

**COURSE: EQ001**

### SPONSOR

Milan Kabat

### LECTURER

Milan Kabat

### LANGUAGE

EN RU SK

### DURATION (TIME)

1 hour

### PLACE

HST room

### DIFFICULTY



EduProSport

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# Firstbeat

## AFTER COMPLETING THIS COURSE, YOU WILL BE ABLE TO

Monitor with Firstbeat technology current response of the body of an athlete and the external load by measuring the heart rate. We will show you how to transmit wirelessly in real time precise physiological data and information's about heart rhythm to your computer. Provides feedback to the trainer which helps to control training and sports performance. Using Firstbeat technology can collect and analyze physiological data of a 80 athletes simultaneously. Specialized computer software in real time monitors load of all athletes. Provides analysis and reporting tools including group reports.

## COURSE OUTLINE

- The purpose and meaning of monitoring heart rate
- Method of monitoring heart rate
- A brief introduction to the theory of sports training (ways of defining training zones, finding heart rate)
- Hardware (chest belts, USB interface) care of hardware
- Starting the program
- Program set up
- Evidence of an athlete set various parameters for practice
- Measuring heart rate, collecting data
- Online monitoring of heart rate
- Reports and analysis of measured values
- Firstbeat as a motivator while training

## WHO THE COURSE IS FOR

Coaches in hockey centers which owns skating treadmill, hockey clubs, sport clubs

## REQUIRED SKILLS

Basic computer skills

## LINK TO PRODUCT DETAIL

[www.hockeydts.com/packages/equipment/](http://www.hockeydts.com/packages/equipment/)

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[www.eduprosport.com/en/course/EQ001](http://www.eduprosport.com/en/course/EQ001)