

WHAT IS **NORMATIVE DATA?**

A statistical **trasure trove:**

Norms provide valuable insights into an athlete's physical attributes and capabilities.



An overview:



Normative data in sports science refers to a **collection of standardized measurements and performance statistics** derived from a representative sample of individuals within a specific population.



 **1.13**
BALANCE SCORE

Why is it useful?

This data serves as a reference point or benchmark against which an athlete's individual performance or characteristics can be evaluated and compared. By comparing an athlete's results to the normative data, we gain a deeper understanding of their strengths, weaknesses, and areas for improvement.

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REACTIVE STRENGTH INDEX



Real world applications:

A coach assessing the agility of a soccer player using timed tests. Without normative data, the coach may only have **limited context** about the player's agility.

However, armed with a dataset of agility measurements from soccer players of similar age, gender, and skill level, the coach can now gauge whether the player's performance is above average, average, or below average. This **information becomes invaluable** when designing training routines tailored to the athlete's specific needs.

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STABILITY SCORE



Download our free eBook 'Leveraging Normative Data 2.0'



With all new exercises, metrics and updated information.