IRMES

LABORATOIRE SEP

Scientific Support for Performance

URL of the page: https://labos-recherche.insep.fr/en/scientific-support-performance

Performance Optimisation

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Injury Prevention

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Lifestyle and Wellbeing

A QUEST FOR PERFORMANCE

> *The maximum possibilities of an individual in a discipline at a given moment in its development.*
>
> Vladimir Nikolaevich Platonov (1988)

> *Sports performance capacity represents the degree of possible improvement in a certain sport motor activity and, being part of a complex framework, it is conditioned by many specific factors.*
>
> Jürgen Weineck (1997)

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TOWARDS SCIENTIFIC SUPPORT FOR PERFORMANCE

From coach - researcher - athlete collective thinking

> The goal is to bring transfer the latest scientific knowledge to coaches so that they can make informed decisions to transform the practice of elite athletes.

- Identify a questioning, a problem, affecting sports performance.
- Formalize a problem shared with the coach.
- Identify protocols to be implemented, adapted solutions.
- Collect data useful to improve the understanding of performance.
- Analyze and interpret the data collected.
- Apply a "*scientific filter*" to data analysis.
- Share and transfer information in a simplified and adapted form.
- Cross-referencing data from different areas of performance.
- Create decision-making tools dedicated to staff members.
- Assess the impact on performance.

ASP: A COLLABORATIVE APPROACH

To carry out an ASP action, the members of the SEP laboratory identify, with the members of the sports federations (DTN, scientific referents, coaches, athletes, …), the restraints to performance in order to bring out needs. With their scientific expertise, the members of the SEP laboratory propose to implement fast-track available solutions.

The main objective of the identification of needs is to translate an on-field issue into a scientific question. The efficiency of the work done in ASP depends on 2 major points :

- The impact of the proposed solutions on practice and/or performance ;
- The satisfaction of athletes, coaches or other members of sports federations regarding the proposed solution.

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