

Recovery Stress Questionnaire For Athletes

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RESTQ - RECOVERY-STRESS QUESTIONNAIRE FOR ATHLETES

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abstract objectives. using an item-based analysis, the factor structure of the recovery-stress questionnaire for athletes (restq-sport) [kellmann, m., & kallas, k.w ...

THE RECOVERY-STRESS-QUESTIONNAIRE FOR ATHLETES: USER MANUAL

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the restq-sport questionnaire measures stress and recovery rates. it can be used for both applied work and research. the manual provides all the necessary ...

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Mon, 23 Jan 2017 19:43:00 GMT

meister s, faude o, ammann t, schnittker r, meyer t. scand j med sci sports. 2013 mar;23(2):156-63. doi: 10.1111/j.1600-0838.2011.01354.x.

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HOLDINGS : THE RECOVERY-STRESS QUESTIONNAIRE FOR ATHLETES ...

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the recovery-stress questionnaire for athletes : user manual / author: michael kellmann, k. wolfgang kallas. publication info: champaign, il : human kinetics ...

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