

Article

Biological analysis method based on the relationship between athlete's PSI rhythm and sports injury

Supplementary materials

Athlete PSI rhythm and sports injury questionnaire

Personal Information

- 1) Age: _____
- 2) Gender: _____
- 3) Sport: _____
- 4) Years of Training: _____

Biological Rhythms

- 5) How do you rate your general sleep quality?
 - a) Very Good
 - b) Good
 - c) Fair
 - d) Poor
- 6) Do you notice any patterns in your physical performance throughout the day?
 - a) Morning
 - b) Afternoon
 - c) Evening
 - d) No specific pattern

Sports Injuries

- 7) Have you experienced any sports injuries?
 - a) Yes
 - b) No
- 8) If yes, how many times have you been injured?
 - a) 1–2 times
 - b) 3–5 times
 - c) 6–8 times
 - d) More than 8 times
- 9) When do you notice most injuries occurring?
 - a) During training
 - b) During competition
 - c) During both

PSI Rhythms

- 10) Do you track your PSI (Physical, Emotional, Intellectual) rhythms?
 - a) Yes
 - b) No
- 11) If yes, how do you track them?
 - a) Manually
 - b) Using an app or software
 - c) Other: _____