

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.

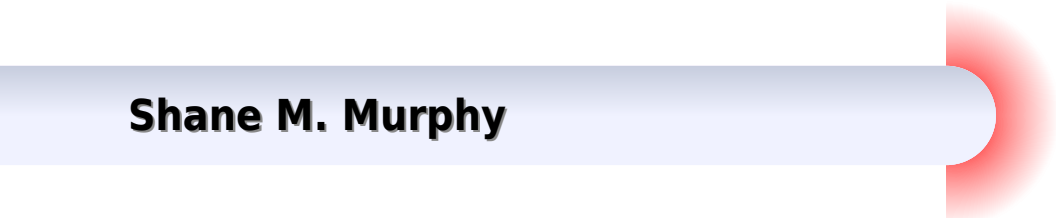
Please do not leave any statements blank.

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

Shane M. Murphy



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

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

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

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

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, 2024-01-11 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 Top Books of the Year Recovery Stress Questionnaire For Athletes The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Recovery Stress Questionnaire For Athletes : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Pape, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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