

LEARN >

PEAK PERFORMANCE

ONLINE COURSE



The Introduction to BioGraph Infiti: Peak Performance Online Course is the powerful companion to sport psychologists learning to use their Infiti biofeedback system with athletes and other high performers. Whether you are a beginner just getting started, or an advanced user looking for a refresher, this course is appropriate for the training needs of clinicians, researchers or general health practitioners looking for expert guidance on the functionality, power and versatility of the Infiti platform.

EXCEL <

With the Peak Performance Suite as the basis for instruction, participants learn to assess, enhance and training psychophysiology for peak performance. This integrated approach to optimal performance will examine all of the following modalities, depending on the participant(s) interests:

- Respiration;
- Heart rate and heart rate variability, from blood-volume pulse (BVP) and/or electrocardiogram (ECG/EKG);
- Skin conductance;
- Skin temperature;
- Surface electromyography (EMG), better known as muscle tension;
- Electroencephalography (EEG)

To better facilitate comprehension of the hardware and software features, this course encourages participants through guided "hands-on" data recording with their equipment. This course is accredited by BCIA to fulfill the continuing education requirements for recertification.

ONLINE COURSE BENEFITS

- No travel expense: learn from the comfort of your own home or office.
- All courses are private to ensure both individual attention and scheduling that suits your needs.
- The course has a total of 6-hours of online instruction. The 6 hours are divided into four 1.5-hour lessons or three 2-hour lessons, based on your preferences.
- While following course objectives, instructors are able to modify goals to best suit your interests.

OBJECTIVES AND OUTCOMES

- At the end of this course, participants:
 - Will have acquired a strong understanding of their equipment and how to correctly apply the available sensors for high-quality data measurement.
 - Will know how to record each assessment included within the Peak Performance Suite: Stress Assessment, 5/10-minute HRV evaluations, Best vs Worst Performance, and Resonance Frequency evaluation.
 - Will be able to review data and generate the specialized excel reports with the BioGraph system, as well as through Cardio-Pro.
 - Will be able to identify and briefly describe the relevant physiological measurements used in peak performance training.
- Will be able to alter feedback to suit the needs of different potential clients.



LESSONS



Orientation to Psychophysiology, Peak Performance, the Hardware, the Sensors, and Running a Stress Assessment

A background review of the respiration, heart rate and heart rate variability modalities are provided, including references to their relevance in the current field. Learn how to connect the hardware together and how to apply the sensors to an individual. For getting started with the software, an overview of the different recording sessions is provided, along with a review of settings that best suit user needs. Coverage for recording data includes: client database sorting, client confidentiality, button bar controls, general options, and hardware setting.

Data Review, Reporting, and a Peak Performance Training Session

This lesson covers data review following the assessment recording, and includes review-mode navigation, artifact identification, artifact rejection features, computing statistics, generating and printing the specialized excel report. With the time that remains following data analysis, the instructor will change the lesson focus to self-regulation training. Participants will learn the feedback logic and mechanisms for each training category and screen.

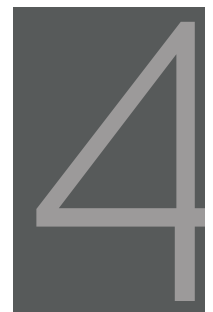


Self-Regulation training (continued), and the HRV assessments

The third session continues with the training functionality from lesson 2, where-in participants learn how to read, interact and modify each on-screen instrument and graphic for self-regulation training, including scales, thresholds (manual, lagged, and dynamic), epoch mean parameters, feedback (sounds music, animations, DVDs), etc. Following the completion of the review of training aspects of the software, the 5/10-minute Heart Rate Variability (HRV) Assessment will be demonstrated.

Analysis of HRV in CardioPro, Resonance Frequency Evaluation, and Best vs Worst Performance Assessment

The final session begins with the analysis of Heart Rate Variability (HRV) data within CardioPro, in order to teach the participants how to obtain the highest quality HRV values, as well as generate specialized excel reports through that analysis module. From there, the last two evaluations scripts will be discussed: the Resonance Frequency Evaluation and the Best vs Worst Performance Assessment. If time permits, participants will be able to ask for repetition or review of any previously covered topic, or any psychophysiology-related query.





To Register

Purchase the selected online course directly from the Thought Technology website or by contacting Thought Technology's Workshop Coordinator:

Directly from the Website:

Go to "<http://thoughttechnology.com/index.php/online-overview>" and purchase the desired course either separately or included with a complete system. You will then be contact by the Workshop Coordinator to schedule the course.

By contacting the Workshop Coordinator:

Tel: 1-800-361-3651 ext. 135
Tel: (514) 489-8251 ext. 135; Fax: (514) 489-8255
E-mail: workshops@thoughttechnology.com

Cancellation Policy

Cancellations must be received in writing if requested prior to 1 week before the course commencement date. You will receive credit towards a future course minus an administration fee of US\$ 50. Cancellations after this date forfeit registration fee. Thought Technology Ltd. reserves the right to cancel the course with full refund.

Please be advised ALL online training courses have a 1 YEAR EXPIRATION Date of Use from date of purchase. After which, all paid online training course fees will be NONREFUNDABLE.