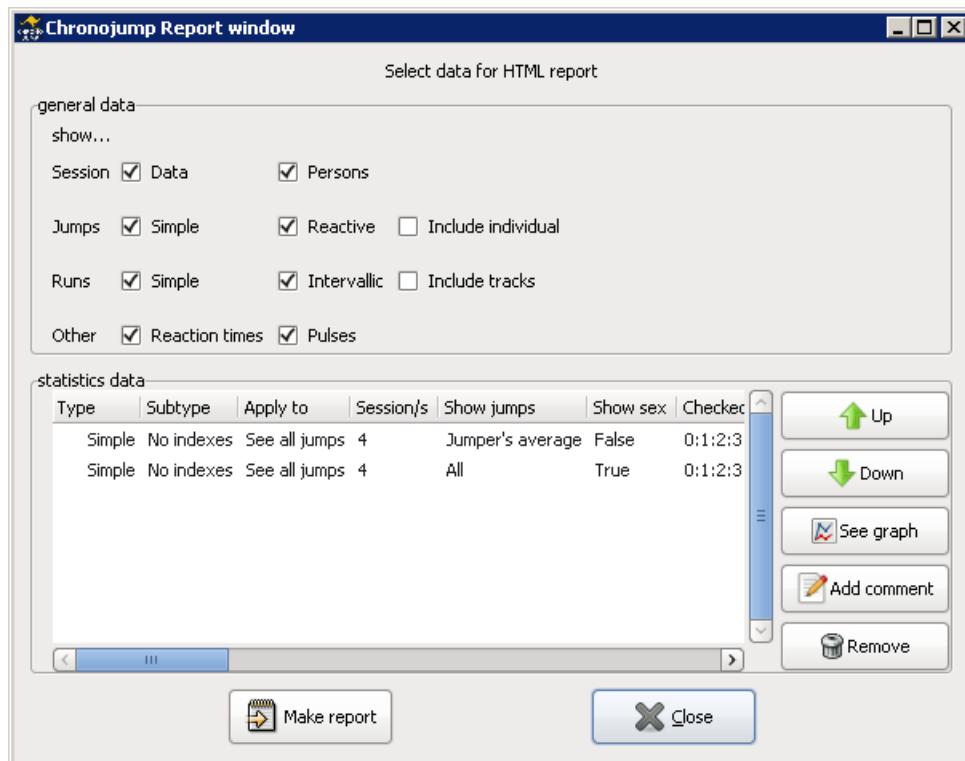


Figure 8.1: Example of report window preparation.

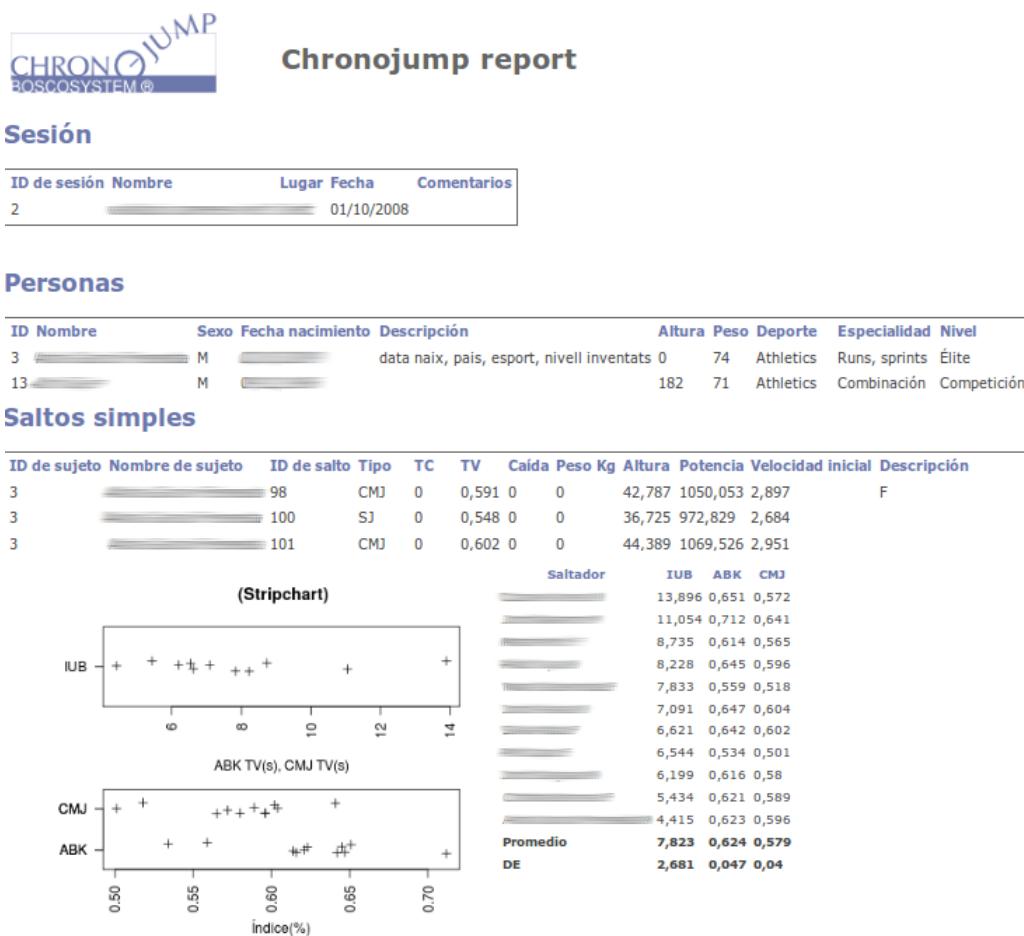


Figure 8.2: Example of a website report.

Chapter 9

Share Data Server

Chronojump has a server to share data between users on Internet. The server will obtain valuable data from the cross of many variables. For this, the users may share the data Chronojump. We believe in the good quality and usability of the technical characteristics of the server.

Chronojump dispone de un servidor en Internet para compartir datos entre los usuarios. El servidor permitirá obtener datos valiosos a partir del cruce de muchas variables, pero para ello es necesario que exista predisposición por parte de los usuarios de Chronojump para compartir los datos. Creemos que las características técnicas del servidor y su usabilidad son óptimas.

9.1 Share and use the data

The data that can be shared are the tests, subjects and sessions of each evaluator at any time. The evaluator may upload to the server any session, dismissing those athletes and tests that he doesn't want to share. Before upload the data to the server, check if they have completed the necessary data from each of the athletes as well as the data required from the evaluator.

9.2 Data quality. Accredited assessors and reliable data

In order to get a lot of data, without sacrificing the quality, there are two types of data in terms of reliability:

The general data that can be upload from anyone with the Chronojump technology. This will soon be available for many data that belongs to this category.

The reliable data requires the accreditation of the evaluator and the justification of the session data. This deals with three different profiles of the evaluator:

Evaluator-trainer profile: person related to the field of training.

Evaluator-researcher profile: person related to the academic field.

Mixed profile: person involved in the two areas mentioned above.

The process of accreditation of the assessors has not yet begun, so all assessors are currently uncredited and the data shared corresponds to general data. In the future, the new credited evaluators may wish to upload their data to the reliable data, even if this data has been uploaded without the accreditation.

The accreditation is in charge of the Research Group: Salut, Activitat Física i Esport at the Blanquerna Faculty (Universitat Ramon Llull).

9.3 Server functions

Server functions can be located in the main menu, *Tools / Server*. Below its described each of them.

9.3.1 Check connection

Allows connecting to the server. If not possible, it may be because the server is temporarily inoperative, your computer is not connected to Internet, or your Internet connection has limit on some types of connection.

9.3.2 Evaluators data

This feature allows the evaluator to fill in a sheet which will be linked to the tests, subjects and sessions that will be shared. The personal information will be hidden. It's necessary to provide evaluation data for the following reasons:

- It's essential for uploading data.
- Allows knowing the nationalities, ages, equipment, evaluators...
- If problems occur with some data, the administrators can contact via mail to the server of the evaluator.

As discussed in Section 9.2, currently the accreditation is not required, so the sheet that has to be filled is very short. See Figures 9.1, 9.2 and 9.3. to check the for data window for the evaluators.

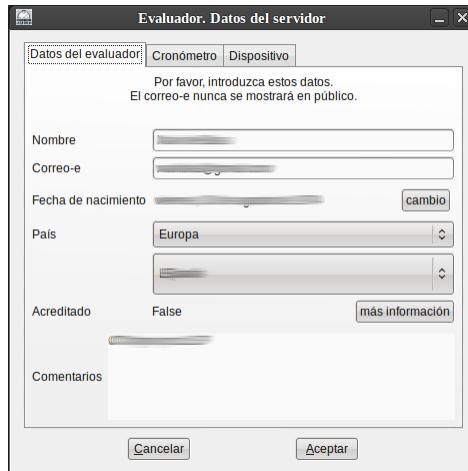


Figure 9.1: Details of the evaluator, Tab 1.

9.3.3 Upload or update session to server

This is the most important function to share data. When the evaluator click on *Tools / Server / upload (or update) session to server*, he must follow this steps:

1. First, the evaluator will be asked to verify the data as described in paragraph 9.3.2,

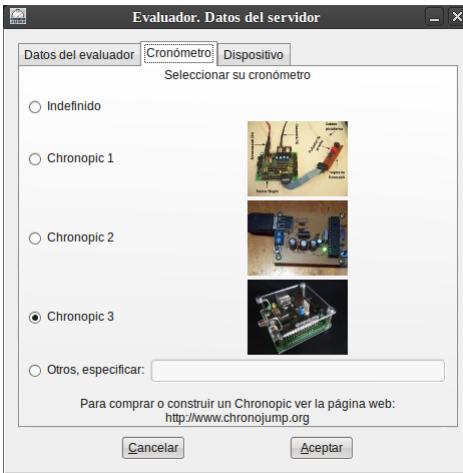


Figure 9.2: Details of the evaluator, Tab 2.

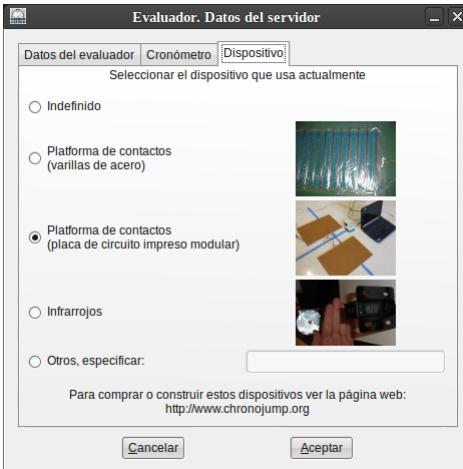


Figure 9.3: Details of the evaluator, Tab 3.

2. then the evaluator will be asked if he wants to discard some of the subjects of the session (see Figure 9.4),
3. then he will be asked for the confirmation,
4. finally it shows a progress window of data to be incorporated into the server.

At any time the evaluator can re-upload the session to the server (update). The data that has already been uploaded will not be included again, but it will be so, the data created the last time.

The tests that have been simulated (not obtained from Chronopic) will be uploaded to the server.

9.3.4 Query the server

It has been created a window that allows average of the simple jumps, reactive jumps and simple runs. To access to it click on *Tools / Server / Query*. The query is performed clicking on the test selectors and the subject selectors.

Below, we can observe the selectors of the query. Some of them are mandatory, while the most can be selected on *Any* to indicate that this variable should not affect the result.

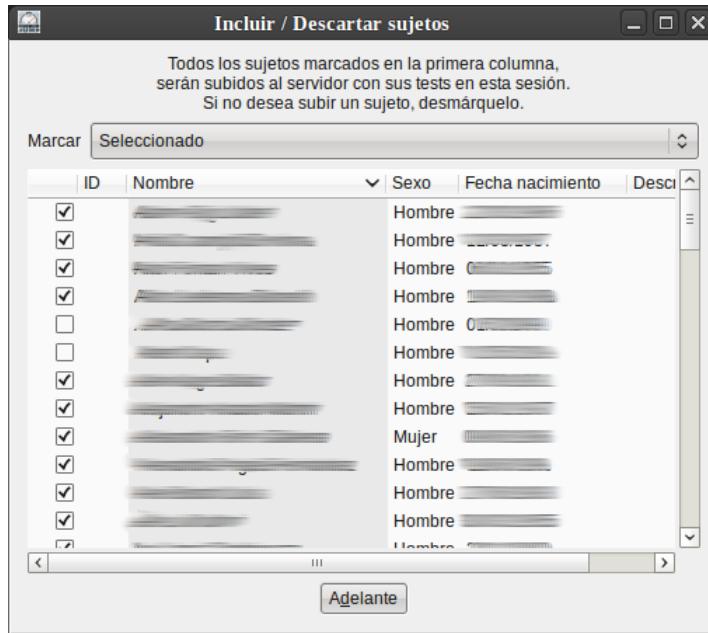


Figure 9.4: Include / Discard subject to the server.

9.3.4.1 Test selector

Here are the three selectors and possible values:

Test type: simple jump test, reactive jump or simple run.

Test: correspond to the type of test described above.

Variable: the average obtained will be different depending on the test selected:

- For a simple jump test without contact time the only variable is the *flight time*.
- For a single jump with contact time, the variables are: *time of flight*, *contact time*, *Index DJ* (see 7.1.2.1), *Index Q* (see 7.1.2.2).
- For a reactive jump the possible variables are: *Average Index* (see 7.1.3.1) and *Power (Bosco)* (see 7.1.3.2).
- For the running the only variable is the *time*.

9.3.4.2 Selectors on the subject

The selectors are:

Sex

Age: Refers to the age of the subject at the time the test is made. To calculate the age of the subject it's used the date of the birth.

Country

Sport: Sometimes subdivided into specialty.

Level: Divided into: [0] sedentary or occasional practitioner, [1] regular practice, [2] competition; [3] elite.

9.3.4.3 Evaluator selector

Any data from a particular evaluator can be chosen. This option may be interesting even for yourself because this way is possible to quickly gather information from all the jumps that have been evaluated.

9.3.4.4 Query results

When you click the search button, after a few seconds the server will indicate how many results have been found and which is the average.

It is recommended to conduct general searches because the server has been created recently. As an example of search, try with simple jumps (Free) with most of the indicators on *Any*.

In Figure 9.5 is an example of consultation.

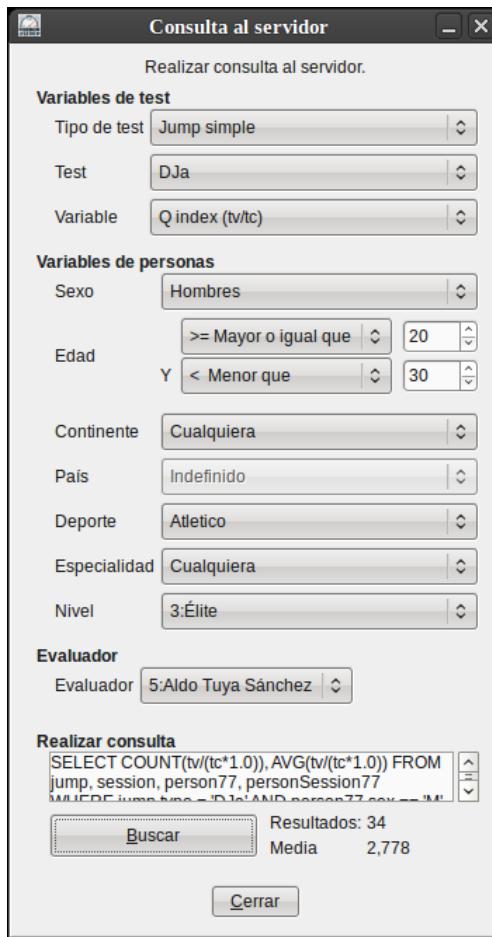


Figure 9.5: Query the server.

9.3.5 Server main statistics

It has been programmed a window to get a snapshot of the existing data on the server. It shows the number of evaluators, as well as the subjects and the various type tests. Also indicated which data has been uploaded by the user who runs the program.

You can access to this window by clicking on *Tools / Server / Statistics*.

9.4 Web statistics

The web page <http://www.chronojump.org/server.html> shows the results from the crossing variables updated from the server. These charts are updated every time new data is included (usually automatically at night). The aim is to create constantly a set of charts that provide relevant information to anyone interested, even without using Chronojump.

In Figures 9.6, 9.7, and 9.8 it's possible to check some examples of graphics that are obtained on the web server.

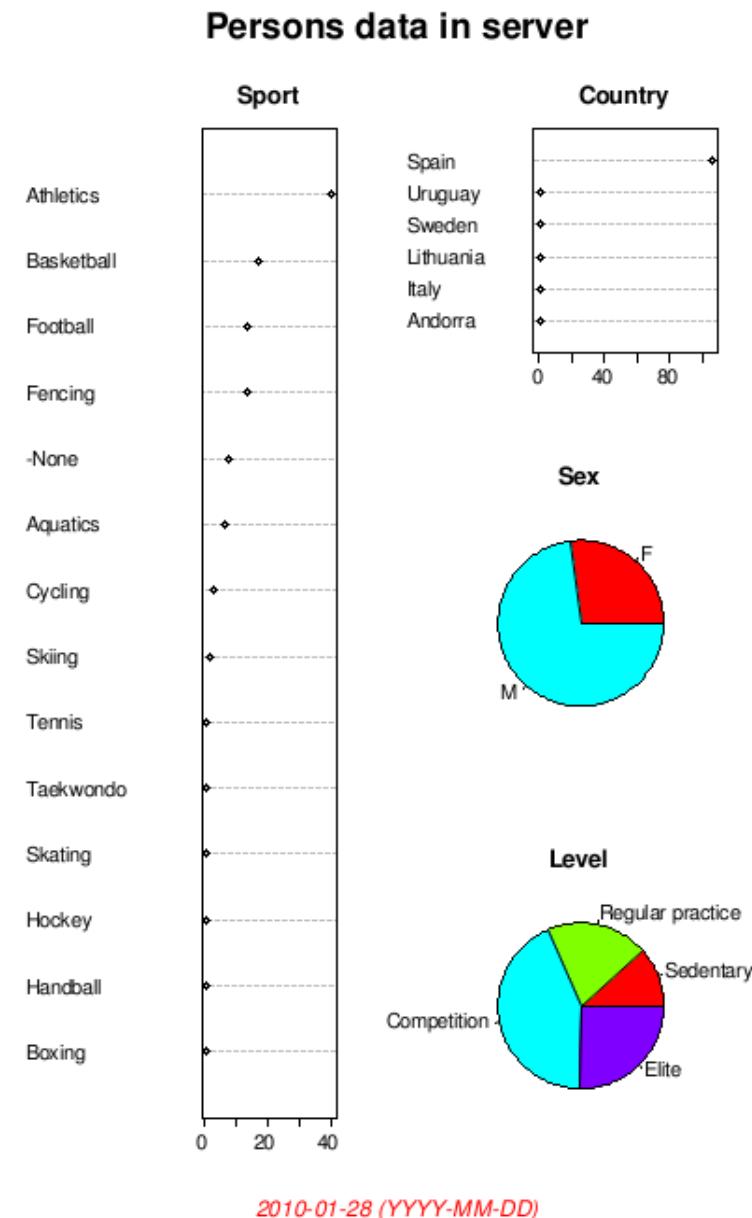


Figure 9.6: Statistics on the web server. Population graphic description.

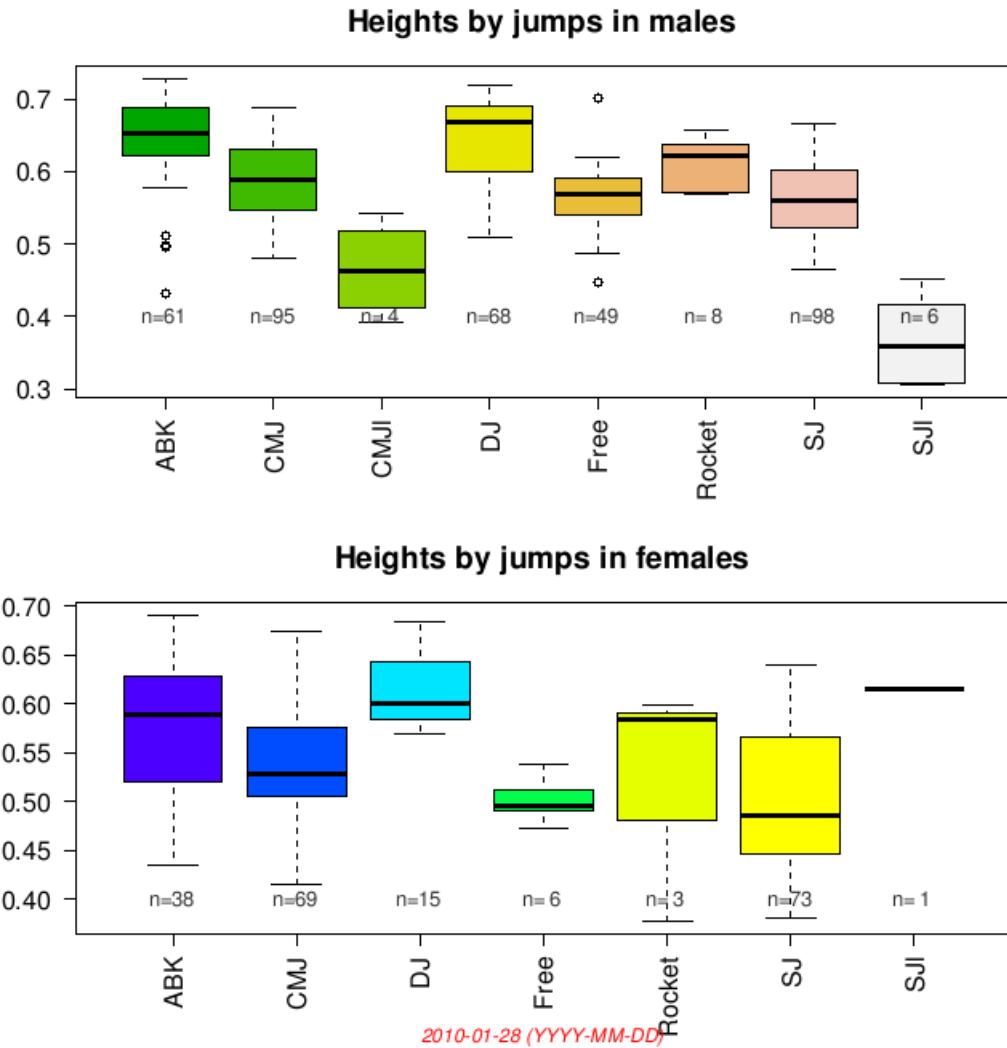


Figure 9.7: Statistics on the web server. Boxplot flight time depending on the type of jump and gender.

9.5 Jumps privacy and confidentiality

The names and dates of birth of the athletes and the evaluators will never be shown. Even when uploading the data, the names of the subjects are not sent (because is not required). The date of birth will be included to calculate the age, but it will never be displayed. The comments the evaluator add to the session, subject or test are neither provided.

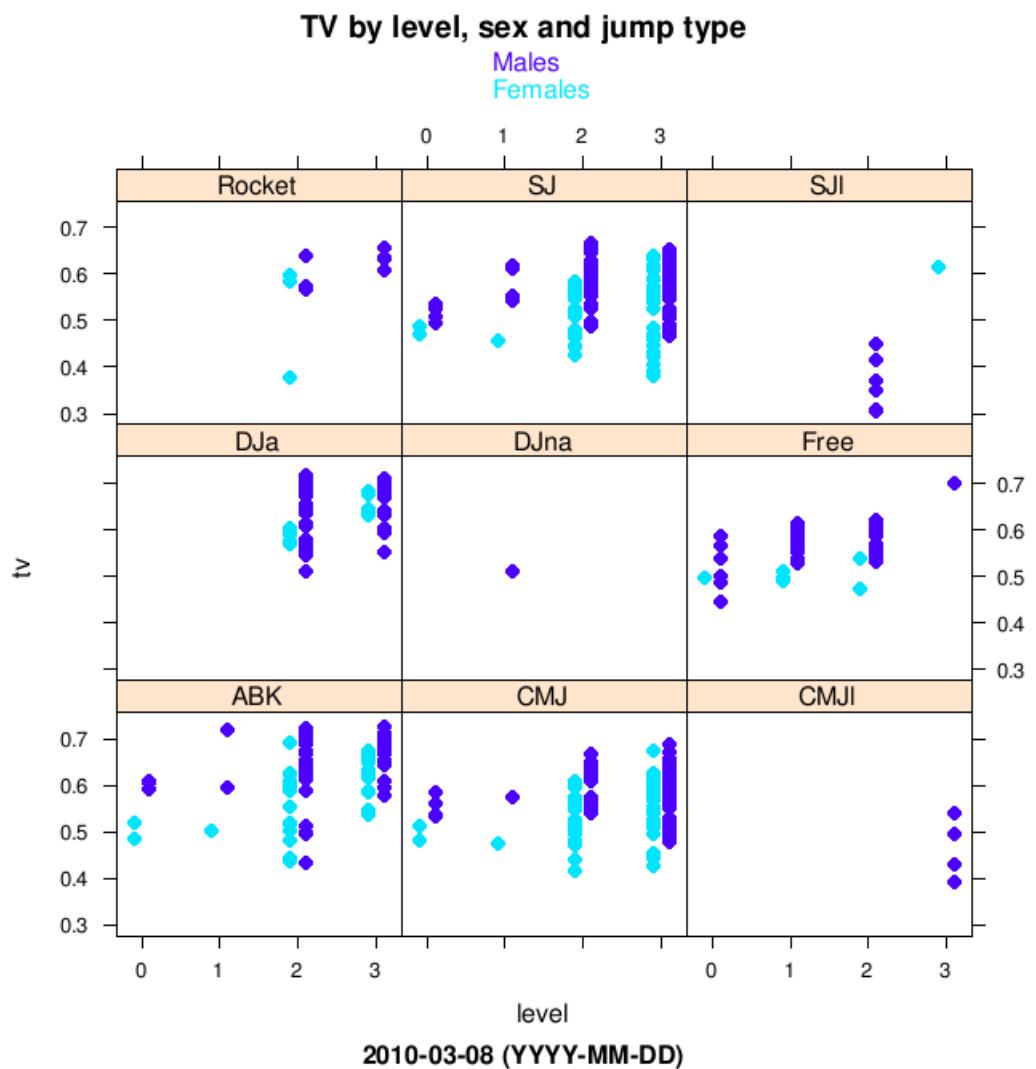


Figure 9.8: Statistics on the web server. Graph relates flight time, practical level, type of jump and gender.

Chapter 10

Preferences and using Chronojump on more than one computer

The preferences window *Session / Preferences*, is divided into three tabs *Database*, *Contacts*, *encoder* and *Camera*. Figure 10.1 show this tabs.

Database tab shows where you are, to open the folder, and make one copy of it in a directory of choice for the users. Maybe it shows two possible locations for the database because some Windows systems offer a place to store data while the program runs, and another when it's closed.

Use this tab to have a copy of your data in order to avoid loosing your sessions, subjects and tests on a hard disk problem or if operating system is reinstalled. Also you can use this tab to have Chronojump database in more than one computer.

1. On computer A:
 - (a) Go to: *Session / preferences / database*
 - (b) Select the items you want to backup
 - (c) Select where to copy it (eg: your Desktop folder or a pendrive). A directory called *chrono-jump* will be created with all the selected data.
2. On computer B:
 - (a) If Chronojump is not installed, do it.
 - (b) Go to *Session / preferences / database / open database folder*
 - (c) In the file explorer go up two levels in the directory hierarchy.
 - (d) If you have valuable data on B, then you should rename *chronojump* directory in this folder or copy to any place.
 - (e) Copy the *chronojump folder* from A to B.
 - (f) Close chronojump, open again, and it's done.

Show tab, shows the options related to information you want to display in the windows of data and statistics.

Other tab has three options. First refers to the number of decimals (recommended 3). If second option is active, then a confirmation window will be shown every time that user wants to delete a test. The last action is specific to the time that limits reactive jumps. If this option is checked, then a reactive jump limited by time will accept a jump where the person is in the air in the moment that time finishes. If is unchecked then this last jump will be rejected.

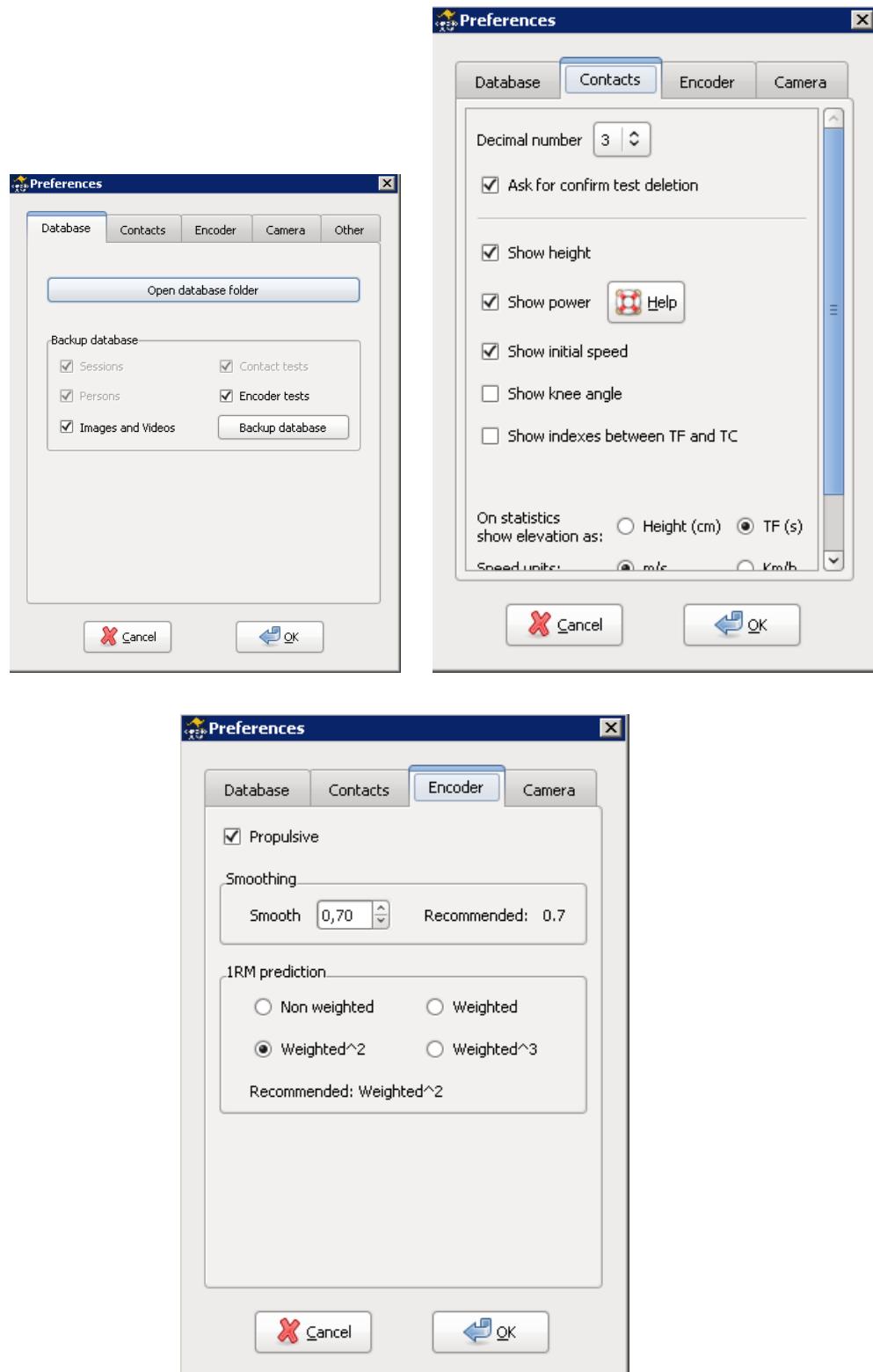


Figura 10.1: Preferences window.

Appendix A

Chronopics prior to Chronopic 3

This appendix is only useful to users who own an old Chronopic (sold before March 2008).

A.1 Chronopic versions

Version	Launched	Connection	available at*	Price*
Chronopic3 (fig 3.1)	March 2008	USB	Sent to all the World	37€
Chronopic2-USB (fig A.1)	September 2007	USB	Argentina	150\$ argentina
Chronopic2-Serial (fig A.2)	September 2007	Serial	Argentina	150\$ argentina
Chronopic1 (fig A.3)	2005	Serial	Spain	70 €

* Currently, only Chronopic3 is commercialized. If you want it, just visit Chrono jump store: http://www.chrono jump.org/hardware_store.html

Table A.1: Chronopic versions.



Figure A.1: Chronopic2-USB.



Figure A.2: Chronopic2-Serial.

A.2 Connections in Chronopics serial

Chronopics serial require external power therefore it should be connected to a feeder. In addition, these Chronopics requires to be connected to the computer by a cable. If your computer has serial port, it's enough with a telephone cable serial. If it doesn't have USB port, you must convert to USB, it's required a USB-serial cable or a PCMCIA adapter or with another adapter with the same functionality. See figure A.1 for an example of Chronopic1 connection.

Serial Chronopics use 4.5 to 6 volts feeder. Is possible the purchase of a conventional power supply (which is connected to a power source) or create a homemade feeder with 3 x 1.5 volts batteries. This option provides the field tests in Chronopics serials.

With old Chronopics series, the battery connection should automatically turn the light on even if the Chronopic isn't connected to any computer. This is a good test to know if the power is working.

If it doesn't work, is recommended to connect the power to the Chronopic and verify that the light is on (no need of computer). If the light doesn't turn on, this mean that the failure is in the Chronopic or in the feeder. Try this again with another feeder or Chronopic to determine the origin of the failure. The feeder should be between 4.5 and 6 volts. Some feeders have two polarities, ask the seller and connect with the correct polarity.

A.3 USB and serial ports

Chronopic should be connected to the contact platform and the computer. PC connection is via port as shown in Table A.1.

Currently, most laptops do not have a serial port, so the USB port is required by most users. Users without serial port should get a pcmcia card or similar type to add serial port to the computer. The latest and favorite choice is to get a USB-serial cable. In many cities it's difficult to find these cables in stock if they haven't been previously requested. Another option is to buy them online.

The operating system assigns names to ports, as shown in Table A.2.

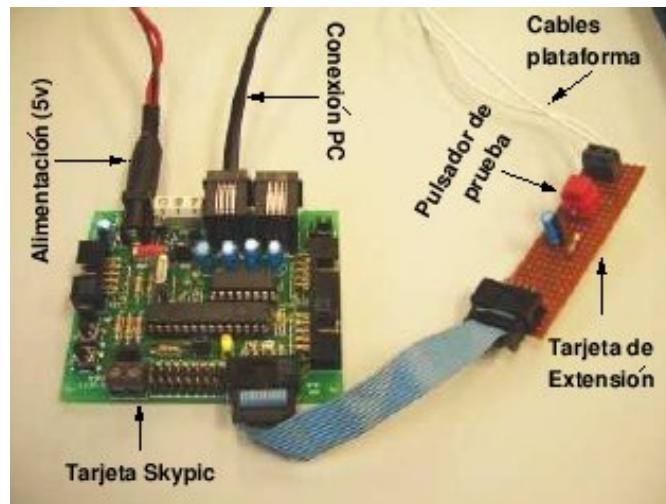


Figure A.3: Chronopic1.

Operating system	Port	Name
MS Windows	Serial	COM1 or COM2
MS Windows	USB	COM1, COM2, COM3, ... (seen to COM27)
GNU/Linux	Serial	/dev/ttys0 or /dev/ttys1
GNU/Linux	USB	/dev/ttysB0, /dev/ttysB1

Table A.2: Names of each operating system port.
The most common names are in bold type text.

The plate-USB Chronopic2 may require a driver if Windows is not able to detect it. Windows should automatically assign a name (COM1, COM8 ..) to the USB port connection, but in many Windows installations this process is not completed therefore it's required the driver (According to the manufacturers is not necessary the cable because is automatically detected). Therefore is recommend to download a USB-serial driver: http://www.serialgear.com/wd_p12303h-hx-x_v20019v2021.zip, or any other provided by the manufacturer or obtained by the network looking for "USB-serial driver".

A.4 Chronopic3 assembly process (initial units)

Chronopic was initially distributed in two parts: the circuit and the elements that made up the box: methacrylate, screws and washers. Figure A.4 shows the assembly. Note: These instructions are only necessary for the first step of the assembly process. The latest Chronopic versions are fabric build.

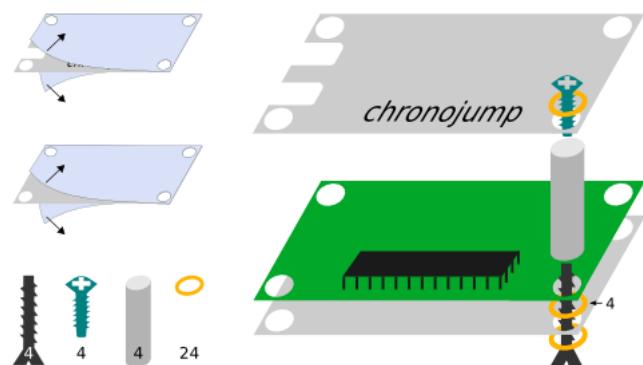


Figure A.4: Chronopic3 assembly process (initial units).