

## Restq Sport Questionnaire

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### Restq Sport Questionnaire

Recovery-Stress Questionnaire for Athletes The RESTQ-Sport questionnaire measures stress and recovery rates in athletes. Adequate recovery is important to restore the body to the pre-exercise state and prepare for the next bout of exercise. purpose: this tool is for evaluating athlete recovery using a questionnaire.

### RESTQ - Recovery-Stress Questionnaire for Athletes

Psychological measures RESTQ-Sport questionnaire (RESTQ-Sport; [Kellmann & Kallus, 2001]) • Based on a biopsychological perspective of recovery and stress • Indicate the extent to which someone is physically and/or mentally stressed according to its resources.

### RESTQ-Sport questionnaire - MAFIADOC.COM

Restq Sport Questionnaire Recovery-Stress Questionnaire for Athletes The RESTQ-Sport questionnaire measures stress and recovery rates in athletes. Adequate recovery is important to restore the body to the pre-exercise state and prepare for the next bout of exercise. purpose: this tool is for evaluating athlete recovery using a questionnaire.

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The RESTQ-Sport questionnaire appears to provide athlete-specific scale scores that can be analyzed to provide a valid reflection of changes in training stress, and to predict an overall change in sport performance testing after a period of preparatory sport training. © 2010 American College of Sports Medicine

### Recovery-Stress State: RESTQ-Sport Questionnaire Responses ...

The RESTQ- Sport is a 76-item questionnaire that was developed to assess the physical and mental impact of training stress and to facilitate the formulation of strategies for the enhancement of recovery. According to [Kellmann, M., & Kallus, K.W. (2001). Recovery-Stress Questionnaire for Athletes: User manual.

### Psychometric item evaluations of the Recovery-Stress ...

The Recovery Stress Questionnaire for Athletes (RESTQ-Sport; Kallus & Kellmann, 2016) has been utilized in over one hundred research studies on overtraining in sport (Kallus & Kellmann, 2016). Despite recommendations from researchers to incorporate the RESTQ-Sport

### A Psychometric Evaluation of the Recovery Stress ...

The Recovery-Stress Questionnaire for Athletes (RESTQ-Sport) Description. The RESTQ-Sport (Kellmann & Kallus, 2001) systematically assesses the recovery-stress state of an athlete. The recovery-stress state indicates the extent to which an individual is physically and/or mentally stressed, and whether or not the person is capable of using individual strategies for recovery.

### Preventing overtraining in athletes in high-intensity ...

Because questionnaire validation is an ongoing process, several reasons justified the exploration of the validity and reliability of the RESTQ-36-R-Sport scores for measuring recovery-stress states (RSS) of athletes.

### Monitoring stress and recovery states: Structural and ...

Because questionnaire validation is an ongoing process, several reasons justified the exploration of the validity and reliability of the RESTQ-36-R-Sport scores for measuring recovery-stress states (RSS) of athletes.

### Monitoring stress and recovery states: Structural and ...

The Recovery-Stress Questionnaire for Athletes (RESTQ-Sport) [15, 16] is a common tool for monitoring recovery and stress in sports, which was developed from a bio- psychological approach considering physiological, subjective, behavioural, and social aspects.

### Validity of the Acute Recovery and Stress Scale: Training ...

The Recovery Stress Questionnaire for Athletes (RESTQ-Sport; Kallus & Kellmann, 2016) has been utilized in over one hundred research studies on overtraining in sport (Kallus & Kellmann, 2016).

### "A Psychometric Evaluation of the Recovery Stress ...

5.2.8 Assessment of recovery: Recovery-Stress Questionnaire (RestQ-Sport) To assess perceived balance between stress and recovery, participants were asked to. complete the shortened version of the Recovery-Stress Questionnaire (RestQ-Sport) consisting of 52 items, each to be rated by the individual on a 6-point scale. Ratings were

### The Recovery-Stress Questionnaire RESTQ Sport (52 items)

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### Psychometric item evaluations of the Recovery-Stress ...

RESTQ-Sport and begin the validation process for Portuguese language analyzing the internal consistency (reliability) with Alpha Cronbach Index, and checking the correlations between the...

### (PDF) Questionario de Estress e Recuperacao para Atletas ...

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...

### Recovery-stress Questionnaire for Athletes: User Manual ...

This study used confirmatory factor analyses (CFAs) among a sample of young French table tennis players to test: (a) original 19-factor structure, (b) 14-factor structure recently suggested in literature, and (c) hierarchical factor structure of the Recovery-Stress Questionnaire for Athletes (RESTQ-Sport). 148 table tennis players completed the RESTQ-Sport and other self-report questionnaires between one to five occasions with a delay of 1 mo. between each completion.

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