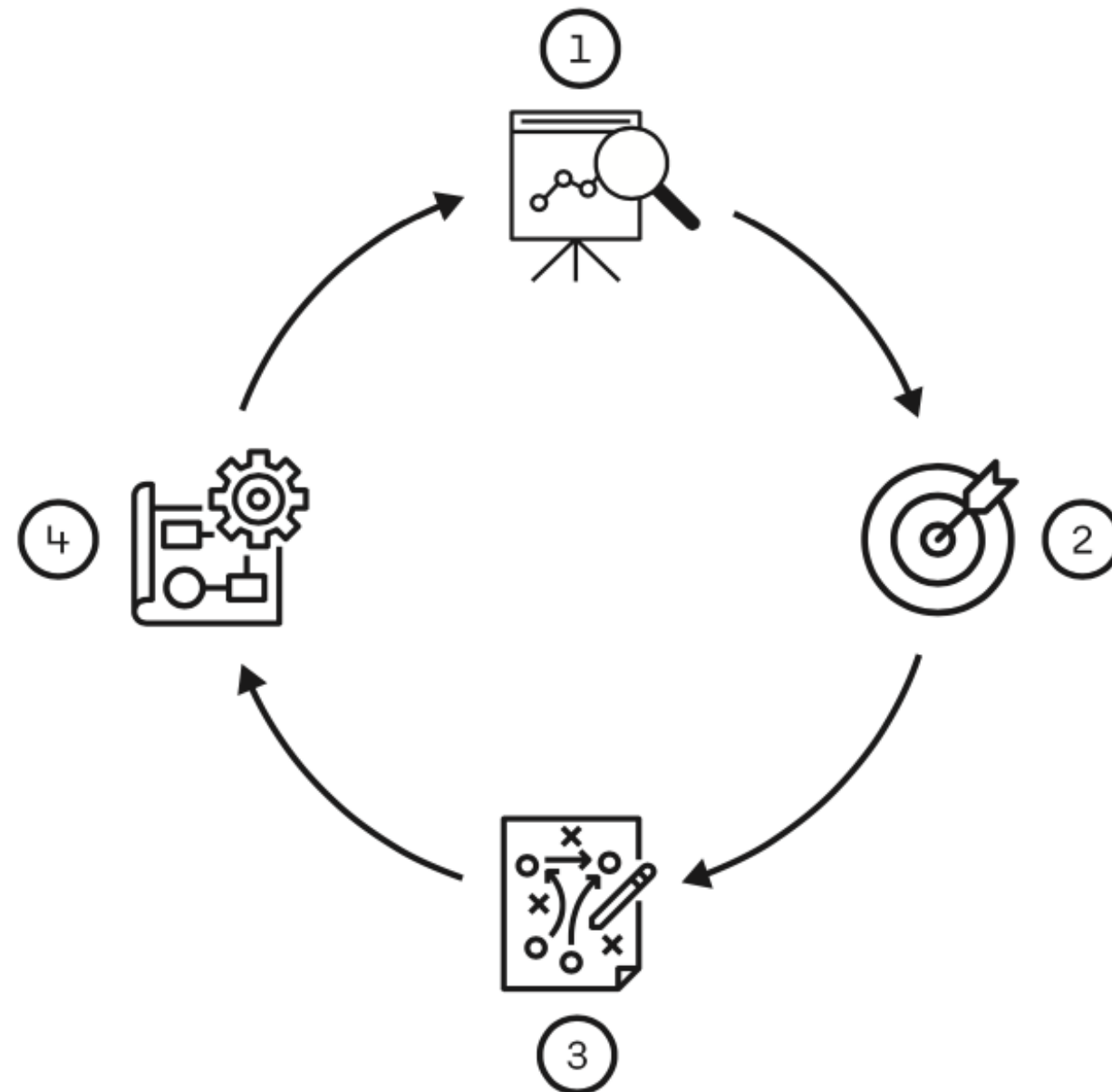
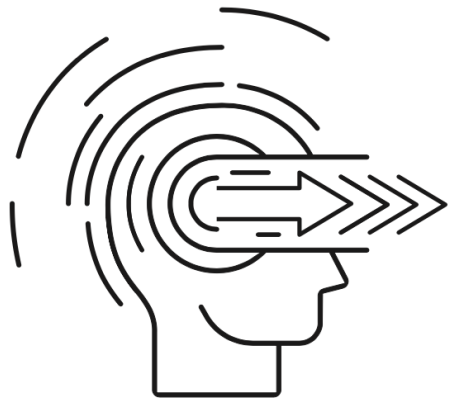
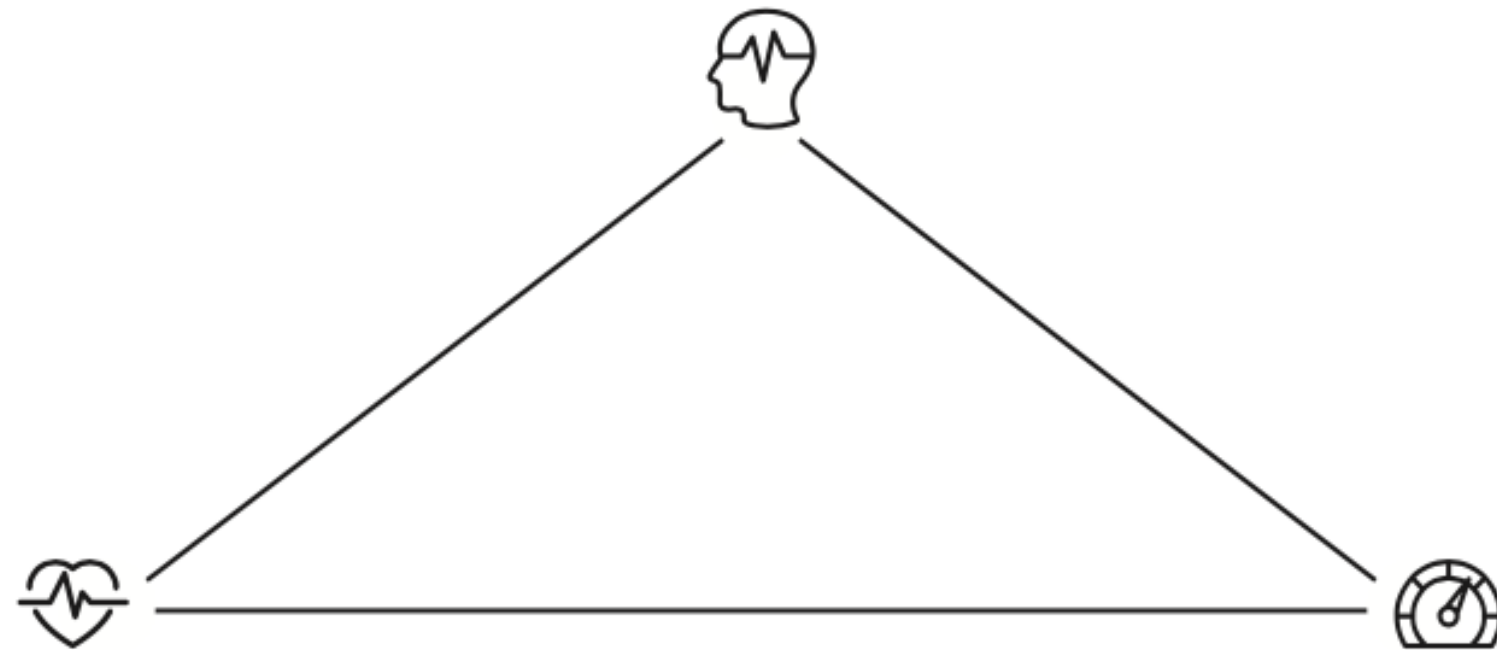


The Rutensteiner Model of Performance Management





SUBJECTIVE DATA
what the athlete says about
his mental performance



OBJECTIVE DATA
physiological dynamics
such as heart rate, heart rate
variability, galvanic skin
response, respiratory rate,
etc

PERFORMANCE DATA
how the athlete performs in
training and in competition

