

India's First Science Backed Sports Specific Test



Precision

A scientifically precise and data-driven assessment for peak Taekwondo performance.

Performance

Enhance your Taekwondo performance with targeted training.

Progress

Track and accelerate your Taekwondo progress with precise performance analysis.

Taekwondo Performance Report

Reg. No.:

Name:

Age:

Gender:

- For optimal results, regular assessments are recommended **every three months**. Consistent testing ensures accurate tracking of progress and targeted improvements.
- To better understand your report, consider consulting a **sports scientist, exercise physiologist, or strength and conditioning professional** for expert guidance.
- Please note that this is a sports performance report, not a health screening report. If you have any medical conditions or health concerns, discontinue training and seek medical attention.
- Sports assessments involve rigorous testing. Participants with medical conditions are advised not to take the test.



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Taekwondo Performance Report

A Self-Explanatory Taekwondo Performance Analysis

The Taekwondo Performance Report is an innovative and detailed sports assessment designed to provide a comprehensive analysis of an athlete's **sports related fitness** based on key performance metrics.

This report is structured to offer insights that help athletes **improve their training and performance** levels effectively.

Below are the sections which depict what you can expect from this report, how you can read this report and use it for your well-being.

1. Fitness Analysis

This section provides an overview of your test results, highlighting key fitness parameters essential for taekwondo performance. Based on scientific assessments, it helps you understand where you stand and what needs improvement.



2. Performance Trends & Historical Charts

Visual graphs and trends allow you to track your fitness progress over time. By comparing previous results with your current performance, you can evaluate the effectiveness of your training and identify areas requiring more focus.



3. Test Results Breakdown

A detailed breakdown of all your fitness components, including:

- Body Composition (BMI, Fat Percentage)
- Flexibility & Mobility (Sit & Reach, Joint Mobility)
- Reaction Time & Coordination (Reflex Speed, Motor Coordination)
- Strength & Power (Vertical Jump, Anaerobic Power)
- Speed & Agility (Sprint Speed, Agility Drills)
- Endurance & Stamina (Aerobic Capacity, Fatigue Index)



Each result is compared against optimal performance levels, with key focus areas highlighted.

4. Expert Advisory & Recommendations

Personalized guidance from sports scientists and taekwondo coaches suggesting:

- Training modifications to improve weak areas
- Nutritional recommendations for better performance
- Recovery strategies to prevent injuries and optimize training efficiency



5. General Guidelines for Athletes

This section provides age-specific fitness recommendations, helping athletes of different levels (beginner, intermediate, advanced) understand the best approach for improving their performance.



Personalised Summary

Congratulations! We have successfully assessed your Taekwondo-related performance test. This is a big step towards understanding your fitness level and identifying areas for improvement!

Here are the 10 essential Taekwondo performance parameters that require regular assessment and focused effort for continuous improvement. By evaluating your performance, this assessment helps you understand your standing among other Taekwondo players.

Your Fitness Score

67
Out of 100



Body Mass Index

29.34

(kg/m²)

•Everything looks good



Fat Percentage

11.8

(%)

•Concern



Flexibility

7

(inches)

•Everything looks good



Reaction Time

0.14

(seconds)

•Everything looks good



General Motor Coordination

23

(count)

•Everything looks good



Agility

24.33

(seconds)

•Everything looks good



Power (Lower Body)

1123

(watts)

•Everything looks good



Speed

5.34

(seconds)

•Everything looks good



Anaerobic Power

1345

(watts)

•Everything looks good



Aerobic Capacity

34.5

(mL . kg⁻¹ . min⁻¹)

•Everything looks good



Personalised Summary

This section of the report highlights areas for improvement and provides guidance on how to enhance performance.



Body Mass Index

29.34

(kg/m²)

•Everything looks good

Maintain a healthy diet by balancing macronutrients and avoiding processed foods. Engage in regular physical activity, including strength training and cardiovascular exercises. Monitor calorie intake and ensure a sustainable weight management plan through portion control, hydration, and consistency in workouts to achieve a healthy BMI.



Fat Percentage

11.8

(%)

•Concern

Reduce body fat by following a high-protein, low-sugar diet and incorporating fiber-rich foods. Perform resistance training to build muscle mass and increase metabolism. Include cardiovascular exercises like running, cycling, or swimming, and consider HIIT workouts to improve fat oxidation and overall body composition. Maintain consistency in lifestyle habits.



Flexibility

7

(inches)

•Everything looks good

Improve flexibility by incorporating daily dynamic and static stretching routines. Engage in yoga or Pilates to enhance mobility. Perform foam rolling to reduce muscle tightness. Warm up before workouts and cool down properly. Consistent stretching post-exercise helps increase range of motion, prevent injuries, and enhance overall movement efficiency.



Reaction Time

0.14

(seconds)

•Everything looks good

Enhance reaction speed through drills such as agility ladder work, quick start sprints, and visual cue exercises. Engage in hand-eye coordination activities like catching or dodging games. Cognitive training, such as video games designed for reflex improvement, can also boost responsiveness in sports and daily activities.



General Motor Coordination

23

(count)

•Everything looks good

Develop coordination by practicing multi-skill sports like basketball, tennis, or soccer. Engage in drills involving balance, hand-eye coordination, and fine motor skills. Activities such as dribbling, juggling, agility ladders, and skipping improve movement efficiency, control, and overall neuromuscular coordination for better sports performance.



Agility

24.33

(seconds)

•Everything looks good

Enhance agility through ladder drills, shuttle runs, and cone exercises. Strengthen lower body muscles with plyometric movements like box jumps and lateral hops. Train quick footwork and directional changes with sport-specific drills. Focus on reaction-based exercises to improve movement efficiency and responsiveness in high-speed sports scenarios.



Power (Lower Body)

1123

(watts)

•Everything looks good

Increase lower-body power with explosive movements such as squats, deadlifts, and jump training. Sprinting, bounding, and Olympic lifts help develop fast-twitch muscle fibers. Resistance training using weights or resistance bands further improves leg strength, contributing to higher power output in athletic activities requiring quick bursts of movement.



Speed

5.34

(seconds)

•Everything looks good

Improve speed with sprint drills, resisted sprints, and interval training. Strength training for hamstrings, glutes, and calves enhances acceleration. Plyometric exercises like bounding and quick lateral movements increase stride efficiency. Sprint technique, including arm movement and posture, also plays a key role in maximizing speed performance.



Anaerobic Power

1345

(watts)

•Everything looks good

Build anaerobic endurance with high-intensity exercises like sprints, battle ropes, and circuit training. Perform explosive strength exercises such as kettlebell swings and medicine ball throws. Engage in short-duration, high-intensity workouts to improve muscular endurance and power, essential for sports requiring bursts of maximal effort.



Aerobic Capacity

34.5

(ml . kg⁻¹ . min⁻¹)

•Everything looks good

Increase cardiovascular endurance with long-distance running, cycling, swimming, or rowing. Include interval training to boost oxygen uptake and efficiency. Proper breathing techniques, consistent aerobic workouts, and gradual intensity progression help enhance stamina, allowing for sustained performance in endurance-based sports and activities.



Name: Kaitlyn

Age: 25

Gender: Female

Reg. No.: SporsciTAE004

Test Location: South Korea

Registered on: 25-05-2025 14:00

Collected on: 25-05-2025 14:00

Component	Methodology	Result	Unit
Body Composition	Body Mass Index	29.34	kg . m-2
Fat Percentage	Skin Fold	11.8	%
Flexibility	Sit & Reach	7	inches
Reaction Time	Ruler Drop	0.14	seconds
General Motor Coordination	Alternate-Hand wall	23	count
Agility	Illinois Agility Run	24.33	seconds
Power (Lower Body)	Vertical Jump	1123	watts
Speed	35 Meter Speed	5.34	seconds
Anaerobic Power	Running-based Anaerobic Sprint		
-Max Power		1273.15	watts
-Min Power		711.08	watts
-Avg power		964.04	watts
-Fatigue Index		20.15	watts/secs
Aerobic Capacity	Multi-Stage Fitness	34.5	mL . kg-1 . min-1

Conclusion

Overall, the participant has demonstrated strong performance in several areas while needing improvement in **General Motor Coordination, Aerobic Capacity, and Lower Body Power**. These components are crucial for Taekwondo—coordination enhances precision in kicks and strikes, aerobic capacity sustains endurance in matches, and lower body power boosts kicking speed and force. By incorporating targeted drills, endurance training, and explosive strength exercises, they can enhance these areas while maintaining their strengths, ensuring optimal performance in Taekwondo.

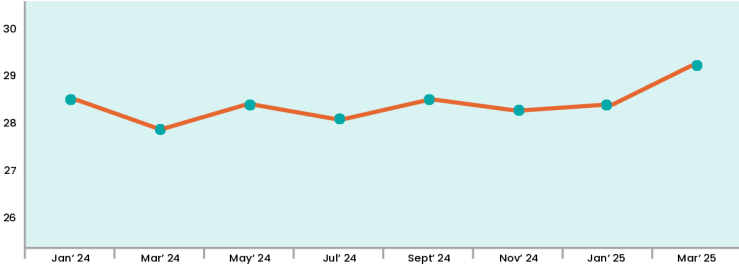


Historical Charts

Body Mass Index (BMI)

Your latest result
29.34 kg/m²

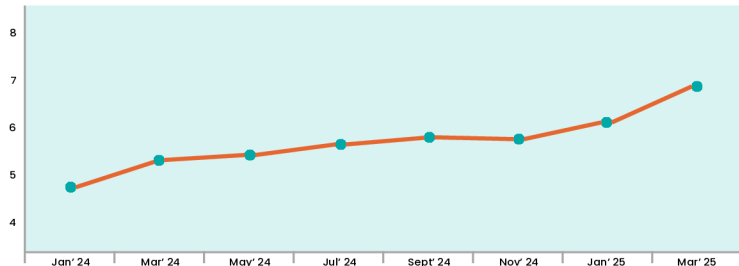
•Everything looks good



Flexibility

Your latest result
7 inches

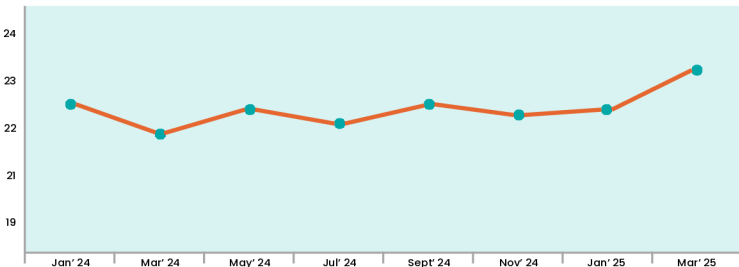
•Everything looks good



General Motor Coordination

Your latest result
23 counts

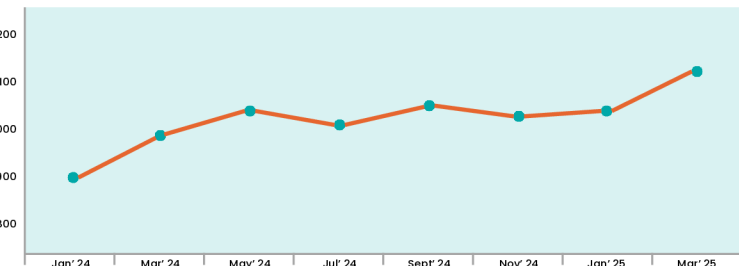
•Everything looks good



Power (Lower Body)

Your latest result
1123 watts

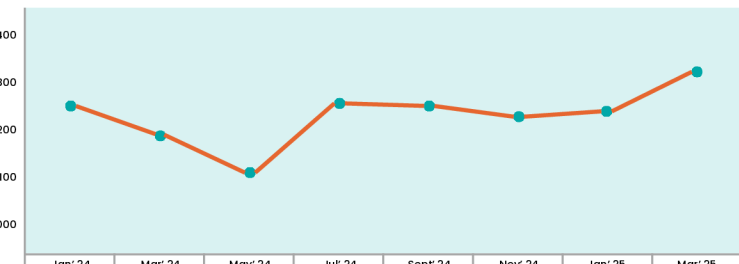
•Everything looks good



Anaerobic Power

Your latest result
1345 watts

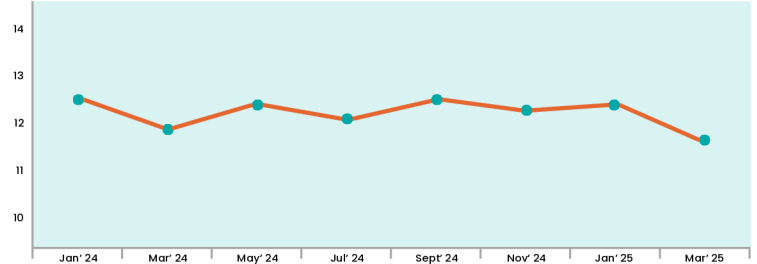
•Everything looks good



Fat Percentage

Your latest result
11.8 %

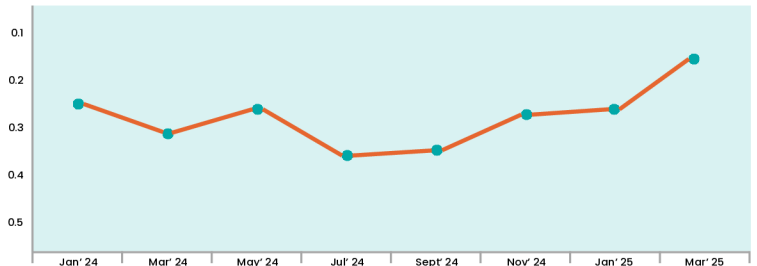
•Concern



Reaction Time

Your latest result
0.14 seconds

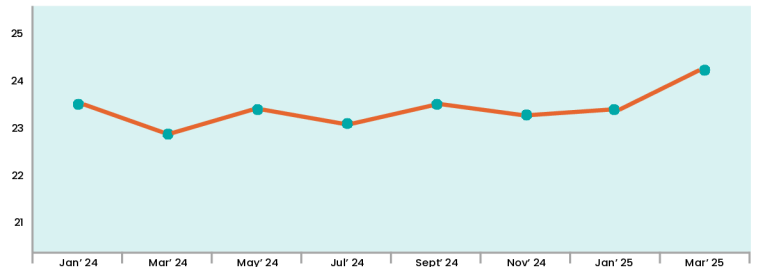
•Everything looks good



Agility

Your latest result
24.33 seconds

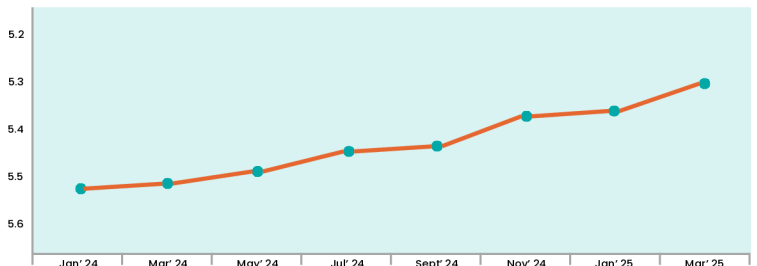
•Everything looks good



Speed

Your latest result
5.34 seconds

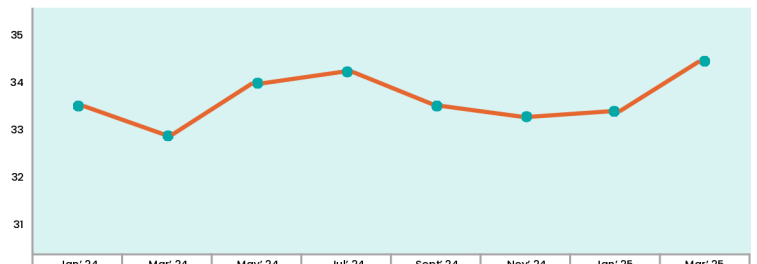
•Everything looks good



Aerobic Capacity

Your latest result
34.5 ml . kg⁻¹ . min⁻¹

•Everything looks good



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Acadmey Package

One-time Assessment

*minimum participants for this booking should be 20

~~₹ 600~~
₹ 499
per person

Yearly Assessment

*4 assessments included

*minimum participants for this booking should be 20

~~₹ 2500~~
₹ 1999
per person
+ 10% off

School Package

One-time Assessment

*minimum participants for this booking should be 50

~~₹ 550~~
₹ 449
per person

Yearly Assessment

*minimum participants for this booking should be 100

~~₹ 2300~~
₹ 1799
per person
+ 10% off

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