

## MANIFESTATIONS OF EXHAUSTION

A woman with her hair in a bun, wearing a white long-sleeved shirt, is performing a floor stretch on a blue surface. She is leaning forward with her arms extended. A large, semi-transparent yellow circle is centered over the image, containing the text "EXHAUSTION?". The background is a plain white wall.

EXHAUSTION?



**Sports  
Science**

**Periodisation**

Periodisation's objective is to reach a high level of performance and fitness at a given time by organizing the entire training program so that the development of skill, bio-motor abilities, and psychological traits progresses in a logical and sequential manner and peaks just prior to performance.

Sports  
Science

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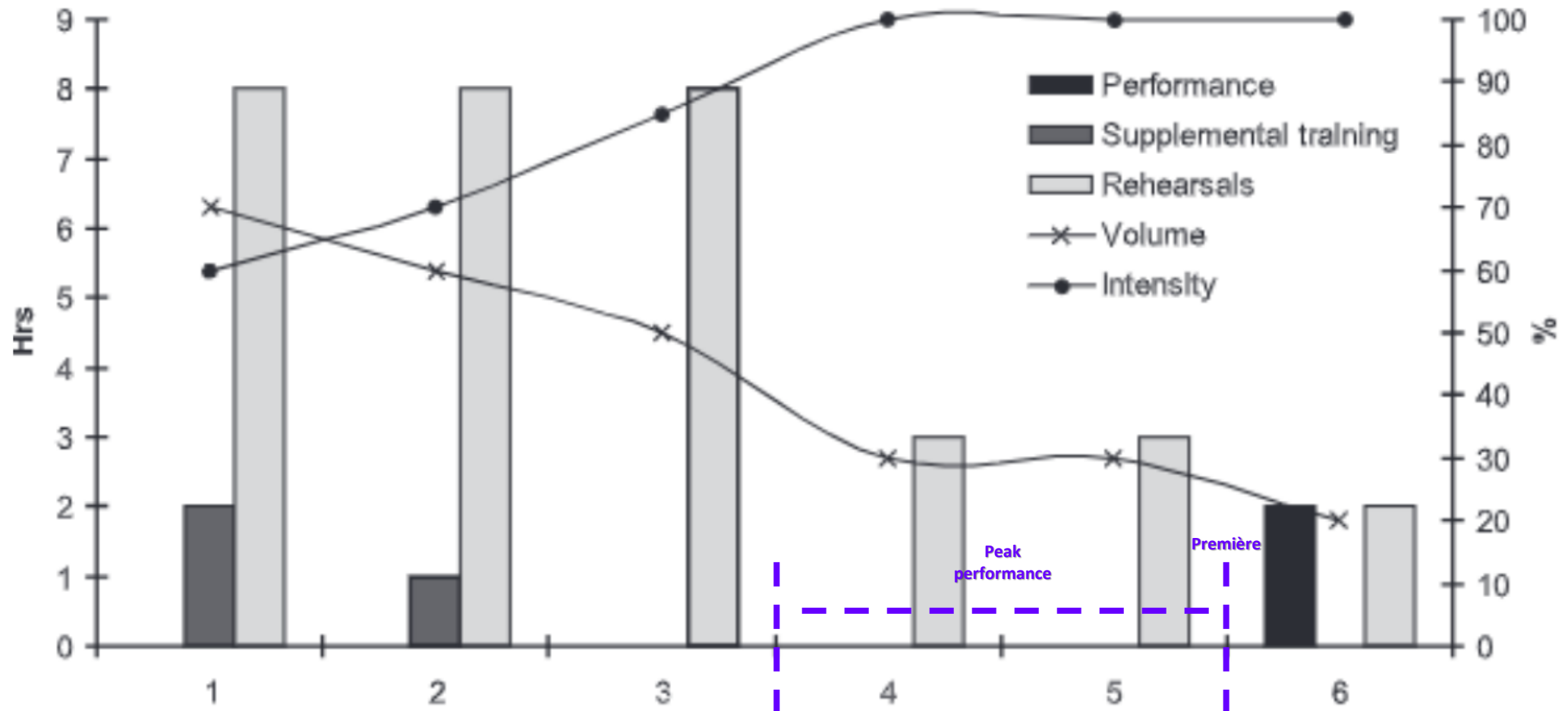
Sports  
Science

Periodisation

<b>Season</b>	<b>Frequency</b>	<b>Volume</b>
Off-season (prep)	4-6x/week	High
Pre-season (transition)	3-4x/week	Medium
In-season (competition/ performance)	1-3x/week	Low
Post-season (active rest)	0-3x/week	Low

# Dance Science

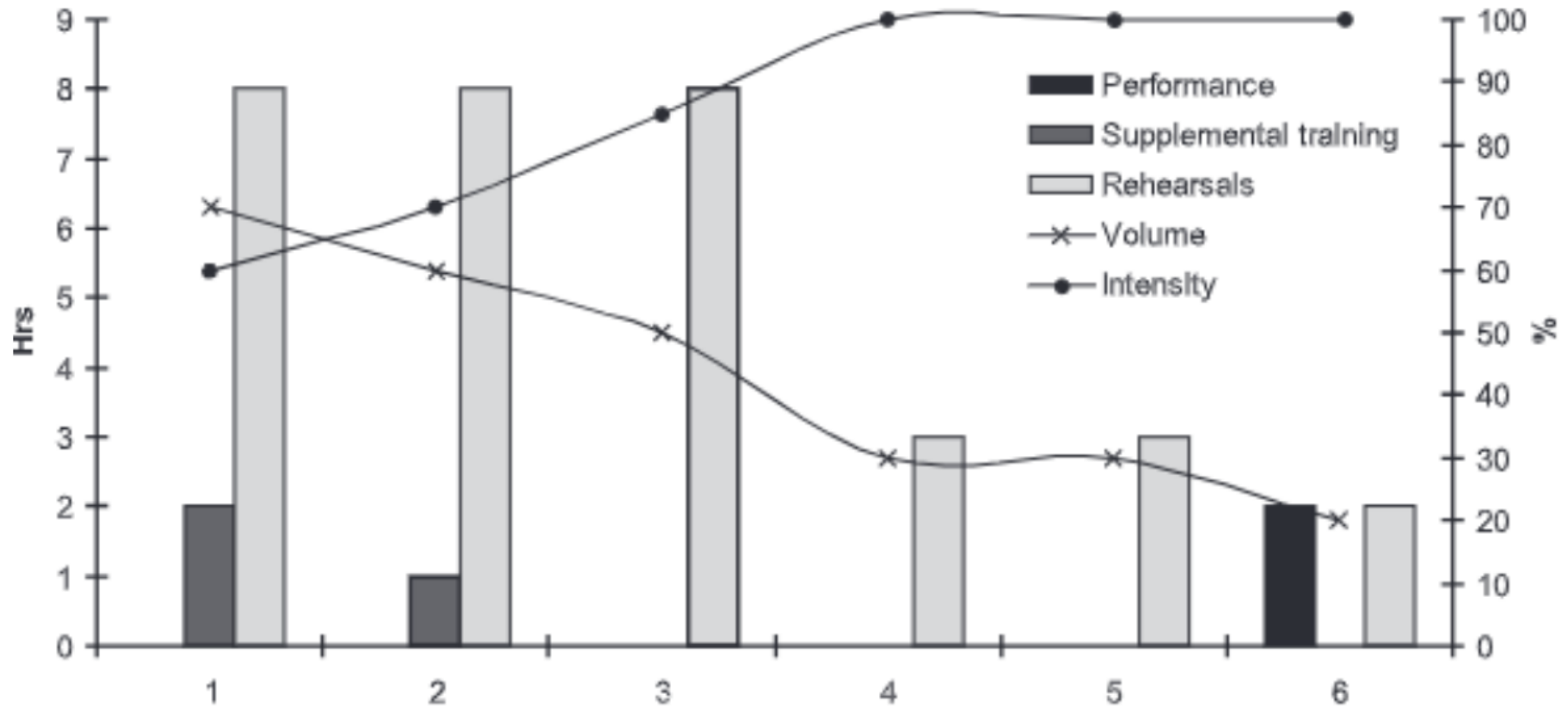
# Periodisation



Theatre  
Science



Periodisation





**Sports  
Science**

**Dance  
Science**

**Theatre  
Science**

**Periodisation**

**↑ performance (bio – psycho – mental)**

**↓ exposure (time)**

**↓ fatigue ↑ wellbeing and ↑ creativity**

Periodisation

arts

BASELINE ?

WHO?

WHAT?

WHEN?

Periodisation

arts

**BASELINE:**

Regie  
students

Mental  
Physical  
Emotional

23w of the  
school year

## MANIFESTATIONS OF EXHAUSTION

## EDUCATIONAL:

- ID trends fatigue throughout the school year
- relate with curriculum distribution, school events and life events
- address trends with future interventions and/or curriculum and behaviour changes

# OUTCOMES

## PROFESSIONAL:

- gain understanding of the impact of fatigue on a team's performance
- learn management strategies p/ trait measured applicable to teams
- insight on how to apply periodization-like structure to rehearsal schedules (volume, frequency and content)

## PERSONAL:

- ID personal fatigue patterns throughout the year
- gain understanding of the impact of fatigue on personal performance
- learn personal management strategies per trait measured

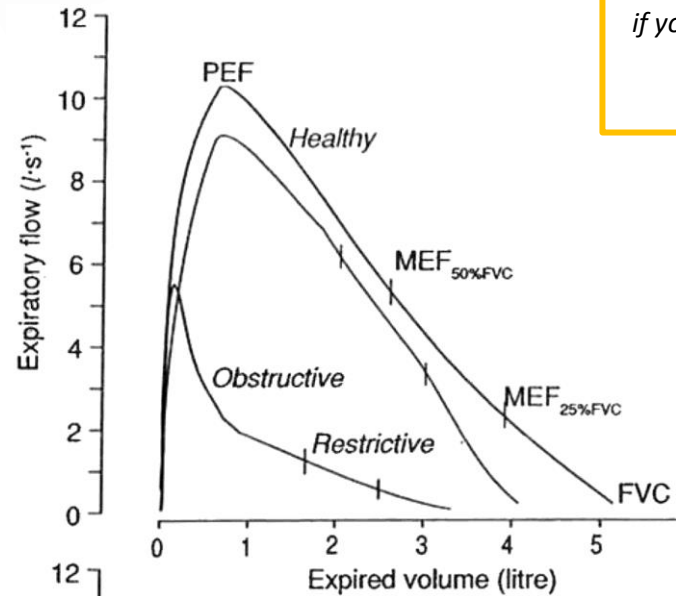
# BREATH peak expiratory flow (PEF)

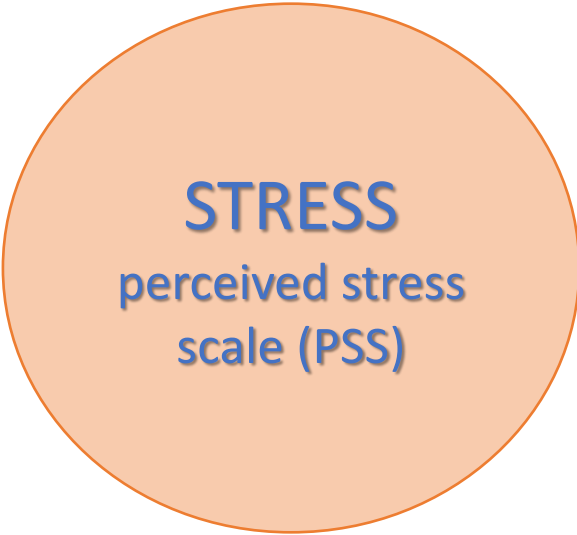


## INSTRUCTIONS:

- don't wear restrictive/ tight clothes
- to sit upright with your back against the chair's back rest
- inhale as deeply as possible through your nose, pinch your nose, adjusts mouth piece (between the teeth and held by the lips) and exhale forcefully and completely through the mouth
- researcher takes note of value and resets PFM
- you will repeat this process 3x and the highest recorded value will be your test value

*if you are smoker, please don't smoke before taking the test that day. If you did smoke let the researcher know.*





## STRESS perceived stress scale (PSS)

The questions in this scale ask you about your feelings and thoughts **during the last week**. In each question, you will be asked to indicate by circling how often you felt or thought a certain way.

0 = Never 1 = Almost Never 2 = Sometimes 3 = Fairly Often 4 = Very Often

1. In the last week, how often have you been upset because of something that happened unexpectedly? 0 1 2 3 4

2. In the last week, how often have you felt that you were unable to control the important things in your life? 0 1 2 3 4

3. In the last week, how often have you felt nervous and “stressed?” 0 1 2 3 4

*If you entered 2, 3 or 4, then answer question 3a.*

*If you entered 0 or 1, skip straight to question 4.*

3a. Shortly, what made you nervous or stressed? \_\_\_\_\_

4. In the last week, how often have you felt confident about your ability to handle your personal problems? 0 1 2 3 4

5. In the last week, how often have you felt that things were going your way? 0 1 2 3 4

6. In the last week, how often have you found that you could not cope with all the things that you had to do? 0 1 2 3 4

7. In the last week, how often have you been able to control irritations in your life? 0 1 2 3 4

8. In the last week, how often have you felt that you were on top of things? 0 1 2 3 4

9. In the last week, how often have you been angered because of things that were outside of your control? 0 1 2 3 4

10. In the last week, how often have you felt difficulties were piling up so high that you could not overcome them? 0 1 2 3 4

**WORKING  
MEMORY**  
WAIS digit span  
Corci-block

**Digit Span Memory Test**  
Please enter shown numbers in Reverse order

7	8	9	Span
4	5	6	- 3 +
1	2	3	<input type="radio"/> Slow
Reverse	0	New Test	<input checked="" type="radio"/> Fast

**Corsi Block Test by MyBrainTest.org**  
Please click on shown object boxes in Reverse order

				Span
				- 3 +
				<input type="radio"/> Slow
				<input checked="" type="radio"/> Fast

**INSTRUCTIONS:**

- participant looks carefully at the screen and observes the series of numbers displayed
- ask the participant to type sequence in the reverse order as displayed
- the first sequence has 3 numbers and the last has 9

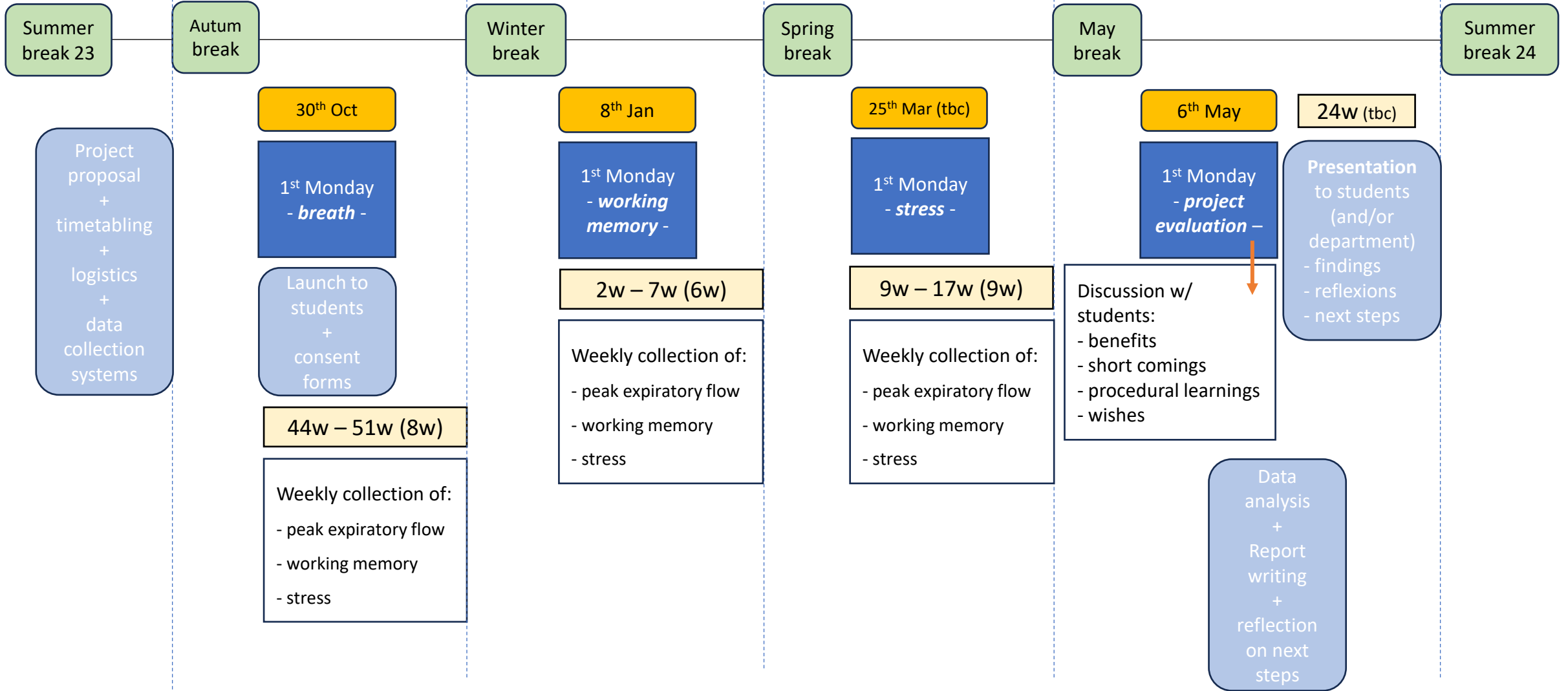
Eg: if “ 3, 9, 2” is displayed, the participant should type “2, 9, 3”

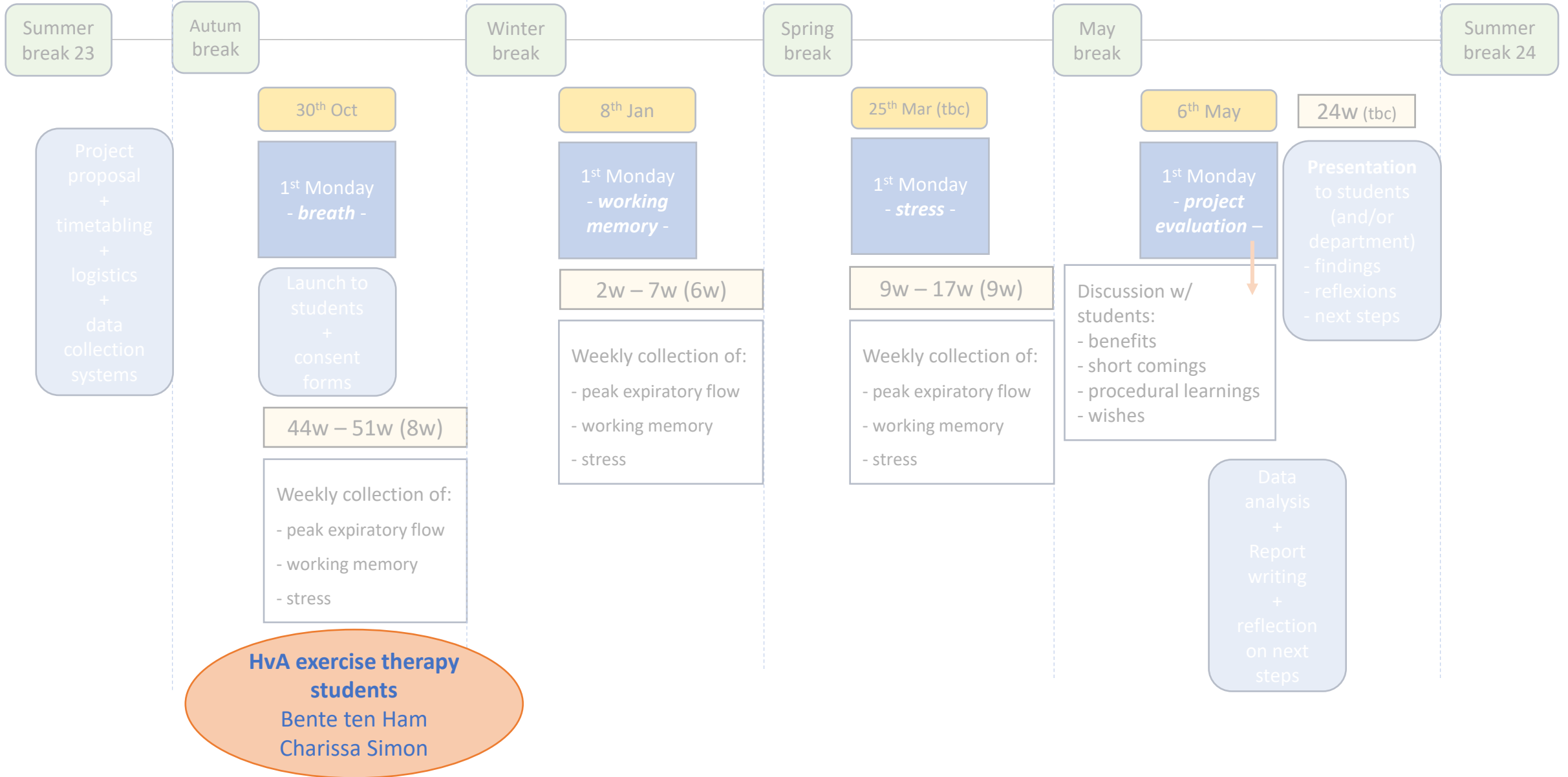
- if the participant responds correctly, set the next trial to be one digit longer
- the task terminates when participants can't complete the sequence or does it incorrectly three times in the same span length. The participant's span is the longest number of sequential digits that can accurately be remembered
- record the total amount of trials each participants takes in the test

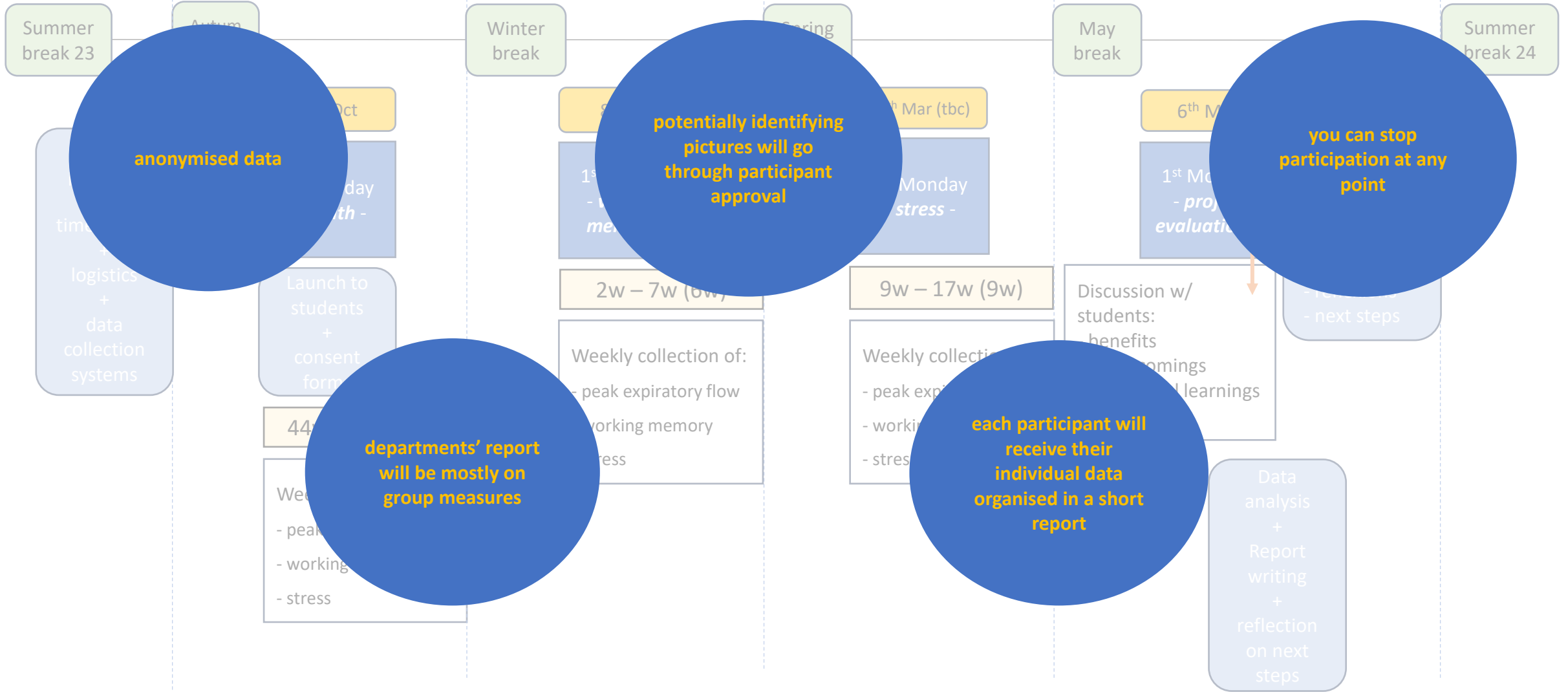
<https://www.memorylosstest.com/digit-span/>

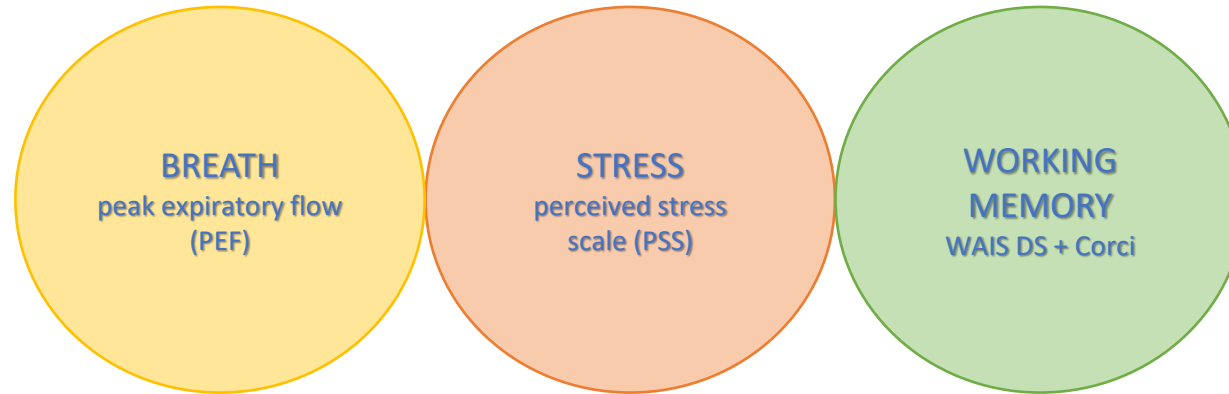
<https://www.memorylosstest.com/corsi-block-tapping-test/>









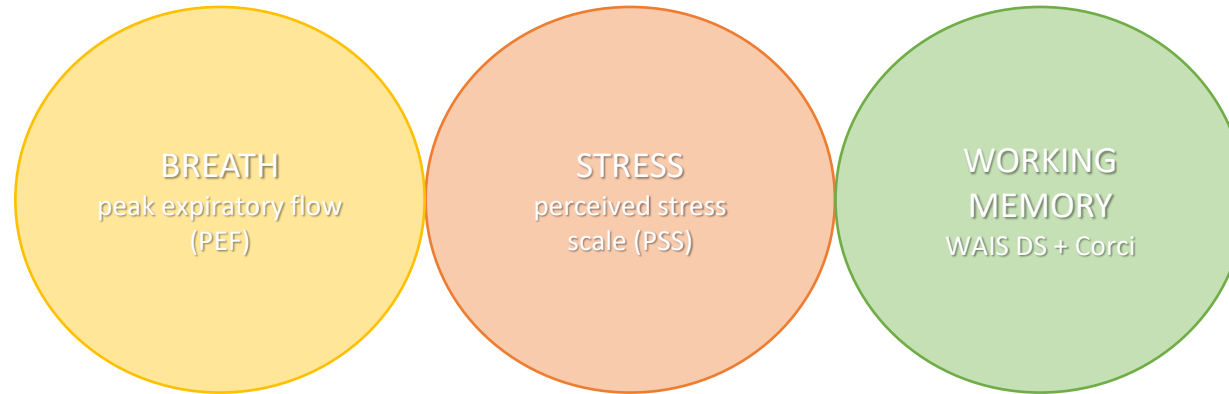


block 2 – every Thursday morning

Regie 1  
9am

Regie 2  
9am

Regie 3  
11am



block 2 – every Thursdays

Regie 1  
9am

Regie 2  
9am

Regie 3  
11am

**COMMITMENT** 😊

**QUESTIONS?**

**Informed consent**  
**+**  
**Participant registration**

**BREAK**

