Prepared by:
Heba Saleh AlJassir

BODY PERFORMANCE

2022 PROJECT PROPOSAL

T5-DATA SCIENCE BOOTCAMP

DESCRIPTION

The age-performance relationship describes changes in the organism's structural and functional capabilities over the course of the lifespan. With an increasing interest in features that characterize this pattern, such as the rate of growth, age of peak performance, and rate of decline with aging.
There has always been a large interest in the physiological limits of mankind. Measuring human capabilities in physical or cognitive.

The decline has been widely studied in sport science with a focus on measuring performance drops in master athletes , a feature that was heterogeneous across activities, with strength events generally associated with an earlier decline as compared to endurance ones . This can be explained by the multiple biological alterations occurring with aging, such as changes in the structure and function of most organs, including skeletal muscles, heart, vessels, or the brain .

Performance decline isn't just about physical changes, however. As we age, our intrinsic motivation to train diminishes. Even in athletes, the motivation to train may shift somewhat from setting personal records to remaining active and healthy. And that's a great motivation for any athlete at any age.

SOLUTION

In this project, I will use ML to predict the body performance and how does the age, height ,weight and gender affect exercise performance.
This is the data that confirmed the grade of performance with age and some exercise performance data.

DATASETS:

I will be using "Body performance Data.csv" data set that contains 12 columns and 13.3 K Rows

TOOLS:

- Jupyter notebook
- Programming Language: Python
- Libraries: Numpy, Pandas, Matplotlip, Seabor,...

This is data that confirmed the grade of performance with age and some exercise performance data.