

# ATHLETE MONITORING AND TESTING

PRACTICAL APPLICATIONS IN TEAM AND INDIVIDUAL SPORTS

**VALD**  
PERFORMANCE

## PROFESSIONAL COURSE/WORKSHOP

The course will be focused on the use of advanced technologies for testing and monitoring fundamental aspects of performance: dual force platforms, hamstring strength testing, hip strength testing and movement quality analysis. You will learn the science behind the technologies and how to practically implement them into a team environment from pre-season testing to the monitoring process during the season. A special focus will be dedicated to data interpretation and how to manage results in order to prevent injury, improve performance, monitor fatigue and track rehabilitation.

**Lecturer:** Antonio Robustelli

