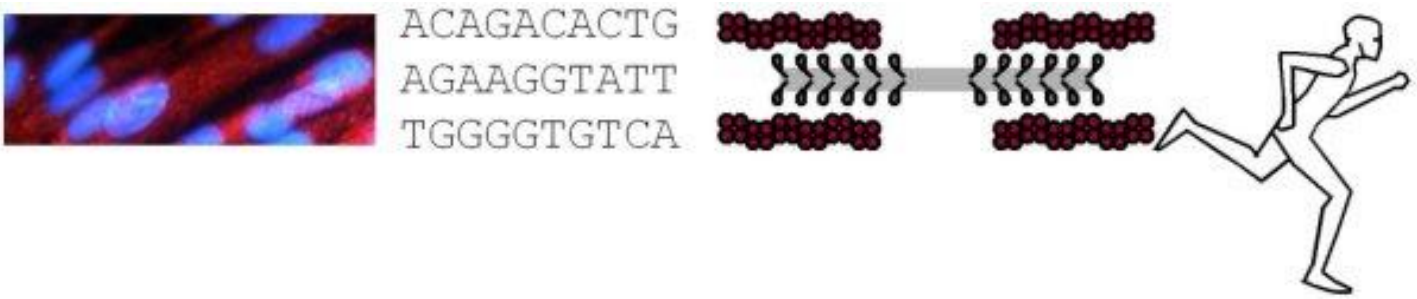
Lehrstuhl für Sportbiologie
Fakultät für Sport- und Gesundheitswissenschaften
Technische Universität München



Scientific interpretation of heart rate variability, fatigue and stress measured with in-ear sensor

Cooperation project of the company cosinuss and the Chair Exercise Biology (TUM)

Master thesis in sports science

Start: as soon as possible

Project description

In this project, we would like to take a deeper look into the scientific interpretation of the heart rate variability (HRV) and it's corresponding parameters fatigue and stress using heart rate data measured with an in-ear sensor.

The main purpose is to research the interpretation and possible evaluations of HRV parameters and their application in different scenarios (performance sports, occupational safety, medical).

Main research questions:

- Which HRV parameter are there?
- What is the interpretation of these parameter?
- What information can we get out of the analysis and how can we present the results?

Before starting with the data collection and evaluation, a literature research on the different HRV parameters shall be conducted.

Requirements

Interested in modern techniques.

Supervision

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