

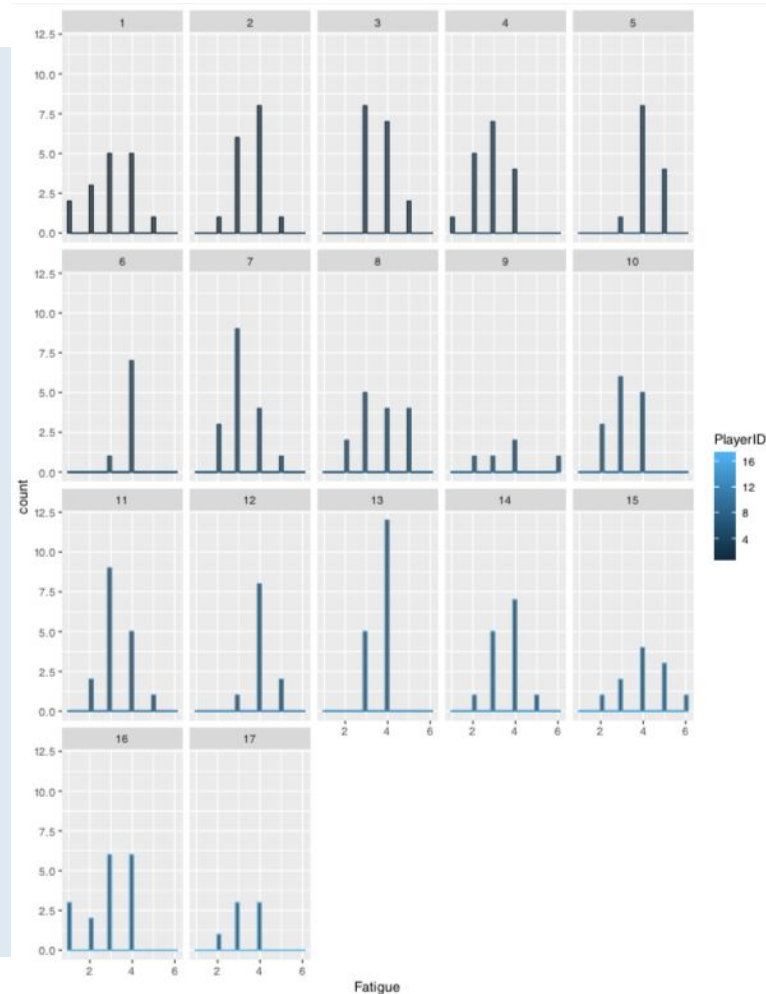


Factors Affecting Fatigue in Canadian Women's 7s Rugby

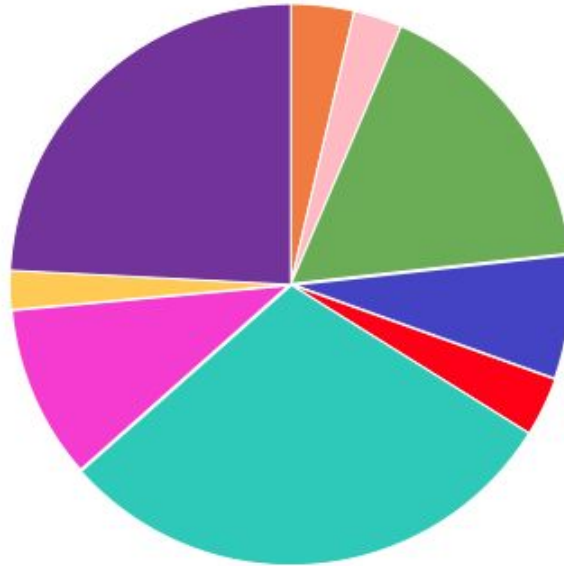
Maria Georgious,
Delaney Helgeson,
Ryan Leibowitz,
Nicole Parmelee

Distribution of Fatigue Levels per Player on Game Days

- New Variable: Win Percentage
- Fatigue data was standardized and tested against Win Percentage in order to account for subjectivity
- New Variable: Opponent Difficulty



Factors Affecting Fatigue Based on the
Multiple Linear Regression Model for
Predicted Fatigue*



- | | |
|---------------------------|----------------------------|
| ■ Monitoring Score | ■ Sleep Hours |
| ■ Nutrition Adjustment No | ■ Nutrition Adjustment Yes |
| ■ Illness Slightly Off | ■ Illness Yes |
| ■ Average Difficulty | ■ Nutrition Okay |
| ■ Nutrition Poor | |

*Model based on Gameday Data Only

$$\begin{aligned}\text{Fatigue} = & -1.18365 \\ & + 0.213(\text{Monitoring Score}) \\ & + 0.16377(\text{Sleep Hours}) \\ & + 0.98622(\text{Nutrition Adjustment No}) \\ & + 0.42286(\text{Nutrition Adjustment Yes}) \\ & + 0.19908(\text{Illness Slightly Off}) \\ & - 1.73318(\text{Illness Yes}) \\ & - 0.59209(\text{Average Difficulty}) \\ & + 0.13127(\text{Nutrition Okay}) \\ & + 1.41721(\text{Nutrition Poor})\end{aligned}$$