QPM TENNIS 14.3

Computerized segment bioimpedance measurement

NB

Performed on 10/02/2009 by LECOQ GOLF

Confidential and personal document

Measurement performed using the QPM process:
Electronic sensor analyzer system, EC standard.
Use of which was granted to LECOQ GOLF

IMPORTANT:

Under no circumstances does the QPM measurement constitute a diagnosis or a prognosis.
QPM converts bioimpedance measurements into biophysical or biopsychological data via an interface based on electro quantic models of the organism. Rather than a static view of the individual, this instantaneous measurement provides information on his or her dynamic evolution.
Repeating these measurements at regular intervals allows us to see their progress over time. Interpretation of this measurement must be done by an AMV-certified person trained in the use of the QPM process, who remits a copy of the results of the measurement to the person concerned.

This report was interpreted on ☐☐ ☐☐ ☐☐☐☐ **by** _____

SIGNATURE OF THE CERTIFIED OPERATOR

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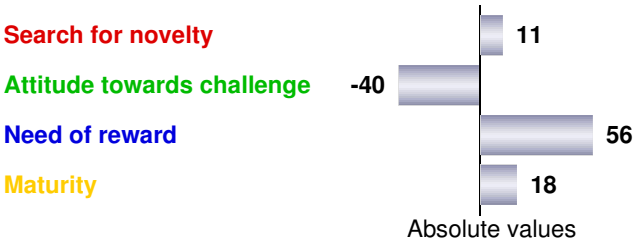
COMPORTEMENTS PRIMAIRES



Relative values
30% 28% 43%

Behavioral Factors

RN=/-: normal search for novelty, sometimes rejects novelty
AE+: High attitude to challenge, flees and avoids pain
BR++: Very high need of reward, overly seeks reward in everything he/she does
Stability biophysics : has acquired maturity

Temperament : Affectif fort, aime être en confiance pour travailler, évite ou résout les conflits, aime gratifier les autres. (sentimental,fidéle)

NIVEAUX DE FORME

EXPERT SPORT		
LEVEL OF FORM		
Level of emotional form:	2	Too much extremely. The performance will be affected by a bad drain of emotional state.
Mental level of form:	2	Weak. The mental level of form can be a brake with the performance.
physical level of form:	5	Excellent.Capacity of optimal performance, especially if the emotional and mental form are also optimal.

CONFIANCE EN SOI CONCENTRATION

EXPERT SPORT		
SELF-CONFIDENCE		
Dialogue interior:	5	Dialogue interior excellent. The communication thought, emotions, thoughts, words, of perfect nature exploits directly the performance and raises the motivation.
Self-confidence specific:	2	Weak.
Self-confidence total:	2	Present. It can be used to raise specific confidence and the motivation.
CONCENTRATION		
Level of selective attention:	2	A little weak selective attention. Can be stimulated.

MOTIVATIONS

MOTIVATION		
PERFECTIONISM		
combating uncertainty by seeking information	3	combats uncertainty well, but does not always seek information
learning to improve his/her performance	3	sometimes seeks to learn and improve performance, more constancy needed
takes calculated risks and sets demanding goals	3	takes risks without much calculation and sets excessively demanding goals
tenacious determination to	5	excellent determination to achieve the

achieve objectives		objectives
OPTIMISM		
considering setbacks as opportunities	5	all setbacks are regarded as opportunities
doggedly pursues goals despite hurdles and setbacks	5	excellent persistence
fear of success and not fear of failure	4	excessive hope of success, no fear of failure
not regarding failures are personal failures	2	▲ never considers self as having any part in a failure
GLOBAL AND ORIENTATION OF THE MOTIVATION		
Personal challenge:	3	▲ The personal challenge is intense, sometimes too overwhelming.
Self goal orientation:	2	▲ .
Task goal orientation:	4	▲ .
INSIDE MOTIVATION		
Intrinsic motivation of achievement (emotional):	4	▲ Intense. The personal challenge is too strong, the competitive spirit can take over the performance.
Intrinsic motivation of stimulation (physical, sensory):	3	▲ Intense. It can harm the performance.
Intrinsic motivation with knowledge (mental):	3	Sometimes seeks to learn to improve the performances, must be more consistent.
OUTSIDE MOTIVATION		
Social extrinsic motivation:	3	▲ Excellent, but the performance can excessively rely on this motivation.

FIXATION DES OBJECTIFS, STRESS, ANXIETES

LACK OF SELF-CONTROL		
ANGER		
T15 - reaction to manifestations of anger	2	becomes angry fairly easily

STRESS:		
STRESS LEVEL		
T16 - Global level of the organism's response to a shock or an aggression:	2	Stress present. Currently the organism strongly reacts to every demand. The type of stress will determine if it is positive or harmful.
EUSTRESS		
T17 - Good stress manifested in joy and happiness:	3	Present.
DISTRESS		
T18 - Bad stress particularly expressed through agitation and anxiety:	2	Present and expressed according to circumstances.
SITUATIONAL STRESS		
T19 - Stress always appearing in connection with the same environmental condition:	4	Rather rarely manifested. Can be exposed in specific important situations.

ANXIETIES:		
COGNITIVE ANXIETY		
T20 - mental component of anxiety induced by fear of failure, judgement, loss of self-esteem	1	▲ .Very present.

BODY ANXIETY		
T21 - physical component of anxiety with physiological perceptions of the responses:	 1	.Very present. A strong somatization of anxiety, having significant repercussions on fitness.

STRESS AND ANXIETIES		
T22 - Strategies of adaptation based on emotions:	 1	Excessive.
T23 - Strategies of adaptation based on solutions:	 2	Low.

EXPERT SPORT		
SETTING OBJECTIVES		
T24 - Management of the short term:	 5	Excellent. The management of the short term is a major element in the optimization of the performance.
T25 - Total management of time:	3	Good, but too in a hurry. The total management of time clearly indicates a degradation of the fixing of the goals.

INTELLIGENCE EMOTIONNELLE, ENVIRONNEMENT

EMOTIONAL SELF-AWARENESS		
RECOGNIZING ONE'S EMOTIONS & THEIR EFFECTS		
allow self to be guided by a clear consciousness of self worth	2	intermittent recognition of self worth
allow self to be guided by a clear consciousness of the objectives	1	quality present intermittently
understanding of the ties between emotions-thoughts-action-words	2	fairly good understanding but exaggerated
ACCURACY OF SELF-ASSESSMENT		
knowledge of own strengths and weaknesses	3	intermittently aware of own strengths and weaknesses
thought capable of drawing lesssons from experience:	2	draws lessons from experience, but draws conclusions too swiftly

SELF-MASTERY		
RELIABILITY		
admitting own mistakes	3	always admits own mistakes, after a while
SELF-CONTROL		
domination of impulses and anxieties	2	has little control over his/her impulses and anxieties
remains calm and imperturbable in trying times	1	lacks calm in trying times, is fairly easily perturbed
thinking clearly and remaining focuses in stressful situations	2	stress fairly easily disrupts concentration and thinking

PERCEPTION AND EXCHANGE WITH ENVIRONMENT		
RATIONAL		
rational type communication	4	fairly strong
ACTIVE		
active type communication	3	present
AFFECTIVE		
affective type communication	4	strong, but exaggerated
CONCEPTUAL		

conceptual communication	5	preponderant mode of communication
PERCEPTUAL		
Communication of the perceptuel type	4	Strong mode of communication.

TYPE OF CEREBRAL APPROACH		
PREFERABLY RESORTS TO KNOWN SOLUTIONS		
overall application	5	maximum intellectual approach
SEEKS THE BEST SOLUTION OUT OF SEVERAL		
adaptive type intellectual approach	4	very present
TRANSFORMATION		
	3	▲
CREATION OF NEW SOLUTIONS		
innovative type intellectual approach	2	sometimes present

RELATION TO THE ENVIRONMENT		
FORMAL		
formal environment	2	weak
INFORMAL		
informal environment	4	strong

APTITTUDES SOCIALES, POTENTIELS

SELF-MASTERY		
ADAPTABILITY		
adapting reactions and tactics to situations as they develop	2	insufficiently adapts reactions and tactics to the environment
reconciles fast changes and developments	3	▲ reconciles fast changes and developments fairly well, but requires a little more thought
reconciling the requirements in a harmonious manner	3	reconciles the requirements relatively harmoniously

SOCIAL APTITUDES		
COMMUNICATION		
communication	5	excellent
ABILITY TO MEDIATE		
ability to mediate	2	very little present, needs developing
CRYSTALIZING CHANGES		
crystalizing change	4	good ability to crystallize change
COLLABORATIVE, COOPERATIVE SENSE		
sense of collaboration and cooperation	5	excellent
MOBILIZING A TEAM		
mobilizing a team	5	does it naturally

INDIVIDUAL POTENTIALS		
DETERMINATION POTENTIAL		
determination and self-confidence potential	3	▲ good, but caution against excess
COMBATIVENESS POTENTIAL		
combativeness, achievement potential	3	▲ too strong

ADAPTABILITY POTENTIAL		
adaptability potential	5	excellent

ZONES CORPORELLES, PRECONISATIONS

SUGGESTIONS QPM		
RECOMMENDATIONS FOR THE PHYSICAL ZONES		
HEAD AREA	4	Not very important area.
THROAT AREA	3	Important area.
CERVICAL AREA	3	Important area.
DORSAL AREA	2	Very important area.
LUMBAR AREA	2	Very important area.
LEFT ARM	3	Important area.
RIGHT ARM	3	Important area.
CHEST AREA	2	Very important area.
UPPER ABDOMINAL AREA	3	Important area.
LOWER ABDOMINAL AREA	1	Priority zone.
PELVIC AREA	2	Very important area
RIGHT LEG	1	Priority area.
LEFT LEG	3	Important area.
RECOMMENDATIONS OF PHYSICAL EXERCISES		
Exercises based on strentgh	1	Priority exercise.
Exercises in a warm environment	1	Priority exercise.
Exercises promoting movements	3	Important exercise.
Water based exercises	1	Priority exercise.
MENTAL SUGGGESTIONS		
Mental activities of relaxation relieving.	3	Important activity.

BODY GLOBAL FRAGILITY		
TOTAL RISK OF WOUND	3	.Global risk existing
THE DIFFERENT BODY AERAS		
Risk cervical wound:	4	.Weak
Risk wound of the left upper limb:	1	.Strong
Risk wound of the upper limb right:	2	.Strong
Risk dorso-lumbar wound:	0	.Very strong
Risk wound of the left lower limb:	1	.Very strong
Risk wound of the lower limb right	1	.Very strong