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: __________