

Department of
Intercollegiate
Athletics

Sports Performance



About Youngstown State University Sports Performance

Located on-campus within the Department of Intercollegiate Athletics, Sports Performance works with 21 NCAA Division I sponsored sports and over 500 student-athletes.

Youngstown State University Sports Performance is committed to the pursuit of building champions. Through a scientifically regimented and principle-based program, we utilize sports specific training to help each student-athlete achieve their full genetic potential in a systematic and safe manner. Collaborating with the Performance Excellence Team (Sport Coaches, Sports Medicine, Sports Nutrition, and Mental Skills), we aim to provide the best and most complete student-athlete experience.

Sports Science Technology used: Workout/Load Management App (Teambuildr), Linear Positional Transducer (Vitruve), Jump/Contact Mat (Just Jump System), LPS (Kinexon), Timing Gates

Youngstown State University

Sports Performance

Project Overview

Combine data collected from technologies listed to create an understanding of training outcomes based on individual profiles and trends to optimize training, possibly leading to the creation of an efficient and visually stimulating app or system that can be utilized by all units within the Performance Excellence Team.

Keywords: Sports Science, Sports Analytics, Sports Optimization, Data Management

Skills Used: Data Management, Data Analytics, Data Visualization, Coding

Preference for Student Profile: Understanding/desire to work in collegiate athletics or sports setting

Citizenship Status: Open to All Students



YOUNGSTOWN
STATE UNIVERSITY