neuro-link

UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
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Neuroscience Group

Limitless You

Big on People | Big on Performance | Big on Attitude

The **Limitless You Peak Performance Program** (LYPPP) for Referees

Project by

MSc Project: Mr Morne Ferreira, SA Referee

Supervisor: Prof Peet du Toit

LYPPP for referees

Pre-test

27 rugby union referees underwent brain, health and skill related fitness assessments

Intervention

Referees undertook the Limitless You Peak Performance Program training for 15 sessions

Post-test

Referees were reassessed on all previously measures and results were compared between assessments and leagues

Pre-test

27 rugby union

referees underwent brain, health and skill related fitness assessments

12 Top union referees (Carlton & Carlton reserve league)

8 Middle union referees (1st and 2nd league)

7 Lower union referees (3rd and 4th league)

Mean age =	**28 ± 8 years**	**(19 – 46)**
Mean height =	**178.4 ± 6.5 cm**	**(164.5 – 191.5)**

85% right hand dominant
59% right eye dominant

Pre-test

27 rugby union referees underwent brain, health and skill related fitness

assessments

Brain

+ Sleep
+ Stress
+ Attitude
+ Movement
+ Brain Food
+ Brain Fitness
+ Brain Performance

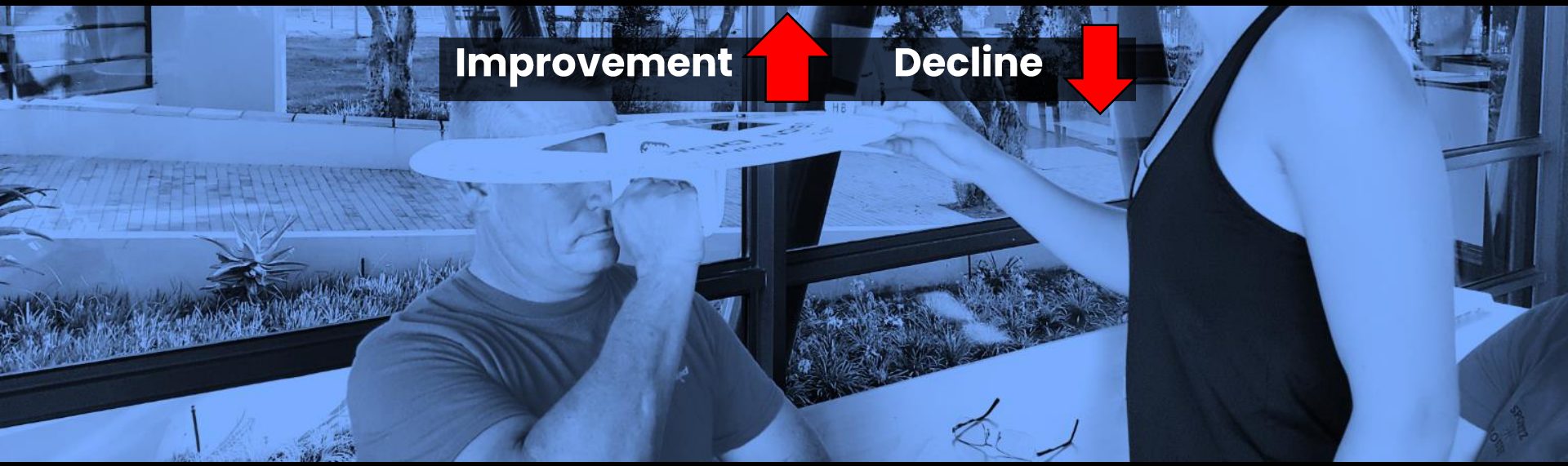
Skill

+ Focusing
+ Tracking
+ Visual acuity
+ Pattern recognition
+ Visual memory
+ Vergence
+ Hand-eye coordination
+ Peripheral awareness
+ Static balance
+ Handgrip strength

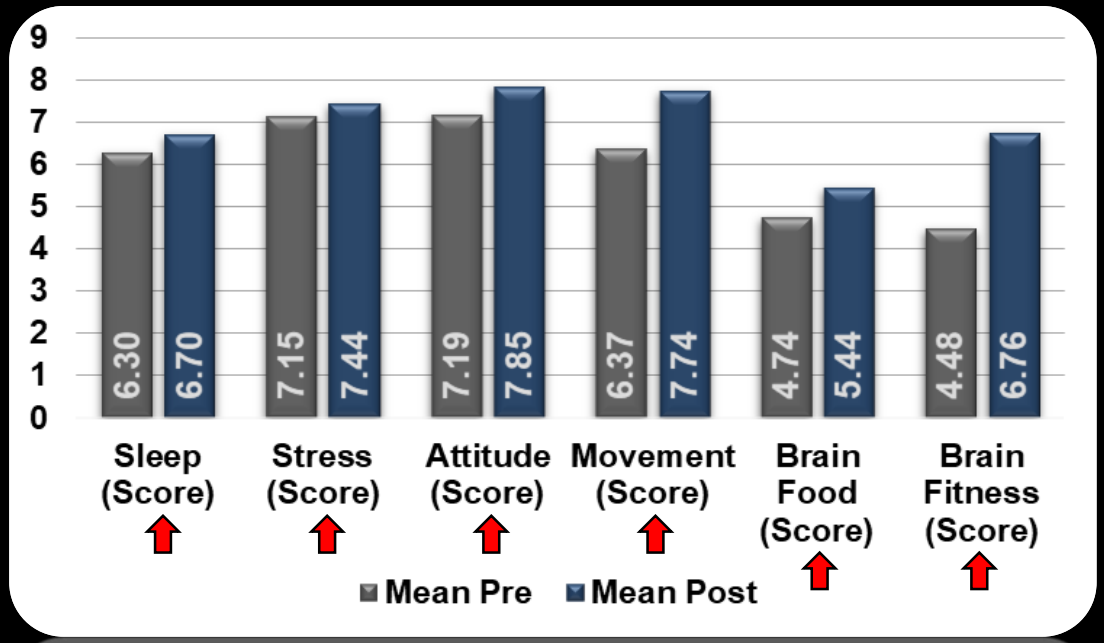
Health

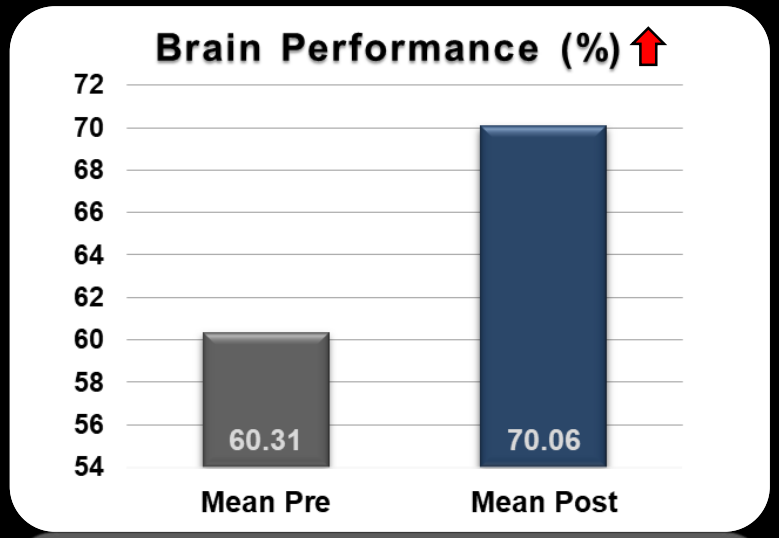
+ Body Mass Index
+ Waist-to-Hip ratio
+ Skeletal muscle mass
+ Total body fat %
+ Subcutaneous Body Fat %
+ Skinfolds
+ Abdominal Circumference
+ Cardio Stress Index
+ Heart rate Variability
+ Blood Pressure
+ Resting Heart Rate
+ Shoulder, Back, Hamstring flexibility
+ Hypermobility
+ Muscle Endurance
+ Vertical / Horizontal Jump test
+ Cardiorespiratory Endurance
+ VO2 Max

RESULTS

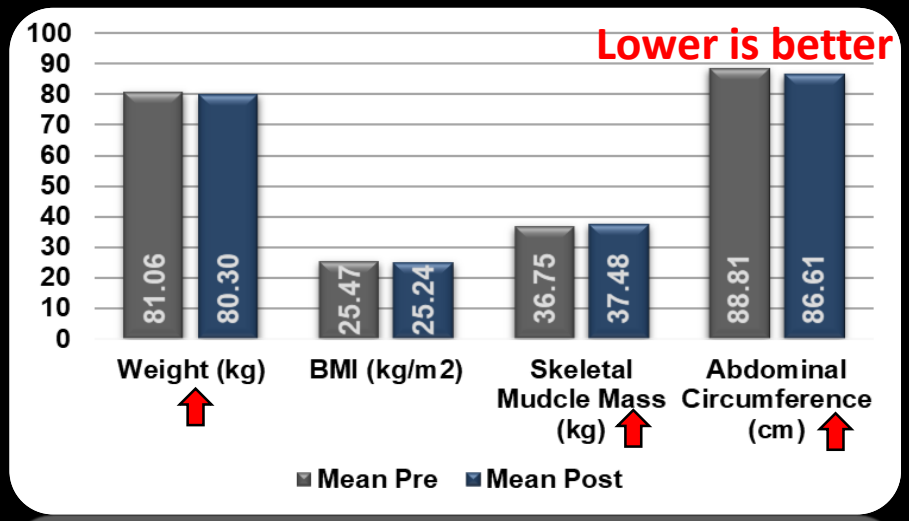


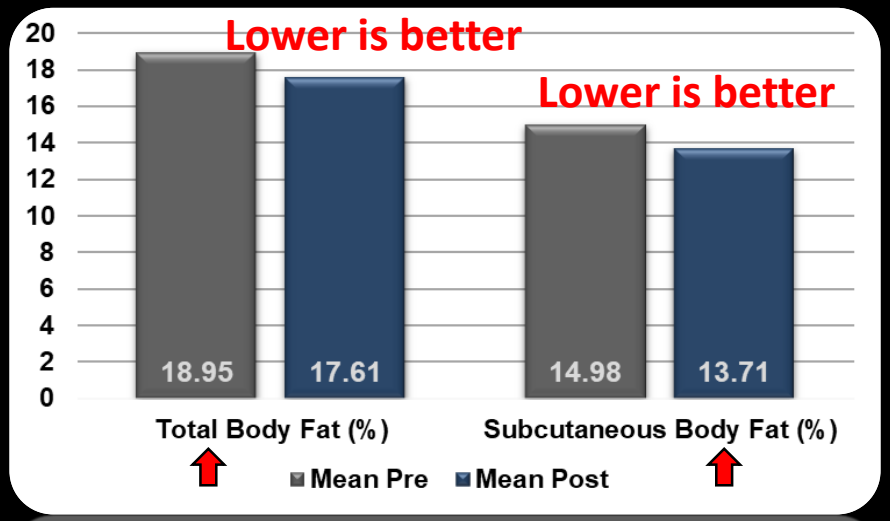
Brain Performance Preliminary Results – Before and After LYPPP training

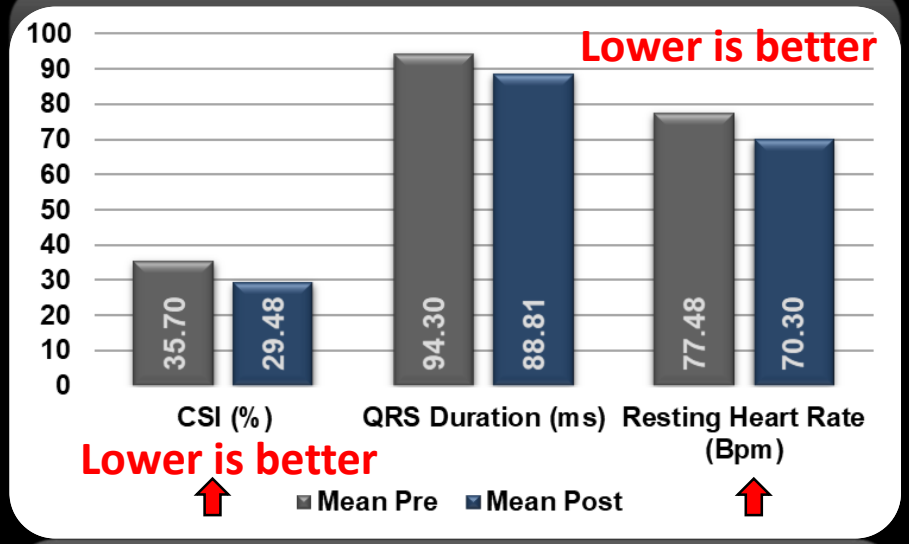


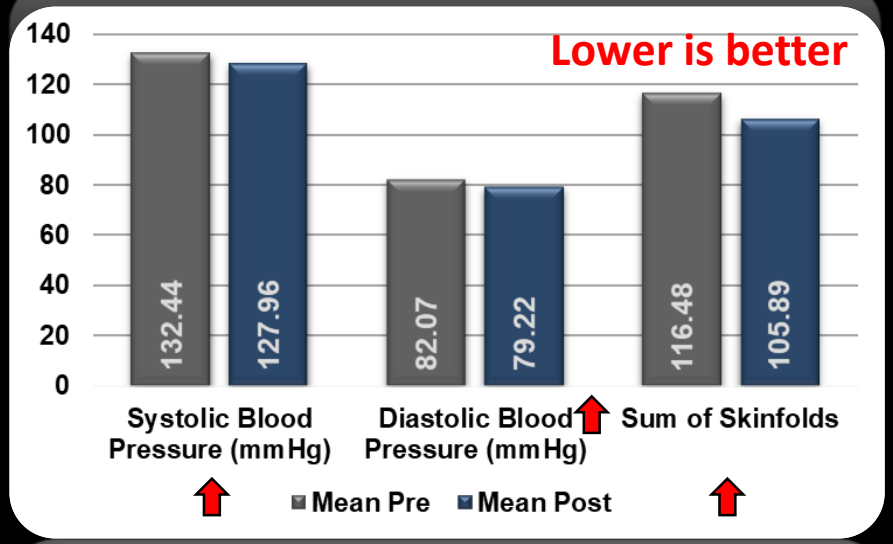


Health-related Fitness Preliminary Results – Before and After LYPPP training

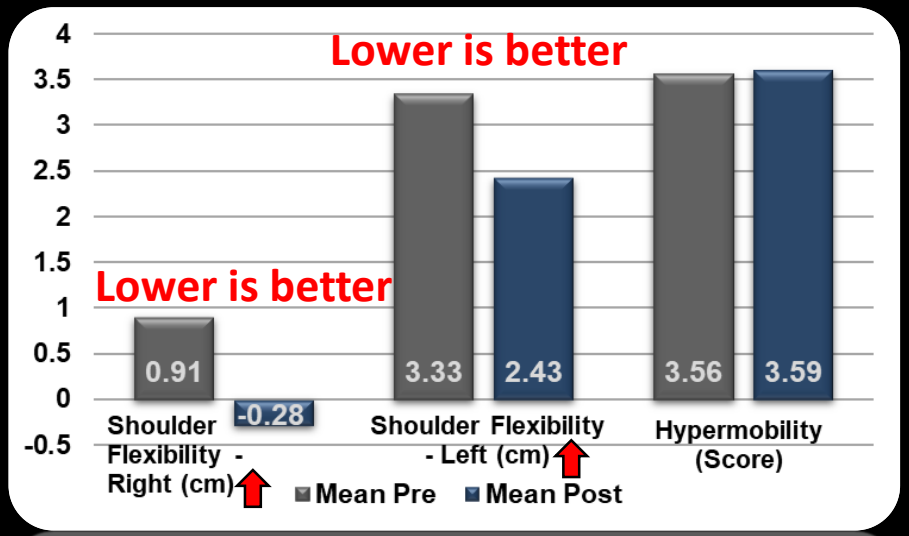


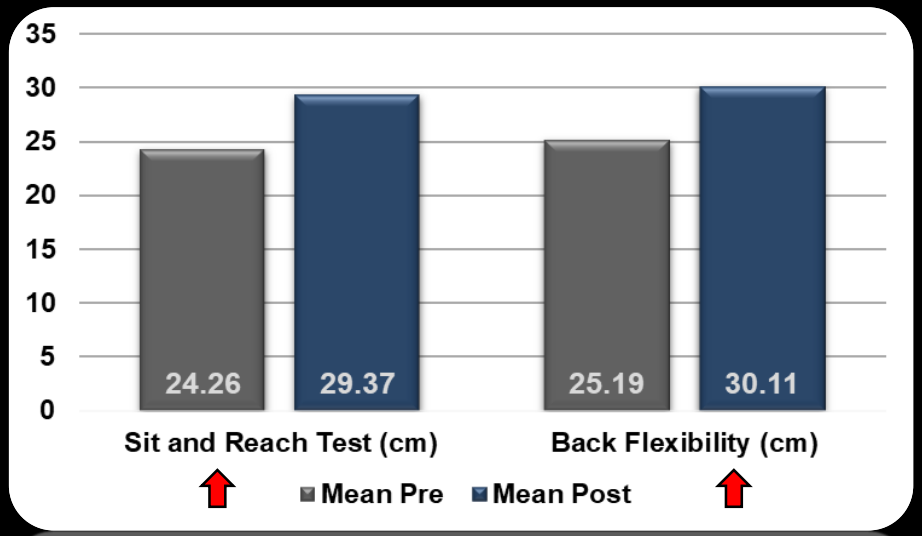


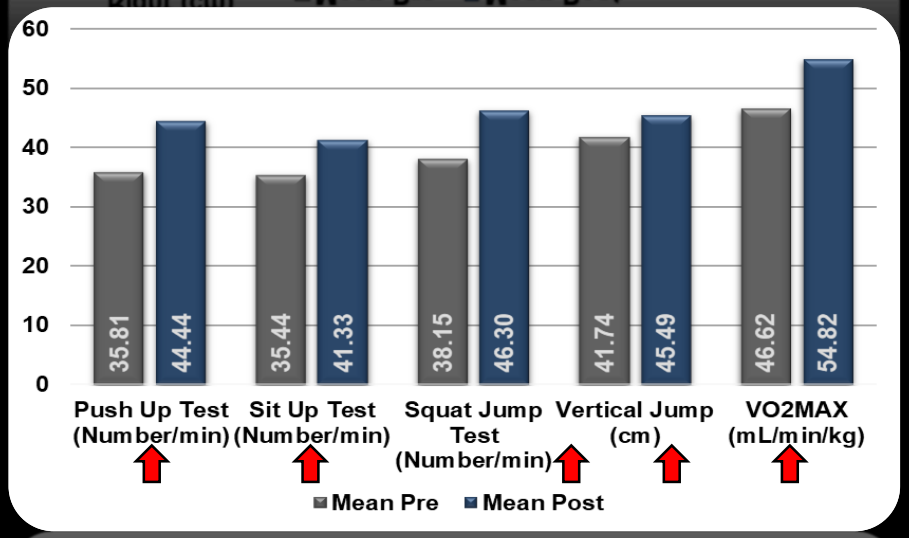


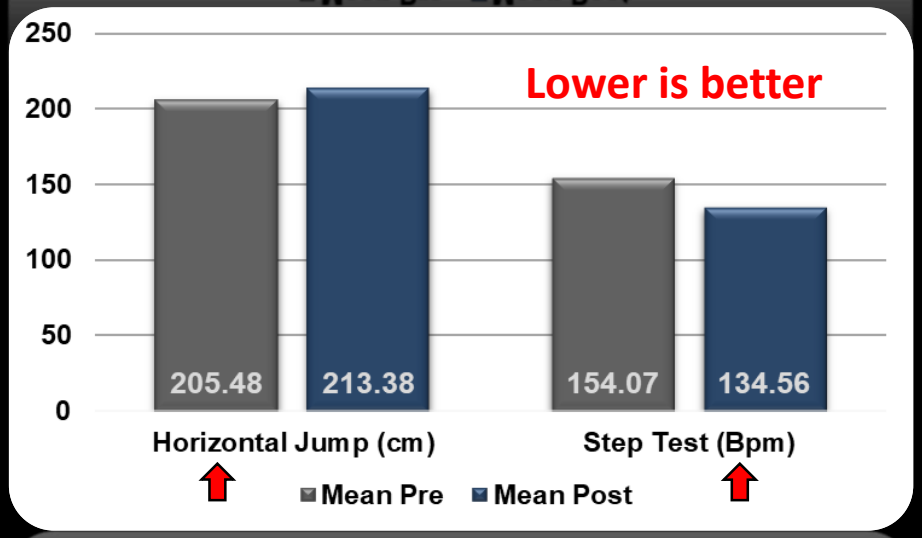


Health-related Fitness Preliminary Results – Before and After LYPPP training

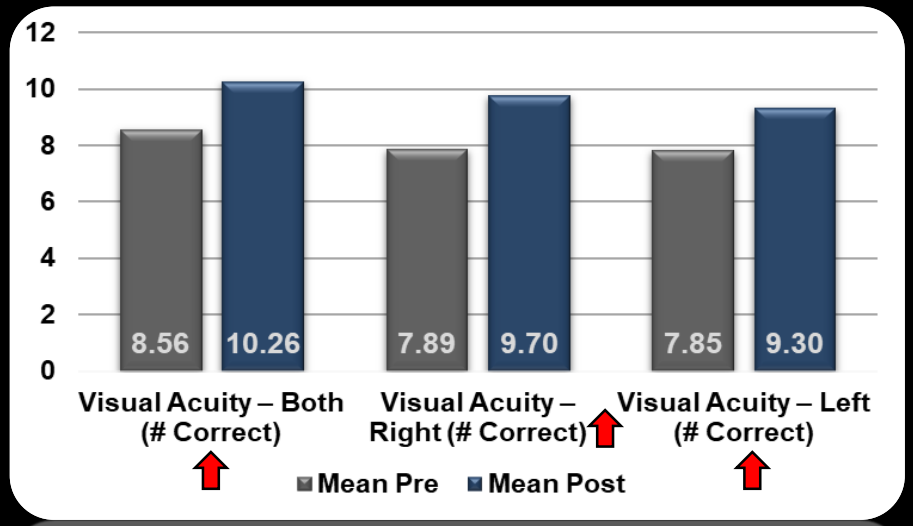


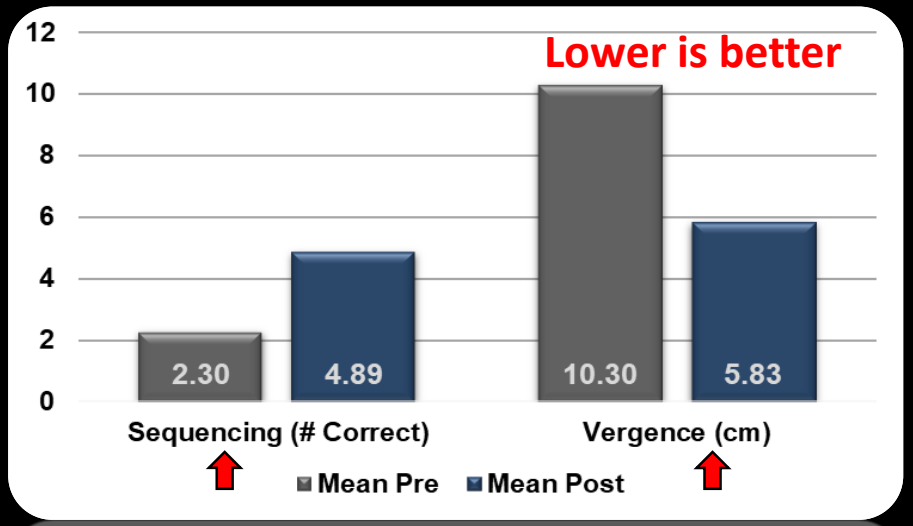


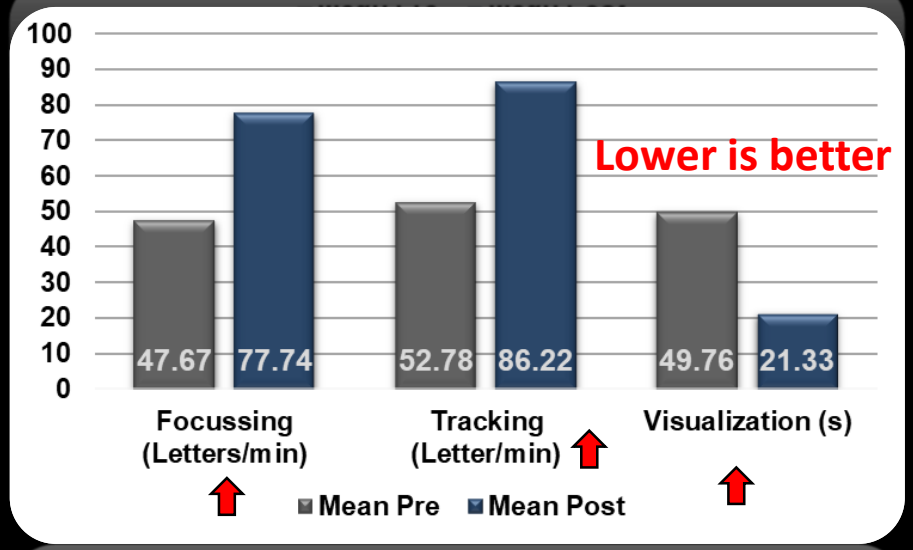


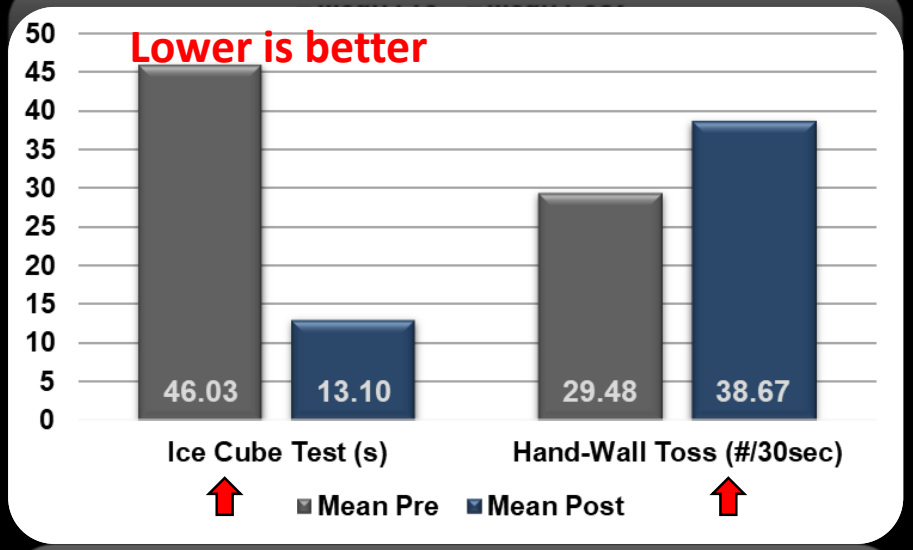
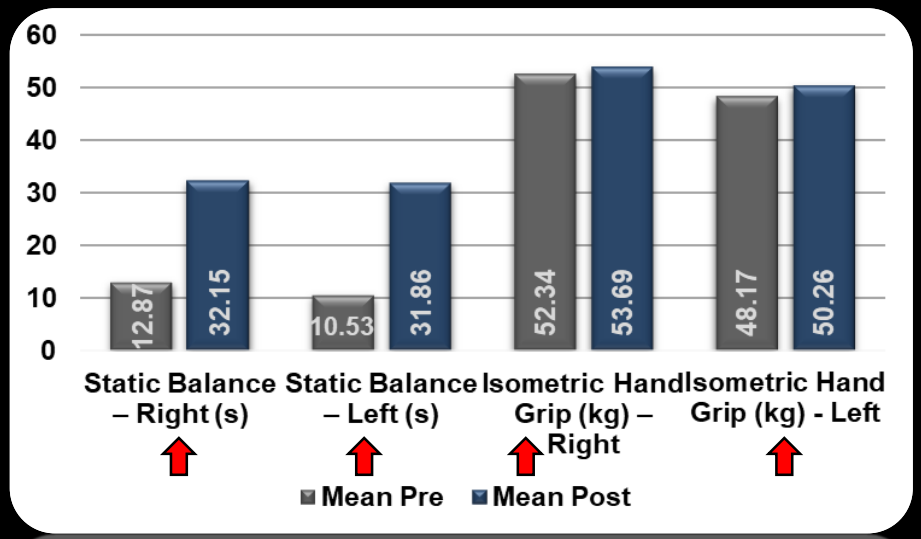
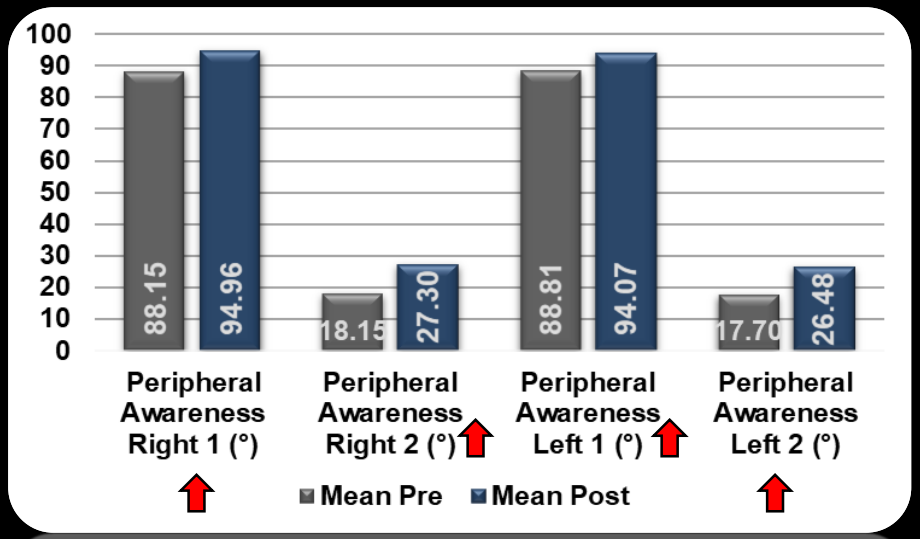


Skill-related Fitness Preliminary Results – Before and After LYPPP training









Skill-related Fitness Preliminary Results – Before and After LYPPP training