

## University of Groningen

### Picking up the pace

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## PhD thesis statements

1. Pacing is the goal-directed decision-making process regarding the self-regulated distribution of effort over an exercise task.
2. The emergence of pacing is a universal feature of human development.
3. Pacing is more than just preserving energy.
4. To understand pacing, one has to study processes before, during and after exercise.
5. A pacing strategy does not equal pacing behaviour.
6. Pacing behaviour is skilled behaviour.
7. To understand the development of skilled behaviour from childhood to adulthood, it is essential to untangle the effect of experience and age.
8. The development of pacing behaviour is characterized by individuals gaining the capability to match their effort distribution to the task demands, including the task characteristics and environmental features.
9. The development of pacing behaviour peaks at a younger age in females compared to males.
10. Pacing behaviour in adolescence is a predictor for sports performance in adulthood.
11. Exploring variation in pacing behaviour improves performance.
12. Certain opportunities for action can only be found in the company of others.
13. To be able to go forward, you must first look back.
14. Life is what happens to you while you're busy making other plans.  
– John Lennon