

# Introduction

These data come from a lab session done this semester in which students completed a baseline countermovement vertical jump (CMJ), a 15-second Wingate test againsts 7.5% of their body mass, and then another CMJ. Goal of the lab was to introduce students to experimental designs by measuring something prior to and after (CMJ performance) some kind of intervention, in this case the intervention was the Wingate test. As well as introduce the energy systems

For their lab reports, students were given some discrete variables all calculated via the Hawk force plates such as:

- *Jump height (cm) via impulse-momentum.*
- *Modified reactive strength index [mRSI (AU)].*

For my own purposes of learning and improving my skills as a Python coder, I choose to use [the spm1d package](#) for Statistical Parametric Mapping (SPM) of the CMJ force time curves prior to and after the Wingate. This is a package I have been wanting to experiment with for a while. Since in exercise and sports science, we spend so much time on discrete (peaks, means, etc.) variables but collect much more data than we actually analyze. SPM allows for the analysis of the entire force-time curve.

```
In [3]: # import packages
import pandas as pd
import numpy as np
import os
import matplotlib.pyplot as plt
from tkinter.filedialog import askdirectory
import spm1d
from IPython.display import display, Markdown

# defining plot theme.
custom_theme = {"axes.spines.right": False, "axes.spines.top": False,
                "axes.titlelocation": "center", "axes.title": 1,
                "font.weight": "bold", "axes.titlesize": "x-large", "axes.labelsize":
                "axes.titleweight": "bold", "axes.labelweight": 'bold',
                'font.family': 'Tahoma'}

plt.rcParams.update(**custom_theme)
```

## Data Loading

Select the directory where the files are stored (clone the git repo if necessary). Print the file names and check the number of files that will be analyzed.

```
In [4]: dir_to_read = askdirectory(title = 'Select Directory to Read CMJ Files')
files_to_read = os.listdir(dir_to_read)

for file_to_print in files_to_read:
    print(file_to_print[:-4])
print(f'\nThere are {len(files_to_read)} files.')
```

```
001-POST
001-PRE
002-POST
002-PRE
003-POST
003-PRE
004-POST
004-PRE
005-POST
005-PRE
006-POST
006-PRE
007-POST
007-PRE
008-POST
008-PRE
009-POST
009-PRE
```

There are 18 files.

## Custom Function for Analyzing CMJ Force Time Arrays

Next, I'm writing a custom function to read the force arrays, identify the indices we need, crop the arrays to those indices, and then interpolate the data to 101 data points (0-100% of the CMJ phase of interest).

Specifically, the CMJ force time data will be cropped from the point of movement initiation ('start\_move') to takeoff ('takeoff').

The index identification portion of the below code has been adapted from [Merrigan et al.](#).

```
In [5]: # This is a custom function to read, analyze (find the indices of interest), crop,
sf = 1000 # Hawklin sampling frequency = 1000 Hz

def read_and_crop_and_interpolate_cmj(file_path):
    full_data = pd.read_csv(file_path)
    fz_total = full_data.iloc[:,0] # data are stored in the first column from how I

    # calculate baseline fz ('weighing phase') - mean of first 1-second of data.
    bw_mean = fz_total[0:1000].mean()

    # calculate baseline standard deviation for determination of movement start.
    bw_sd = fz_total[0:1000].std()
```

```

# convert body weight in Newtons to body mass in kilograms.
bodymass = bw_mean/9.81

# this determines when movement begins
start_move = 20 # temporarily assign the start move index to the 20th index of

# while loop to identify the point at which the fz_total array deviates from th
while fz_total[start_move] > (bw_mean - (bw_sd * 5)):
    start_move = start_move + 1

# backtrack start_move to within 1 standard deviation of the baseline force
while fz_total[start_move] < (bw_mean - (bw_sd)):
    start_move = start_move -1

# identify takeoff index of original dataframe as when force drops below 30 N
takeoff = start_move # first say that takeoff index = start_move index
while fz_total[takeoff] > 30:
    takeoff = takeoff + 1

# crop the array from start movement to takeoff
cropped_fz_total_original = fz_total[start_move:takeoff]

# normalize to bodymass in kilos so N/kg is comparable between subjects
cropped_fz_normalized = cropped_fz_total_original/bodymass

# interpolate to 101 datapoints
original_data = np.linspace(0, len(cropped_fz_normalized)-1, len(cropped_fz_normalized))
interpolated_indices = np.linspace(0, len(cropped_fz_normalized)-1, 101)
force_interpolated = np.interp(interpolated_indices, original_data, cropped_fz_total_original)

# return the cropped, normalized and interpolated array
return(force_interpolated)

```

**We just wrote that custom function, now apply it in a for loop over the files we need to read, crop, normalize, and interpolate.**

For sanity's check as well, we will be creating a Spaghetti plot of all the arrays in the loop.

```

In [6]: # preallocate a panda's dataframe to store the data in
data_to_save = pd.DataFrame()

# initialize a plot
plt.figure(figsize = (10, 8))

# for loop
for file_name in files_to_read:
    file_path_of_choice = os.path.join(dir_to_read, file_name) # get the full file

    # apply the function
    cleaned_and_interpolated_data = read_and_crop_and_interpolate_cmj(file_path=file_path_of_choice)

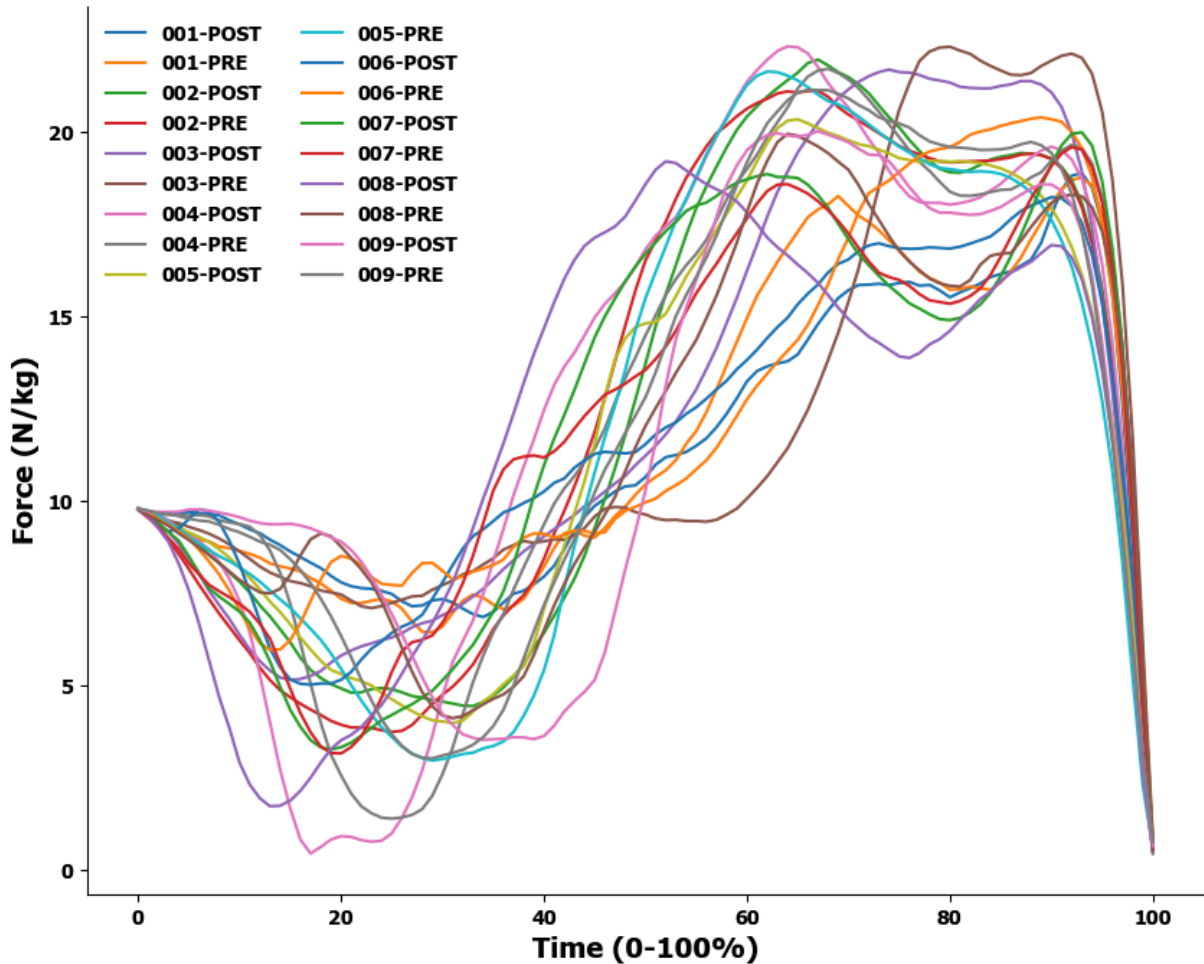
    # remove the .csv from the filename
    base_file_name = file_name[:-4]

```

```
# append the dataframe with the values we just generated...
data_to_save[base_file_name] = cleaned_and_interpolated_data

# plot the data for sanity checks. always.
plt.plot(cleaned_and_interpolated_data, label = base_file_name)

# outside of the loop, figure theme settings
plt.legend(loc = 'upper left', frameon = False, ncol = 2)
plt.ylabel('Force (N/kg)')
plt.xlabel('Time (0-100%)');
```



Things look good! All CMJs have been cropped, interpolated, and normalized correctly. Let's check the dataframe now.

There is one (009-POST) that does not look like it had the best unweighing phase. For the purposes of this demonstration, however, I am not too concerned about that.

## Data Analysis

The next chunk will create the two arrays we will be analyzing in spm1d at - PRE vs. POST.

1. First, filter the dataframes into post\_df and pre\_df based on column names

2. Then transpose the dataframes into a J x Q matrix (subjects [rows] X nodes/points per trial [columns])
3. Lastly, transfer the dataframe into an array for ease.

```
In [10]: post_df = data_to_save.loc[:, data_to_save.columns.str.contains('POST')]
pre_df = data_to_save.loc[:, data_to_save.columns.str.contains('PRE')]

post_transpose = post_df.T
pre_transpose = pre_df.T

pre_ft = np.array(pre_transpose)
post_ft = np.array(post_transpose)
```

## Always Plot Your Data!

The next code chunk will plot mean $\pm$ SD values for PRE and POST prior to analysis. I will, similar to the plot above, overlay the individual responses as well.

Very simply, calculate the mean for each data point (point 0, point 1, point 2, ... point 100). Calculate the SD for each data point. Plot the mean data, plot the individual data, have the SD be as a shadow around the mean data. Label appropriately.

```
In [ ]: # calculate mean/sd for pre
pre_mean = pre_ft.mean(axis = 0)
pre_sd = pre_ft.std(axis = 0)

# calculate mean/sd for post
post_mean = post_ft.mean(axis = 0)
post_sd = post_ft.std(axis = 0)

# make an x values array for plotting purposes
x_vals = np.arange(101)

# initialize plot
fig, axes = plt.subplots(1, 2, figsize=(14, 10)) # call plot subplots

# on axis 0 = PRE
axes[0].plot(x_vals, pre_mean, color='blue', linewidth=4, label = 'Mean $\pm$ SD') # first
# for loop to overlay the individual responses
for i, data_to_plot in enumerate(pre_ft):
    label = 'Individual Subject' if i == 0 else None # brute force way to add a legend
    axes[0].plot(x_vals, data_to_plot, color = 'black', alpha = 0.21, label = label)
axes[0].fill_between(x_vals, pre_mean - pre_sd, pre_mean + pre_sd, color='blue', alpha=0.2)
axes[0].set_xlim(0, 100)
axes[0].set_ylim(0, 30)
axes[0].set_ylabel('Force (N/kg)')
axes[0].set_title('PRE')
axes[0].legend(frameon = False, loc = 'upper left')

# on axis 1 = POST
axes[1].plot(x_vals, post_mean, color='red', linewidth=4, label = 'Mean $\pm$ SD')
# for loop again
```

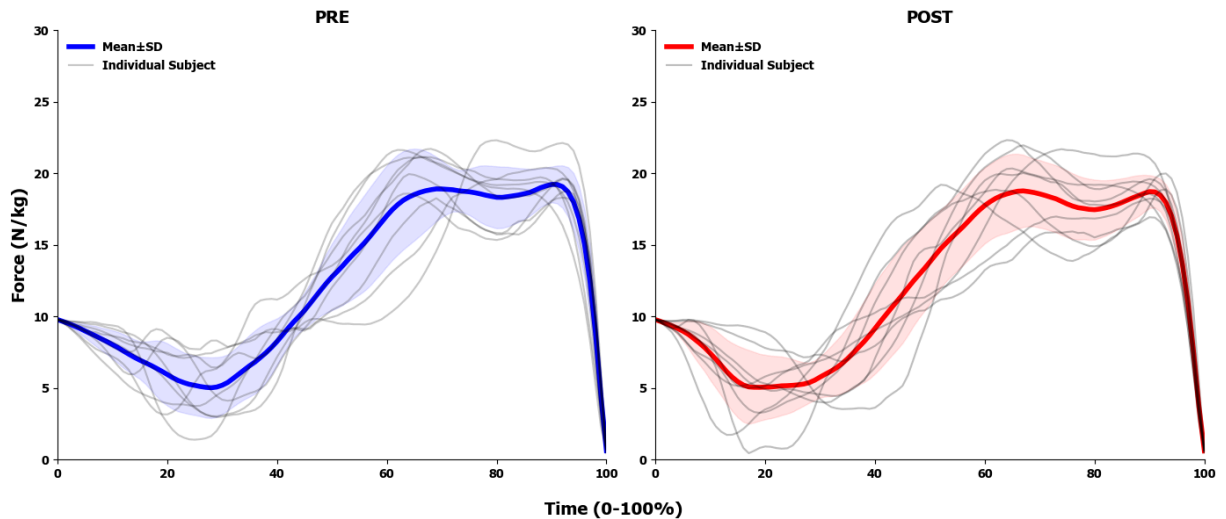
```

for i, data_to_plot in enumerate(post_ft):
    label = 'Individual Subject' if i == 0 else None
    axes[1].plot(x_vals, data_to_plot, color = 'black', alpha = 0.25, label = label)
    axes[1].fill_between(x_vals, post_mean - post_sd, post_mean + post_sd, color='red',
    axes[1].set_xlim(0, 100)
    axes[1].set_ylim(0, 30)
    axes[1].set_title('POST')
    axes[1].legend(frameon = False, loc = 'upper left')

# add a shared x-axis title
fig.supxlabel('Time (0-100%)', fontsize='x-large', fontweight='bold')

plt.tight_layout()

```



## Running the SPM1D Analysis

Now, this next code block will run the spm1d analyses. Since we have a within-subjects design, spm1d's paired t-test function will be used.

```

In [32]: # assign the output to t and then view it
t = spm1d.stats.ttest_paired(pre_ft, post_ft)
t

```

```

Out[32]: SPM{t}
          SPM.z      : (1x101) test stat field
          SPM.df      : (1, 8)
          SPM.fwhm    : 4.15726
          SPM.resels  : (1, 24.05429)

```

**Return the inferential stats of the SPM.**

```

In [33]: alpha = 0.05
ti = t.inference(alpha = alpha)
ti

```

```

Out[33]: SPM{t} inference field
          SPM.z          : (1x101) raw test stat field
          SPM.df          : (1, 8)
          SPM.fwhm        : 4.15726
          SPM.resels       : (1, 24.05429)
Inference:
          SPM.alpha        : 0.050
          SPM.zstar        : 5.56250
          SPM.h0reject     : False
          SPM.p_set        : 1.000
          SPM.p_cluster    : ()

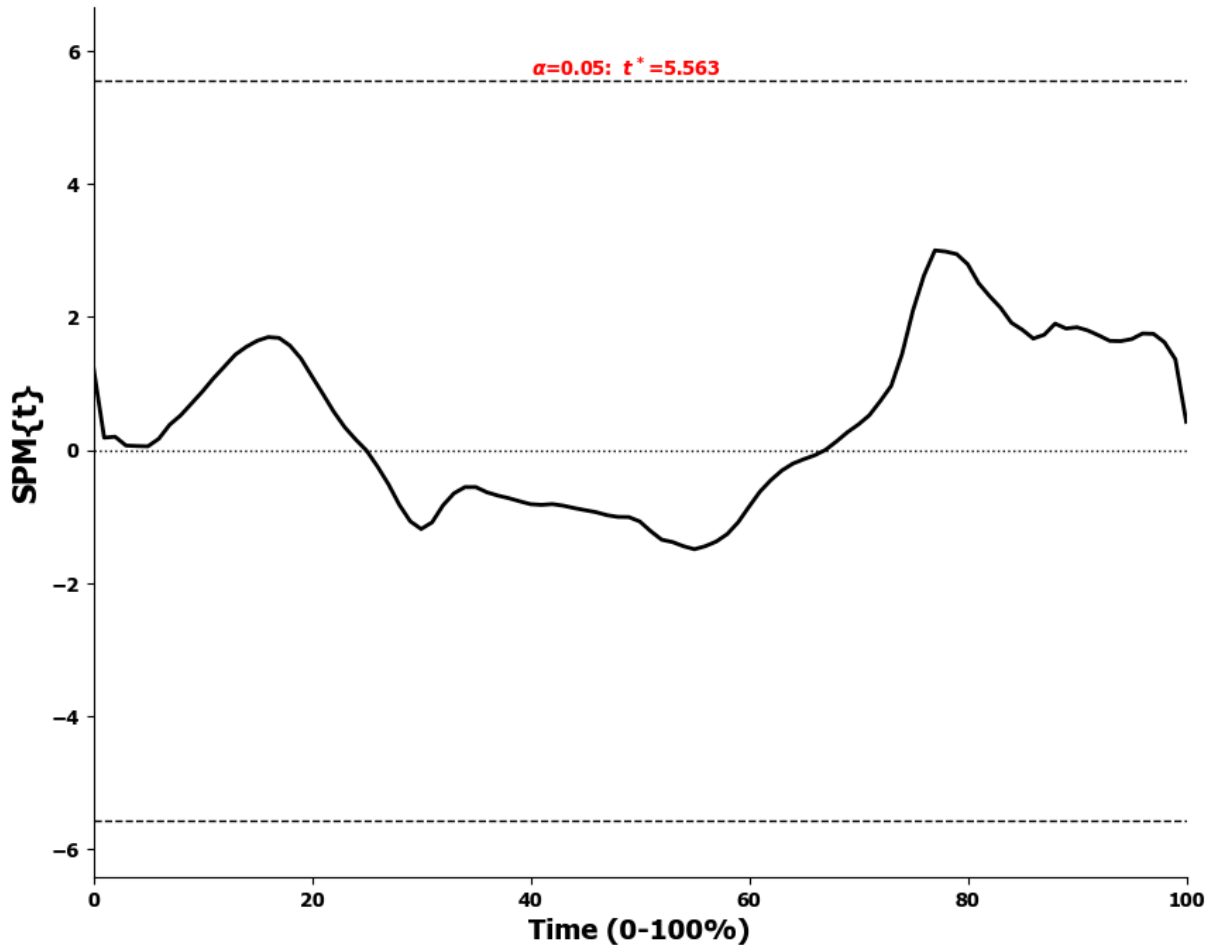
```

### Plotting the SPM results.

```

In [14]: plt.figure(figsize = (10,8))
          ti.plot()
          ti.plot_threshold_label()
          plt.xlabel('Time (0-100%)');

```



## Conclusion

From the results of the SPM analysis, there was no effect of the 15-second Wingate test on CMJ performance. Why? The population was solely student-athletes and 15-seconds of a

Wingate may not have resulted in enough fatigue to interrupt their CMJ strategy.