

Dresden International University

**Studiengang Präventions-, Therapie – und
Rehabilitationswissenschaften (B. Sc.)**

Bachelorarbeit

Thema:

**Einfluss von Regenerationsmaßnahmen auf das
subjektive Leistungsempfinden von Fußballspielern**

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Abstract

Background: Regeneration plays a major role in injury prevention and performance enhancement in sports. The subjective perception of performance is mainly used by the player himself to determine the state of recovery. However, this approach is neglected in many studies.

Aim: The aim of this study is to identify the influence of regenerative measures on a soccer player's perception of performance and further factors that influence performance perception and recovery after performance.

Method: The data collection is based on a self-created online questionnaire. Aspects of already existing questionnaires (e.g., RestQ Sport, EBF) are also included. The data evaluation is done with descriptive statistics in Excel.

Results: The most common used recovery method is sleep, both after training and after a game. This measure also leads to the best degree of recovery compared to other measures considered. Overall, electrotherapy has the greatest impact on the subjective perception of performance. The length of recovery time, extended playing time, injuries and psychological factors were found to be important influencing factors in addition to the individual regeneration measures.

Conclusion: The individual regeneration strategy and choice of used measures of a soccer player should be increasingly considered. A recommendation to use sleep consciously and physical measures like electrotherapy more often can offer support to a recreational player.