Analysis of GPS-Acquired Distance Data in NCAA Division 1 Women's Soccer

Jennifer J. Mitchell, MD, FAAFP, FAMSSM¹; Rafael Rosalez, MD¹; Ryan Lurtsema, MD¹; Wafaa Chatila, MA, ATC, LAT³; Katie Munger, SPN, SCCC³; DJ Clark, SCCC³; Larry Munger, PhD, ATC, LAT²

- Analyze and evaluate four years of retrospective data from an NCAA Division I Women's Soccer team's Global Positioning System/Heart Rate Monitoring (GPS/HRM) units.
- These position-specific performance

metrics add to sparsely existing data, in this demographic of female athletes, to increase awareness of optimal conditioning levels, for each position, when evaluating sport demands.

1. Slater LV, Baker R, Weltman AL, Hertel J, Saliba SA, Hart JM. Activity monitoring in men's college soccer: a single season longitudinal study. Res in Sports Med. 2018;26(2):178-190. doi:10.1080/15438627.2018.1431535 2. Vescovi JD, Favero TG. Motion characteristics of women's college soccer matches: female athletes in motion (FAiM) Study. Int J Sports