



Medical and performance diagnostic concept

Selection and prevention

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Objectives

The medical and performance diagnostic concept is another building block for the long-term development and support of the athletes in the ST National Team.

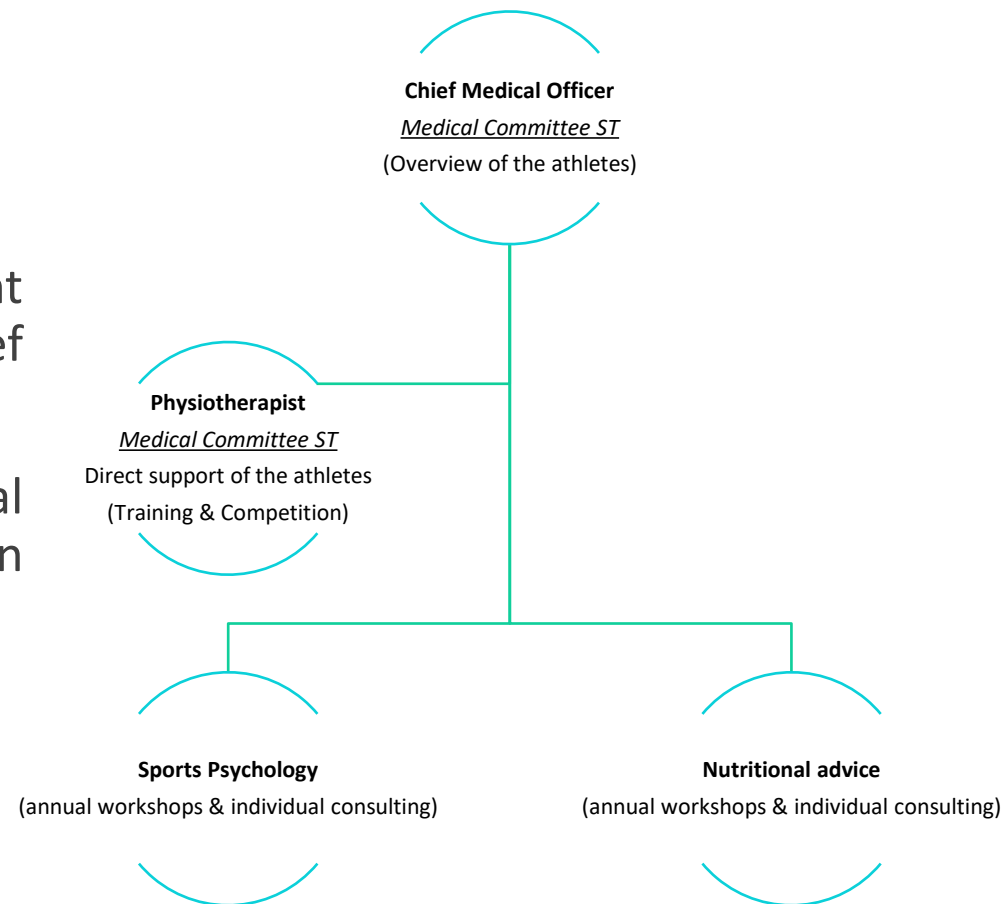
Goals of the concept

- ✓ These are clearly defined, medical and performance diagnostic tests that are used as control tools at all age groups.
- ✓ Test frequency and dates are fixed.
- ✓ The data storage for later use is clearly defined.

Medical Structure ST

The National Coach and the Sports Department are in continuous communication with the Chief Medical Officer and the physiotherapist.

Measures for group-oriented and/or individual care are planned and implemented in consultation with the CMO.



Medical Committee ST



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Objectives of the medical tests

- ✓ Through the tests, we identify health weaknesses in senior athletes at an early stage and can thus work specifically on these deficits and support the athletes in their improvement.
- ✓ We recognize hard facts that can lead to long-term health and permanent damage to athletes.
- ✓ We carry out sport-relevant tests with which we can also support long-term performance in Taekwondo sport.

Medical Tests National Team

Content	<ul style="list-style-type: none"> • Swiss Olympic Medical Check • Swiss Olympic blood test • Swiss Olympic Physio Check (serves not only for prevention, but also for performance diagnostics and as a selection tool for classification) • ECG (yearly)
Events	<ul style="list-style-type: none"> • Yearly • If the test results are unsatisfactory, a selective repetition can be carried out after a period of 3 months and a target agreement. <i><u>(In this case the costs are borne by the athlete)</u></i>
Costs	<p>Physio Check – Athlete / for some exceptions, by Swiss Taekwondo ECG - Athlete / for some exceptions, by Swiss Taekwondo SO Medical Check - Athlete SO blood test - Athlete</p> <p><i><u>(Costs will only be covered by ST if the athlete completes the test within the period defined by ST)</u></i></p>
Execution	<p>Medbase Abtwil Dr. Patrik Noack with various partners in the rest of Switzerland</p>

Medical Tests National Squad

Content	<ul style="list-style-type: none"> • Swiss Olympic Medical Check • Swiss Olympic blood test • Swiss Olympic Physio Check (serves not only for prevention, but also for performance diagnostics and as a selection tool for classification) • ECG (yearly)
Events	<ul style="list-style-type: none"> • yearly
Costs	<p>Physio Check - Athlete ECG – Athlete (<i>serves as a selection tool for classification in the national team.</i> Physio & ECG must be carried out and paid for by the athlete for the first time for classification) SO Medical Check - Athlete SO blood test – Athlete</p>
Execution	Medbase Abtwil Dr. Patrik Noack with various partners in the rest of Switzerland







Performance diagnostics

The results of the performance tests support the athletes on their way to becoming top athletes. They provide the national coach with a standardized overview of the current sport-specific performance from a scientific point of view and serve as a selection tool for classification into the national team.

- ✓ Reproducibility and transparency
- ✓ Serves as a comparison between the actual and the setpoint
- ✓ As an indicator for special measures
- ✓ To create a database

High Performance Test



1. Endurance Test	2. Flexibility Test	
1.1. Shuttle Run	2.1. Side Split	2.2. Front Split
		
4. Jump Test (Force Plate)		
Squat-Jump 	Counter-Movement-Jump 	Drop-Jump 
5. Taekwondo Technique Performance		
5.1. Pre-motion Avoidance	5.2. Blocking	5.3. Jump distance / entire distance



Selection Tool

The sport-specific performance tests and location assessments are used to select the most promising athletes for the national team.

Physical components such as various standardized jump forms, flexibility, as well as typical Taekwondo movement tasks complete the overall picture of the athlete.

In addition, the competition results of the athletes and their development in the previous years are used as selection criteria for the national team.

The selection of the national team is carried out annually by the national trainer together with the Sport Department.



Supervision of FEMALE athletes

- ✓ Female athletes and their needs differ from those of male athletes. The Sport Department recommends consultation and supervision by a gynaecologist from cadet age (12 years).
- ✓ Consultation is recommended at:
 - ✓ Onset of menstruation.
 - ✓ Menstrual discomfort.
 - ✓ For better coordination of training planning in connection with the female cycle.
- ✓ The SD and the national trainer can be consulted at any time on the topics listed and treat all inquiries openly and discreetly towards the athletes.
- ✓ The SD recommends Dr. Sibylle Matter from Medbase in Bern.
- ✓ E-mail: sibylle.matter@medbase.ch

Sports psychology & mental coaching



Another important component for athletic performance and health maintenance is the psyche of the athletes.

- Training of mental strength
- Stress Management
- Clarification of conflicts
- Dealing with emotions
- Planning and goal setting
- And much more...

Swiss Taekwondo works together with Dr. Gareth Morgan of the OFSPO to provide psychological support.

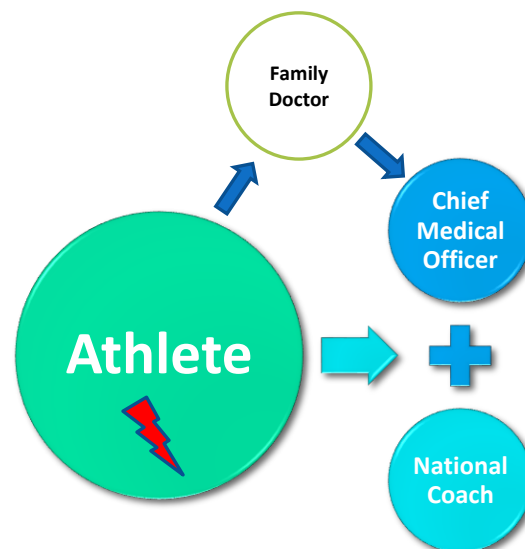
- ✓ Annual workshops in connection with training camps of the national team as well as the individual support of individual athletes and the constant exchange with the national coach form a solid basis in this area.

Diet and weight

- ✓ Taekwondo is a sport depending on weight classes, the subject of weight and weight reduction is a central issue that is addressed openly and with respect.
- ✓ The national trainer and the SD are available to answer any questions.
- ✓ The health of the athletes is paramount. At international competitions, for example, it is not allowed to have more than 5% of the registered weight class at random weight-in. This prevents rapid and drastic weight cutting. In principle, the ST Chief Medical Officer is consulted when choosing a weight class.
- ✓ Nutritional strategies and topics are also discussed as part of the national team meetings. The athletes should be informed about the theory and implementation of a healthy basic diet.
- ✓ In addition, workshops on sports nutrition are organized. This takes place annually in cooperation with specialists in sports nutrition. Advisors from Swiss Olympic are preferred.

Injury! What's next?

A healthy awareness in balance with performance orientation is encouraged by the National Coach. Unclear injuries should be clarified quickly by the doctor in order to apply an optimal healing process. The athlete shall inform the Chief Medical Officer and the National Coach in all cases. Preferably the Chief Medical Officer of Swiss Taekwondo should be consulted. Should this not be possible due to geographical limitations, the athlete is required to send his results and his medical history to the Chief Medical Officer.



Education in the Federation

✓ **Coach Education**

- ✓ ST has been running regular modules for internal trainer training since 2020. These address popular sports and, later, competitive sports and their trainers. Injury prevention and healthy, long-term training control also have their place in the basic modules of the C license. In this way, even trainers at the lowest level of training are given basic knowledge.

✓ **Preparation for trainer training CH**

- ✓ The internal training modules pave the way for entry into the structure of trainer training in Switzerland in Magglingen. With the achievement of the B license ST, the trainers from ST can also attend courses at the OFSPO level. The Swiss Trainer Education also offers valuable courses on the subject of sports medicine.

✓ **National Team Physiotherapist**

- ✓ The national team's physiotherapist endeavours to be on site during the respective gatherings. Athletes as well as trainers can use this as a contact point for questions about topics such as therapeutic training, prevention and the health of the athletes. The offer is used very actively.

Database



The regular collection of medical and performance-related data is essential for a performance-oriented athlete development. The performance diagnostic data in particular provide an overview of the athlete's development.

These surveys are only useful if the results are used for individual training planning. For this reason, a long-term storage and creation of an internal database of the performance diagnostic results makes sense.

The sensitive and personal data are stored in an ST internal database and are available for further processing.

The data protection guidelines must be observed.

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