

Profile Information

Name:

John Doe

DOB:

1990-01-01

Gender:

Male

Height:

175cm

Weight:

70kg

BMI:

22.9

Currently Injured:

None

Performance

IPPT

01/11/2023

Result

GOLD

Push-ups

60

SOC

15/10/2023

Result

PASS

20km Road March

30/09/2023

Sit-ups

60

2.4KM

09:30

Timing

45:30

Timing

4:15:00

Trainer Notes

PTE ANG has shown significant improvement in his physical fitness and cognitive abilities. His psychological resilience is particularly noteworthy. Continue to work on cardio endurance.

Physiological Fitness

It is the body's ability to function efficiently and effectively across various systems, including cardiovascular, muscular, and metabolic health.

Strength

Squat and deadlift (8RM), max pull-ups, and sprint-drag-carry collectively measure muscular strength, endurance, power, and functional full-body strength in dynamic and static movements.

Squat Repetition (8RM)

12

Deadlift Repetition (8RM)

10

Max Pull-ups

15

Sprint-Drag-Carry (s)

120

Cardio-respiratory

These matrixes collectively reflect how efficiently the body utilises oxygen during exercise, the heart's response to physical activity, and the balance between the sympathetic and parasympathetic nervous systems, providing a comprehensive view of overall cardiovascular health and fitness levels.

VO2 Max (mL/kg/min)

48

Resting Heart Rate (bpm)

60

Exercise Heart Rate (bpm)

150

Heart Rate Variability (ms)

65

Psychological Fitness

It is the capacity to maintain emotional resilience, self-regulation, and a positive mindset in challenging situations. It underpins mental well-being and effective coping strategies for stress and adversity

Self-Determination

This assessment evaluates motivation across three key dimensions.

General Score

4/5

Autonomy

4/5

Competence

4/5

Relatedness

5/5

Team Resilience

This assessment evaluates your perception of the team's capacity to manage and recover from challenge.

Physical

0.4/10

Affective

0.3/10

Cognitive

0.5/10

Mindful Leadership

This is a 360 feedback tool that measures how frequently a leader demonstrates mindful behaviours.

Awareness

2/7

Open Mind

2/7

Growth

2/7

Calm & Patience

2/7

Focus & Presence

2/7

Autonomy

5

Relatedness

5

Competency

5

Physical

10

Cognitive

10

Affective

10

Awareness

7

Open Mind

7

Growth

7

Calm Patience

7

Focus Presence

7

Cognitive Fitness

It is the ability to sustain optimal mental performance through attention, memory, problem-solving, and adaptability. It reflects a balanced state of mental resilience and agility, supporting decision-making and learning.

Sustained Attention Response

This test measures an individual's ability to maintain focus and suppress impulsive responses over a period of time.

Score (%)

85%

Avg. Response (ms)

0.45

Visual RXN

This test measures the speed and accuracy of recognising and responding to visual stimuli.

Score (%)

92%

Avg. Response (ms)

0.32

Spatial Planning

This test measures problem-solving ability and the capacity to visualise and organise spatial relationships.

Score (%)

88%

Avg. Response (s)

0.65

Terminology

Body Mass Index (BMI)

A measure of body fat based on weight in relation to height, used to assess if an individual is underweight, normal weight, overweight, or obese.

Cognitive Functions

The core mental processes involved in acquiring knowledge and understanding, including memory, attention, perception, and reasoning.

Executive Functions

Higher-level cognitive processes that enable goal-directed behaviour, such as planning, decision-making, and impulse control.

Exercise Heart Rate

The heart rate measured during physical activity, reflecting cardiovascular and aerobic efficiency under exertion.

Heart Rate Variability

The variation in the time intervals between consecutive heartbeats, indicating autonomic nervous system balance and stress resilience.

Mental Fitness

The holistic ability to sustain optimal mental performance by integrating cognitive, psychological, and physical dimensions, encompassing focus, emotional resilience, and brain-supporting physical health.

Mindful Leadership

A leadership style characterised by awareness, focus, and compassion, promoting thoughtful decision-making and team well-being.

Reaction Time

The amount of time taken to respond to a stimulus, reflecting neural processing speed and motor response efficiency.

Repetition Max (RM)

The maximum weight an individual can lift for a specific number of repetitions, often used in strength assessment.

Resting Heart Rate

The number of heartbeats per minute while at rest, reflecting baseline cardiovascular fitness and heart health.

SART (Sustained Attention Response Task)

A test measuring an individual's ability to maintain focus and suppress impulsive responses over time.

Self-Determination

A psychological concept referring to the ability to make choices and manage one's own life based on intrinsic motivation and autonomy.

Spatial Planning

The ability to visualise, organise, and strategise the arrangement of objects or movements in a spatial context.

Team Resilience

The collective ability of a team to adapt, recover, and thrive in challenging or changing conditions.

VO2 Max

The maximum amount of oxygen the body can utilise during intense exercise, a key indicator of aerobic fitness.

Visual Recognition (RXN)

The ability to identify and interpret visual stimuli, such as shapes, patterns, or objects, based on memory and perception.