

heart_rate	Athlete’s average heart rate (bpm)
poms_score	Psychological mood state score from POMS questionnaire
confidence_score	Self-reported confidence level (0 to 1 scale)
sleep_hours	Average sleep duration per night
dietary_intake	Nutrition quality score (e.g., 1–5 scale)
training_days_per_week	Number of days the athlete trains per week
recovery_days_per_week	Number of planned recovery days per week
injury_type_Muscle Strain	One-hot encoding for injury type: Muscle strain
injury_type_Sprained Ankle	One-hot encoding for injury type: Sprained ankle
blood_pressure_120/80	One-hot encoding for normal blood pressure
blood_pressure_130/90	One-hot encoding for elevated blood pressure
muscle_recovery_status_Moderate	One-hot encoding for muscle recovery condition (Moderate)
muscle_recovery_status_Severe	One-hot encoding for muscle recovery condition (Severe)
training_intensity_Low	One-hot encoding for low-intensity training
training_intensity_Medium	One-hot encoding for medium-intensity training
recovery_therapy_type_Rest and Ice	Recovery strategy used: rest and ice
recovery_therapy_type_Stretching	Recovery strategy used: stretching
imaging_report_severity_Moderate	Imaging (e.g., MRI) shows moderate severity
imaging_report_severity_Severe	Imaging shows severe condition
Heart_Rate_(HR)	Heart rate measurement before/after training
Muscle_Tension_(MT)	Muscle stiffness/tension level
Body_Temperature_(BT)	Body temperature (°C)
Breathing_Rate_(BR)	Breaths per minute
Blood_Pressure_Systolic_(BP)	Upper blood pressure value

Blood_Pressure_Diastolic_(BP)	Lower blood pressure value
Training_Intensity_(TI)	Intensity level of the training session (e.g., Low, High)
Training_Duration_(TD)	Session duration in minutes
Training_Type_(TT)	Type of session (e.g., Cardio, Strength, Mixed)
Time_Interval_(TI)	When the session occurred (e.g., Morning, Evening)
Phase_of_Training_(PT)	Current phase in periodization (e.g., Build, Peak, Taper)
Wavelet_Features_(WF)	Extracted physiological signal pattern score (from sensors)
Feature_Weights_(FW)	Combined weight of key features from signal data