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Powering Up Paralympic Wheelchair Performance

Janssen, Rowie Johanna Francisca

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Propositions belonging to the thesis

Powering Up Paralympic Wheelchair Performance

*Standardized & individualized wheelchair exercise capacity
testing to improve on-court performance*

Rowie JF Janssen

1. The heterogeneity of lab-based test protocols and the lack of consensus in the wheelchair research field limit the understanding of exercise capacity test results. (this thesis)
2. Wheelchair exercise capacity testing is essential for every elite wheelchair athlete. (this thesis)
3. Power output (W) is a crucial outcome measure to objectively monitor, test and evaluate wheelchair performance. (this thesis)
4. Lab and field testing are equally important for elite wheelchair athletes and are essential for a complete understanding of the athlete's capacities. (this thesis)
5. Novice wheelchair tennis players should use the newly developed hand rim to improve wheelchair tennis performance. (this thesis)
6. Every wheelchair-dependent person benefits from performance testing. (this thesis)
7. Theory-driven data collection should be naturally included in daily wheelchair sports practice to boost performance, conduct research, and make a lasting impact on performance and health.
8. A figure is worth a thousand words. An interface is worth a thousand figures.
9. Knowledge is potential power; implementation of knowledge is true power.
10. Loep nar d'n tap toe. Anders is d'n tap toe. (Rowwen Hèze)