

HOLISTIC PERFORMANCE THEORY



$$\text{Performance} = \frac{PS \text{ (Raw Talent + Quality Practice)} \times PE \text{ (Effort - Rate of Perceived Exertion)}}{\text{(Mental Fatigue)}}$$

Holistic Performance Theory is an equation intended to measure human performance based on age-old paradigms of physical skill combined with modern mental skill statistics. Even skilled players have varying outcomes when they are combating mental fatigue and disengagement.

If this equation is the road map to improved performance, bioQ™ training is the vehicle.



Physical Skills

(Raw Talent + Quality Practice Time)

Raw talent is visible in those who are faster, stronger, or more coordinated.

They may begin at a higher level than their peers, but natural skill can only take you so far.

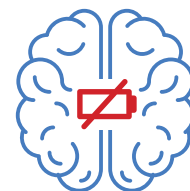


Player Engagement

(Effort - Rate of Perceived Exertion)

Coaches want 100% effort from their athletes; players who want to win will do everything in their power to ensure their effort is optimal.

When they perceive that the results of their efforts are not optimal, they begin to put in less effort to reduce the perception of over-exertion.



Mental Fatigue

When mental endurance (the ability to sustain the cognitive demands imposed on an athlete's brain) is compromised, mental fatigue begins to set in.

This affects how the player weeds out distractions, hones in on crucial details, and problem solves the key facets of game time decisions.



bioQ™ Training increases mental endurance and lowers the rate of perceived exertion, thus strengthening the overall quotient marker that is Performance.

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