

Injury Free Mental Training For Elite Athletes En

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Relative Energy Deficiency in Sport (RED-S) Clinical ... - BJSM

the ReD-S cat is a clinical assessment tool for the evaluation of athletes / active individuals suspected of having relative energy deficiency and for guiding return to play decisions. the ReD-S cat is designed for use by a medical professional in the clinical evaluation and management of athletes with this syndrome. the ReD-S cat

Duty of Care in Sport - GOV.UK

ty of Care towards athletes, coaches and others involved in the system. However, it feels timely for the sport sector to consider Duty of Care in its fullest sense. ... ering everything from personal safety and injury, to mental health issues, to the support given to people at the elite level. I looked across as broad a range of sports and ...

Neurophysiological Markers for Monitoring Exercise and ...

is fundamental in elite sports. A more precise diagnosis of how much exercise stress the athlete experiences and the recovery status using reliable parameters would help to better coordinate training loads. Moreover, individualized exercise loads, and the differentiated recovery management could be prescribed more precisely (Lee et al., 2017).