Key Performance Indicators

Ty Sevin – The University of Texas

Ty@utexas.edu

1. Determining and Understanding KPI's
    a. Definition
    b. Application
2. Evaluating KPI's Over an Athletes Career
3. Environmental KPI's
4. Physiological KPI's
5. Psychological KPI's
6. Competitive KPI's
7. Using KPI's to Set Goals and Objectives
    a. Daily
    b. Weekly
    c. Yearly
8. Power Event Chart
    a. Jumps
    b. Sprint
    c. Throws
9. Sprint Prediction Chart
    a. 100
    b. 200
    c. 400
    d. 800
10. Hurdle Prediction Chart
    a. Short Hurdles
    b. Long Hurdles