



# The Recovery-Stress-Questionnaire for Athletes: User Manual

*Michael Kellmann, K. Wolfgang Kallus*

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Recovery has long been an overlooked aspect of training for sports. Monitoring athletes with the *Recovery-Stress Questionnaire for Athletes* is a great step toward determining the extent to which an athlete is physically or mentally stressed and formulating strategies for recovery. In short, overtraining, burnout, and decreased performance can be dramatically reduced.

The complete questionnaire package, developed by Michael Kellmann, PhD, and K. Wolfgang Kallus, PhD, provides a variety of tools to measure and track an athlete's recovery, including

- two complete questionnaires (72- and 56-item forms),

- manual scoring keys,

- profile sheets,

- a user manual that describes questionnaire development and data and profile interpretation, and

- a computerized scoring database on CD.

The *Recovery-Stress Questionnaire for Athletes* identifies the current recovery-stress states of athletes and provides a complete picture of the extent of stress they are experiencing. The questionnaire is based on the hypothesis that an accumulation of stress in different areas of life, with insufficient opportunity for recovery, leads to a compromised psychophysical state. Stress states are based on 12 non-specific and seven sport-specific scales. These scales draw a precise profile of an athlete's state, which demonstrates the difference between the *Recovery-Stress Questionnaire for Athletes* and other popular measurement tools, which measure only current mood states.

Evaluation based on the *Recovery-Stress Questionnaire for Athletes* scales immediately provides valuable information on areas where improvement is needed. This information can be used to modify future behavior. The questionnaire is ideal for applied settings.

As an added benefit, purchasers of the *Recovery-Stress Questionnaire for Athletes: User Manual* are encouraged to photocopy as many copies of the questionnaires as needed for both applied and research purposes.

Recovery is vital in the sport training process as well as in everyday life. The *Recovery-Stress Questionnaire for Athletes* helps users to formulate strategies to enhance recovery, making training more effective.

### **CD-ROM Minimum System Requirements**

- IBM PC compatible with Pentium processor or higher

- Windows 9.x/NT 4.0 or Windows 2000

- At least 16 MB RAM with 32 MB recommended

- 2x CD-ROM drive

- 15 MB hard drive space available

- Inkjet or laser printer (optional)

- 256 colors

- VGA color monitor (800 x 600)

-Mouse

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People live in this new morning of lifestyle always try to and must have the time or they will get lots of stress from both way of life and work. So , whenever we ask do people have extra time, we will say absolutely indeed. People is human not just a robot. Then we inquire again, what kind of activity have you got when the spare time coming to an individual of course your answer can unlimited right. Then do you try this one, reading books. It can be your alternative within spending your spare time, the book you have read is usually The Recovery-Stress-Questionnaire for Athletes: User Manual.

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