



# Wearable Tech

**More than just measuring player movement**

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Does the technology  
allow you to make  
better decisions?

# Stressors & Recovery

- Primary stressor(s)
  - Sport should be a primary stressor
  - May be difficult to quantify other stressors
- Recovery
  - Are being managed well?
  - Are there stressors you are not aware of?

# Why wearables?

Allow us to quantify workloads and recovery in ways that are difficult or impossible to quantify otherwise.

# Most bang for you buck

- Wearable systems can be quite an investment
- The amount of data generated can be difficult to manage and interpret
- Everyone is doing it but do they know what they are doing?
- What variables give you the most bang for your buck?

# External workload metrics

01

Mechanical workloads  
(accumulated accelerations)

02

Rate of mechanical workload (rate of accumulated accelerations)

03

Impacts

04

Distance

05

Time and distance in speed zones

# Internal workload and recovery metrics

01

Time spent in heart  
rate zones

02

Heart rate recovery

03

Heart rate  
variability



# Look for transparency in metrics

# The process

- Short term goals and influence
- Medium term goals
- Long term goals and outcomes