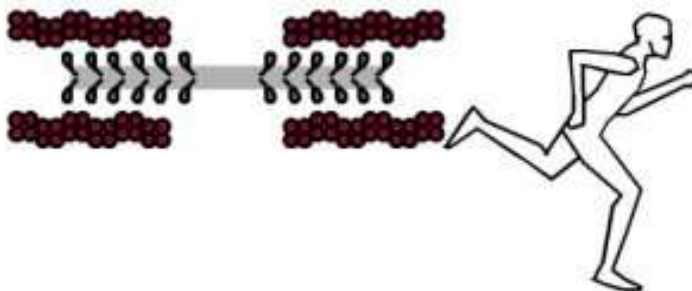


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Evidence-based recommendations for training in professional Alpine Skiing

Cooperation project of the German Skiing Association (DSV) and the Chair of Exercise Biology (TUM)

Master Thesis in Sport Science

Start: as soon as possible

Project description

To analyse deficits in performance it is useful to focus on detailed training data of the athletes. Therefore, the first aim of this thesis is to analyse the training documentation of professional alpine skiers during their preparation period. Based on these training data the following questions should be answered:

- 1) Do training methods in combination with nutrition, timing, and other interventions fit into evidence-based recommendations?
- 2) If so, how is the quality of the scientific evidence?
- 3) What is the mechanistic background?

In a second step, possible improvements should be elaborated. Furthermore, the evidence and its quality should be explained.

Requirements

Suitable for all master degree courses in Sport Sciences or Health Sciences

Supervision

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