



Catalyst Fitness & Physical Therapy

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Referee Fitness Study

Goal of the Study – To help referees of all ages to be able to officiate at the level of their choosing

1. I would like to have a measurement of pre to post season fitness by doing a progressive work test while measuring heart rate while on the Revvo bike. Gives a profile of VO2 Max, recovery and endurance and provides a guideline for further exercise. Check out on <http://www.revvo.co>
2. Measurement of distance covered while at the field. Different number, level games, ages, center vs AR and length of matches are factors. (GPS device is more accurate)
3. Exercise duration during the season while on off days.
4. Injury log if it requires official to modify exercise or days off
5. Amount of recovery needed before exercising again. (I know we have Saturday and Sunday matches)

The study will help to determine how we are doing and what our preseason and midseason training should include. This is purely for learning purposes and all of the data will be independent of each official except for personal knowledge. I would love to send along personalized information based on the testing and interest level, but it is not required to be accepted or followed. That is totally up to you.

Ultimately, we each have a way of getting through the matches and I'd be interested to know how we do that and how can that information can help us to be healthier.

So I'm looking for 10 volunteers to do the pre and post season test. Takes about 30 minutes to perform. I have all of the equipment for the testing. You will get a personalized report as well. No cost to you. If the volunteers already have GPS devices that would be ideal for measuring distances covered but after I have volunteers' I'll address that issue.

I'll provide an activity log to fill out. Short and to the point. I will tabulate the results as we go along. If anyone is interested in doing a test mid-season, I'd be happy to have that information as well.

I'll write up and present my findings after the season which should help us all prepare in the future.

As far as I know no one has used this testing and measured activity as a way of assessing overall health. I am interested in using it in my business by using some of this knowledge for all types of activity. So, I see this as a Win-Win.

Please let me know what you think and if you'd like to participate. If you have any questions, please call or text me. We are a month away from the start of the season, so we have some time.

Thanks