



Everybody Lies- Bankruptcy

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Motivation and hypothesis

- Self-reported data
- Increase/Decrease in training/gaming time
- Are players putting their health at risk by trying to look stronger?



Statistics of Players

Athletes with RPE higher than 5

"We are not at all fine"

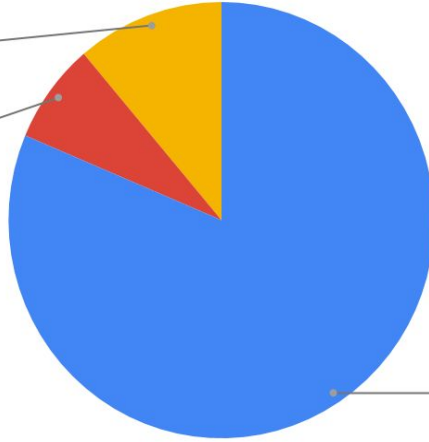
11.2%

"We are somewhat

7.5%

"We are absolutely

81.3%



Statistics

- 153 cases where players did not report RPE but said they're feeling "Absolutely Fine"
- When training sessions with unreported RPE were compared against reported RPE, their fatigueness was 12% higher.

Conclusions

Players more likely to report that they're doing fine

Players likely to go all the way

Higher exertion and power results in more fatigue

Higher exertion can also result in injuries