

THE IMPORTANCE OF MONITORING AND MAINTAINING DATA IN SPORTS TRAINING PROCESS

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Sports training process involves generation of huge amount of data by various sports sensors. Heart rate monitors, GPS, step counters, velocity meters, cadence meters and power meters are just some of them. Collected data, if carefully interpreted, offers outstanding insight in athlete's performance. Trainee's abilities, fatigue and efficiency of every training can be recognized by trainers and optimal training can be predicted based on the readings. In the past few years, many computational methods were developed in order to automatically analyze sport training data. Those methods incorporate recent approaches from data mining and computational intelligence. Moreover, they offer an automatic training planning, athlete's habits discovery and food adaptation according to training plan. On the other hand, storing data during the athlete's career would provide many statistical comparisons among various generations, athletes or teams. Actually, it would be educational to know the training plan of marathoners, who lived hundred years ago. Therefore, we would like to show the importance of monitoring, maintaining and storing data in this presentation. We would like to discuss about the simple and efficient ways of maintaining data and show how the sport activity datasets are created. After all, datasets could be distributed via the Internet for research purposes and along with this, we would like present the analysis of some recently released examples of datasets.

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