

The Recovery-Stress Questionnaire RESTQ Sport (52 items)

This questionnaire consists of a series of statements. These statements possibly describe your psychic or physical well-being or your activities during the past few days and nights.

Please select the answer that most accurately reflects your thoughts and activities. Indicate how often each statement was right in your case in the past days.

The statements related to performance should refer to performance during competition as well as during practice.

For each statement there are seven possible answers.

Please make your selection by marking the number corresponding to the appropriate answer.

Example:

In the past (3) days/nights

... I read a newspaper

0	1	2	3	4	5	6
never	seldom	sometimes	often	more often	very often	always

In this example, the number 5 is marked. This means that you read a newspaper very often in the past three days.

Please do not leave any statements blank.

If you are unsure which answer to choose, select the one that most closely applies to you.

Please turn the page and respond to the statements in order without interruption.

Recovery Stress Questionnaire For Athletes

Thomas L. Stöggl, Billy Sperlich

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the authors' names.

Recovery Stress Questionnaire For Athletes:

Recovery-stress Questionnaire for Athletes Michael Kellmann, Konrad Wolfgang Kallus, 2001 Provides athletic specialists trainers and coaches with resources for monitoring athletes to avoid over training burnout and decreased performance The questionnaire is based on the hypothesis that an accumulation of stress in different areas of life with insufficient opportunity for recovery leads to a compromised psychophysical state Stress states are based on 12 nonspecific and seven sports specific scales The questionnaire package offers tools to measure and track an athlete s recovery including two complete questionnaires 72 and 56 item forms manual scoring keys profile sheets and a user manual that describes questionnaire development and data and profile interpretation c Book News Inc *The Recovery-Stress-Questionnaire for Athletes* Michael Kellmann, Wolfgang Kallus, 2001-05-30 The RESTQ Sport questionnaire measures stress and recovery rates It can be used for both applied work and research The manual provides all the necessary psychometric data to judge the quality of the questionnaire and describes how the questionnaire was developed The manual also explains why measuring recovery is important and how it can benefit an athlete and gives the user the tools needed to measure and track an athlete s recovery The CD ROM allows the user to create a database of both individuals and groups *Recovery and Stress in Sport* Michael Kellmann, Sarah Kölling, 2019-03-19 Balancing training stress and recovery is essential for achieving optimal performance The performance of professional athletes can be severely compromised by overtraining injuries prolonged periods of competition or even life events outside their sporting lives The current recovery stress state depends on preceding stress and recovery activities but through simultaneous assessment of stress and recovery a differentiated picture can be provided This manual includes two measurement instruments to gauge individual recovery enabling both athletes and coaches to better understand the often unconscious processes that impinge upon peak performance and to monitor the physical mental emotional mental and overall recovery stress state before and after training The Acute Recovery and Stress Scale ARSS and the Short Recovery and Stress Scale SRSS are instruments that systematically enlighten the recovery stress states of athletes Through utilization of the ARSS and the SRSS athletes and coaches can better understand the importance of daily activities including how they can relate to stress recovery and the direct impact on athletic performance In addition to the instruments themselves both of which are simple and easy to use the manual also discusses their development their basis in theory and case studies showcasing their usage The ARSS and the SRSS provide important information regarding the current recovery stress state during the process of training and are essential tools for coaches sport scientists sport psychologists and athletes alike **The Recovery-Stress Questionnaires** Michael Kellmann, K. Wolfgang Kallus, 2024-07-09 The Recovery Stress Questionnaires RESTQs identifies the current recovery stress states and provides a complete picture of the actual extent of stress and recovery Written to support those using the RESTQ this manual offers advice on scope and application facets of stress and recovery versions and scoring interpretation of results and reliability and

validity for each of the five forms of the questionnaire The questionnaire is based on the hypothesis that an accumulation of stress in different areas of life with insufficient opportunity for recovery leads to a critical psychophysiological state The RESTQ measures the frequency of current stress symptoms along with the frequency of recovery associated activities to offer a differentiated picture of the current recovery stress state There are five forms of the RESTQ a general version RESTQ Basic with seven stress scales and five recovery scales is the foundation for the specific versions for athletes RESTQ Sport for coaches RESTQ Coach for children and adolescents RESTQ CA and for the work context RESTQ Work All versions take a modular structure and contain scales measuring specific aspects of stress and recovery in their field These scales provide valuable information immediately on areas where improvement is needed in stress and recovery research across a range of applied settings Drawing on experiences and scientific findings from sport to make them usable for an expanded understanding of recovery in the fields of health work and other related areas this manual is written for the scientific community applied psychologists and health scientists and interested readers *Enhancing Recovery* Michael Kellmann, 2002 A guide for exercise scientists coaches and athletes who want to learn new ways to treat and prevent athletic overtraining and underperformance this book draws on the fields of medicine physiology periodization training and psychology as well as studies of motivation health and lifestyles to explore all aspects of underrecovery in sports and in everyday life Emphasis is on recovery and intervention strategies from a psychological and physiological perspective Kellmann is on the faculty of sport science at the University of Bochum in Germany Annotation copyrighted by Book News Inc Portland OR *Applying Sport Psychology* Jim Taylor, Gregory Scott Wilson, 2005 Covering the five psychological areas considered to have the most influence on athletic performance motivation confidence intensity focus and emotions this work provides a comprehensive approach to sport psychology **The Sport Psych Handbook** Shane M. Murphy, 2005 Containing a wealth of information on what it takes to excel in the mental game of any sport this resource gives athletes breakthrough methods to strengthen and manage inner drive emotional control interactive skills coping mechanisms and mental readiness **The Athlete's Guide to Recovery** Sage Rountree, 2011-04-01 The first comprehensive practical exploration of the art and science of athletic rest from a certified cycling triathlon and running coach If you've hit a wall in your training maybe it's because your body isn't recovering enough from each workout to become stronger In *The Athlete's Guide to Recovery* Sage Rountree will guide you to full recovery and improved performance revealing how to measure your fatigue and recovery how much rest you need and how to make the best use of recovery tools Drawing on her own experience along with interviews with coaches trainers and elite athletes Rountree details daily recovery techniques demystifying common aids like ice baths compression apparel and supplements She explains in detail how to employ restorative practices such as massage meditation and yoga You will learn which methods work best and how and when they are most effective *The Athlete's Guide to Recovery* explores Periodization and overtraining Ways to measure fatigue and recovery including heart

rate tests heart rate variability EPOC and apps Stress reduction Sleep napping nutrition hydration and supplements Cold and heat like icing ice baths saunas steam rooms whirlpools and heating pads Home remedies including compression wear creams and salts Technological aids like e stim ultrasound Normatec Massage self massage and foam rolling Restorative yoga Meditation and breathing Then you can put these tools and techniques to practice using two comprehensive recovery plans for both short and long distance training This invaluable resource will enable you to maintain that hard to find balance between rigorous training and rest so that you can feel great and compete at your highest level *Psychological Factors in Physical Education and Sport* Manuel Gómez-López, Marianna Alesi, Carla Maria Chicau Costa Borrego, 2022-02-21

Recovery and Well-being in Sport and Exercise Michael Kellmann, Jürgen Beckmann, 2021-12-28 Bringing together the world's leading experts this multi disciplinary collection examines both the psychological and physiological dimensions to recovery from sport Featuring chapters on overtraining sleep the relationship to injury as well as the role of stress this volume illustrates how performance both as an individual and as a team can be better managed through understanding the recovery process It also covers the impact of travel on performance as well as guidance on measurement and training Based upon the contemporary models of recovery and performance in different scientific disciplines such as medicine psychology and sport science expert contributors also explore implications for applied and strategic interventions to retain and stabilize performance ability With a large overlap from *Sports Recovery and Performance* published in 2017 this book has seen substantial modifications with new and revised chapters This is a must have resource for students and scholars across the sports sciences as well as any coach interested in the latest research **NSCA's Essentials of Sport Science** Duncan N. French, NSCA -National Strength & Conditioning Association, Lorena Torres Ronda, 2022 NSCA's Essentials of Sport Science provides the most contemporary and comprehensive overview of the field of sport science and the role of the sport scientist It is a primary preparation resource for the Certified Performance and Sport Scientist CPSS certification exam **The**

Importance of Recovery for Physical and Mental Health Michael Kellmann, Sarah Jakowski, Jürgen Beckmann, 2023-03-02 This book offers a thorough and accessible look into the importance of recovery in both staying healthy and performing well and highlights the detrimental effects of underrecovery on physical and mental health Internationally renowned experts from psychology physiology sport medicine health and sport science offer interdisciplinary analysis of the effects of underrecovery as well as the use of applied intervention and prevention strategies Over the last few decades research in sports has provided numerous studies showing the importance of addressing recovery to find recovery stress balance and build resources that help prevent illness and promote healthy living and well being Each chapter of this volume discusses a specific area of recovery providing a collection of useful and practical lessons athletes and non athletes can take forward in their training and beyond Focusing on both research and applied counseling techniques to discuss recovery as an underestimated factor in physical and mental health the book aims to enlighten readers on ways to

incorporate recovery into their everyday lives to reduce stress and prevent injury The book is written for the scientific community applied health scientists students and interested readers It draws on experiences and scientific findings from the field of sport to make them usable for an expanded understanding of recovery in the field of health and related areas such as the workplace *Sport Psychological Interventions in Competitive Sports* Jürgen Beckmann, Anne-Marie Elbe, 2015-02-27

Sport psychological training an important part of athletes preparation can give them the final edge in competition This book provides a systematic structure for conducting sport psychological interventions that can be followed not only by sport psychologists but also by athletes and coaches The authors describe sport psychological measures that are based on scientific knowledge and have proven to be valuable in their applied work The book is divided into two main parts Part 1 presents the basic structure for sport psychological interventions and Part 2 focuses on concrete interventions and training measures Part 1 further addresses the importance of personality factors for sports performance illustrates how an athlete's personality development can be enhanced gives basic knowledge about diagnostic tools and discusses talent selection The second part of the book describes basic training which focuses mainly on relaxation techniques as well as skills training essential for the stabilisation of athletic performance Maintaining a balanced recovery stress state is particularly important for the avoidance of overtraining The book illustrates how athletes stress and recovery levels can be monitored in order to prevent overtraining Part 2 further addresses how critical situations in an athlete's career including for example conflicts career termination and injuries are to be handled presenting various impact interventions including clinical hypnosis The final chapter of the book presents a mental toolbox giving the practitioner an overview that will help to quickly identify a problem its possible causes and solutions **Sport, Recovery, and Performance** Michael Kellmann, Jürgen

Beckmann, 2017-11-06 Sport Recovery and Performance is a unique multi disciplinary collection which examines both the psychological and physiological dimensions to recovery from sport Including contributions from medicine neuroscience psychology and sport science the book expertly explores the implications for applied and strategic interventions to both retain and stabilize performance and promote health and well being Including chapters written by its leading experts the book represents an important milestone in this evolving field of study It covers issues around measuring recovery the impact of overtraining on sleep and mental health and addresses topics such as the impact of travel on performance The book informs not only how managing recovery can improve performance but also offers insights in how recovery can sustain athletes physical and mental health Citing research from a range of individual and team sports as well as extreme situations and the workplace this is an important book that will be widely read across the sport sciences *Scientific Foundations and Practical Applications of Periodization* G. Gregory Haff, 2024-02-26 The concept of periodization is not new with the precursors of periodized training dating back more than 2 000 years ago But it is now obvious that the holistic development of an athlete encompasses more than their physical and tactical training Scientific Foundations and Practical Applications of

Periodization is the first book of its kind designed to optimize sport performance by integrating both classic and modern periodization theories with recovery methodologies nutritional interventions and athlete monitoring guidelines Written by G Gregory Haff a world leading expert on periodization Scientific Foundations and Practical Applications of Periodization incorporates the latest scientific evidence to provide a comprehensive understanding of how to implement planning and programming strategies to enhance physiological adaptations While other periodization books may discuss training theory few provide information on how to integrate various training models into the periodization process Here are just some of the approaches incorporated into Scientific Foundations and Practical Applications of Periodization Employing and blending parallel sequential and emphasis periodization models to develop athletes Syncing recovery strategies with various phases and periods of training to enhance the adaptational process Manipulating nutritional strategies to magnify performance Using and interpreting monitoring data to adjust an athlete s program in accordance with the periodized plan Applicable for athletes at all levels and in any sport Scientific Foundations and Practical Applications of Periodization translates the latest research into usable information that directly enhances programming You will have access to real world practical examples and discussions of how to make scientifically sound programming decisions A glossary of over 400 terms will help you digest the content Plus you will find periodization templates and directions on how to use them to create annual training mesocycle and microcycle plans Templates are provided online via HKPropel to help you easily design periodized programs Get the most comprehensive resource about periodization ever written and use scientific evidence to take your periodization programming to the next level with Scientific Foundations and Practical Applications of Periodization Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam Note A code for accessing HKPropel is not included with this ebook but may be purchased separately

Monitoring Training and Performance in Athletes Mike

McGuigan,2017-04-19 The use of athlete and team training and performance monitoring systems has grown due to technology advances Practitioners who work with athletes from high school to elite levels in a range of sports use these systems to observe athlete data including exercise intensity athletic fitness and body responses Monitoring Training and Performance in Athletes is a compilation of evidence based guidelines and best practices of athlete monitoring for practitioners who are increasingly being asked to implement monitoring systems and to collect analyze and interpret data that ultimately result in training adjustments to optimize performance Author Mike McGuigan an award winning sport scientist blends research based concepts with practical application strategies of monitoring training and performance in athletes The content highlights what can be monitored such as body stress biochemical markers and hormonal response discusses reliability of modern methods such as wearable technology and questionnaires and helps readers understand how to interpret data to modify training programs in real time Readers will find guidelines approaches and solutions for

challenges in athlete monitoring for individual and team sports as well as suggestions for integrating monitoring with coaching Numerous sidebars in the text provide real world examples and application of the content to assist readers in understanding concepts and the cutting edge evidence based research on athlete monitoring Additionally the full color illustrations and photographs provide a visual interpretation of the information presented With broad international appeal this text outlines the most pertinent evidence based research concepts and studies on athlete monitoring Strength and conditioning athletic training and personal training professionals who work with athletes and monitor training programs will find Monitoring Training and Performance in Athletes an invaluable guide in managing monitoring systems and making adjustments in training programs based on the data to help athletes and teams achieve peak performance Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam

Routledge Handbook of Mental Health in Elite Sport Insa Nixdorf,Raphael Nixdorf,Jürgen Beckmann,Scott Martin,Tadhg Macintyre,2023-03-26 Mental health is a rapidly increasing topic in the field of sport psychology As the relevance of athletes mental health has come to prominence through emerging research there is a high demand for evidence based practice in order to promote athletes mental health and prevent mental disorders as well as maladaptive syndromes However there is currently no comprehensive overview available that highlights the empirical evidence for the constructs of mental health illustrating the latest developments in research or that highlights implications for future science and practice The Routledge Handbook of Mental Health in Elite Sport delivers such an understanding and overview for this field offering students researchers mental health professionals applied sport psychologists and coaches a state of the art and insightful summary of science in the newly emerged field of clinical sport psychology and mental health in athletes This thorough volume covers major current and emerging topics on mental health and mental illness e g depression subclinical syndromes e g burnout as well as a comprehensive overview of research on prevention e g green exercise and treatment of mental health disorders in athletes and will be a vital resource for researchers academics and students in the fields of sport psychology clinical psychology sport coaching sport sciences health psychology and physical activity and related disciplines

Training Intensity, Volume and Recovery Distribution Among Elite and Recreational Endurance Athletes Thomas L. Stöggl,Billy Sperlich,2019-09-20

Routledge Handbook of Applied Sport Psychology Stephanie J. Hanrahan,Mark B. Andersen,2010-10-18 Now available in paperback the Routledge Handbook of Applied Sport Psychology is a definitive guide to the theory and practice of applied sport psychology It goes further than any other book in surveying the full variety of issues that practising sport psychologists will confront in their working lives It introduces the most important tools and skills that psychologists will need to be truly helpful to their clients and it also adopts a holistic definition of the role of the sport psychologist explaining how effective counseling assessment and therapeutic models can add important extra dimensions to professional practice The

book is divided into seven thematic sections addressing counseling assessment theoretical and therapeutic models issues for the individual athlete from injury and overtraining to depression issues for teams from conflict resolution to travel working with special populations mental skills such as imagery goal setting and concentration Moving beyond the traditional tracks of clinical psychology and performance enhancement the authors in this book argue convincingly that psychologists would benefit from attempting to understand athletes social and familial contexts their health happiness and interpersonal dynamics in the broadest sense if they are to serve their clients best interests With contributions from many of the world s leading sport psychologists and with clear descriptions of best practice in each chapter the Routledge Handbook of Applied Sport Psychology is essential reading for all serious students and practitioners of sport psychology counseling applied sport science health psychology and related fields

Fostering Recovery and Well-being in a Healthy Lifestyle Michael Kellmann, Jürgen Beckmann, 2024-02-23 This insightful book addresses recovery as a comprehensive concept for prevention of health threats in modern societies through active lifestyles Several areas of society are addressed such as sports work environments and the military Internationally renowned experts from different scientific disciplines present results of empirical research as well as applied intervention techniques to effectively manage stress and promote recovery in healthy lifestyles Recognizing the systemic nature of stress and recovery is critical to designing effective interventions and policies By promoting a balance between stress and recovery in physiological psychological and social terms individuals and societies can build resilience promote optimal well being and mitigate the negative effects of chronic stress This book focuses on key research in the area of recovery and healthy living and addresses psychological somatic and organizational prevention strategies that foster recovery and healthy lifestyles in society It offers an expanded understanding of recovery in the health field and applies this to different areas such as the workplace Though written for the scientific community the book will also benefit applied health scientists instructors and students as well as readers interested in applying effective well being and recovery techniques in their own lives

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