Application for analysing training load data in sports.

Background
Current most common web-based training diary applications (Polar, Suunto, Garmin) do not allow to include subjective data on the difficulty of the training and the subjective wellness data. However, in some cases they allow to rate the difficulty of the training, but this rating is not included to later analysis of the data. And the overall data is difficult to analyse from the 3-rd party (ie. coach of the athlete) as data is user-based. However, these companies provide API-s to transfer data to third applications. We are in progress of developing the central application that collects data from the API- s and allowing the athlete to include their input.

Expected outcome
For further developments the following modules for the application are needed, but the exact development points will be clarified based on the amount of work needed for each point.

1. Developing the analysis toolbox for the incoming data. This include, but will be clarified and agreed with the students
   a. Additional calculation of different data based on the original input data.
   b. Graphs or tables based on different timelines and (multiple) data points for visual data analysis.
   c. Calculations based on the individual variability of the parameter and highlighting the deviation from the individual variability.
2. Developing the tool to develop individual codes instead of names to allow the use of anonymised data for research purposes. However, it should be possible to pseudonymize the data back if needed.
3. Inclusion of the Injury rate questionnaire, to be filled by the athlete. The questionnaire consists of simple questions with 4 scale answers from where the athlete must pick the one that describes his/her condition best. The overall score of the questionnaire will be calculated and can be used in the analysis.

Conditions
Any outcomes produced by the student team under and within the framework of the Software Project and any transferable intellectual property rights related there to, incl. all the economic rights.
of the author and rights to protect intellectual property are transferred to Institute of University of Tartu from the moment of creating them.

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