

COURSE: EQ001

SPONSOR

Milan Kabat

LECTURER

Milan Kabat

LANGUAGE

EN RU SK

DURATION (TIME)

1 hour

PLACE

HST room

DIFFICULTY



EduProSport
Marie Curie Skłodowskej 1/A
851 04 Bratislava
info@eduprosport.com
www.eduprosport.com
+421 907 959 888

Firstbeat

AFTER COMPLETING THIS COURSE, YOU WILL BE ABLE TO

Monitor with Firstbeat technology current response of the body of an athlete and the external load by measuring the heart rate. We will show you how to transmit wirelessly in real time precise physiological data and information's about heart rhythm to your computer. Provides feedback to the trainer which helps to control training and sports performance. Using Firstbeat technology can collect and analyze physiological data of a 80 athletes simultaneously. Specialized computer software in real time monitors load of all athletes. Provides analysis and reporting tools including group reports.

COURSE OUTLINE

- The purpose and meaning of monitoring heart rate
- Method of monitoring heart rate
- A brief introduction to the theory of sports training (ways of defining training zones, finding heart rate)
- Hardware (chest belts, USB interface) care of hardware
- Starting the program
- Program set up
- Evidence of an athlete set various parameters for practice
- Measuring heart rate, collecting data
- Online monitoring of heart rate
- Reports and analysis of measured values
- Firstbeat as a motivator while training

WHO THE COURSE IS FOR

Coaches in hockey centers which owns skating treadmill, hockey clubs, sport clubs

REQUIRED SKILLS

Basic computer skills

LINK TO PRODUCT DETAIL

www.hockeydts.com/packages/equipment/

LINK TO COURSE DETAIL

www.eduprosport.com/en/course/EQ001