Package ‘shorts’

March 13, 2023

Type Package

Title Short Sprints

Version 2.4.0

Description Create short sprint (<6sec) profiles using the split times or the radar gun data.
Mono-exponential equation is used to estimate maximal sprinting speed (MSS), relative acceleration (TAU),
and other parameters such us maximal acceleration (MAC) and maximal relative power (PMAX). These parameters
can be used to predict kinematic and kinetics variables and to compare individuals. The modeling method utilized
in this package is based on the works of Chelly SM, Denis C. (2001) <doi:10.1097/00005768-200102000-00024>,
Clark KP, Rieger RH, Bruno RF, Stearne DJ. (2017) <doi:10.1519/JSC.0000000000002081>,
Furusawa K, Hill AV, Parkinson JL (1927) <doi:10.1098/rspb.1927.0035>,
Greene PR. (1986) <doi:10.1016/0025-5564(86)90063-5>, Samozino P. and Peyrot N., et al (2022)
<doi:10.1111/sms.14097>, and Samozino P. (2018) <doi:10.1007/978-3-319-05633-3_11>.

URL https://mladenjovanovic.github.io/shorts/

BugReports https://github.com/mladenjovanovic/shorts/issues

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R topics documented:

`coef.shorts_model` *S3 method for extracting model parameters from* `shorts_model` *object*

Description

S3 method for extracting model parameters from `shorts_model` object

Usage

```
## S3 method for class 'shorts_model'
coef(object, ...)
```

Arguments

`object`	`shorts_model` object
`...`	Extra arguments. Not used

Examples

```
split_distances <- c(10, 20, 30, 40, 50)
split_times <- create_timing_gates_splits(
  gates = split_distances,
  MSS = 10,
  MAC = 9,
  FD = 0.25,
  TC = 0
)

# Simple model
simple_model <- model_timing_gates(split_distances, split_times)
coef(simple_model)
```

---

create_timing_gates_splits

Create Timing Gates Splits

Description

This function is used to generate timing gates splits with predetermined parameters

Usage

```
create_timing_gates_splits(
  MSS,
  MAC,
  gates = c(5, 10, 20, 30, 40),
  FD = 0,
  TC = 0,
  noise = 0
)
```

Arguments

`MSS, MAC`	Numeric vectors. Model parameters
`gates`	Numeric vectors. Distances of the timing gates
`FD`	Numeric vector. Flying start distance. Default is 0
`TC`	Numeric vector. Time-correction added to split times (e.g., reaction time). Default is 0
`noise`	Numeric vector. SD of Gaussian noise added to the split times. Default is 0

Examples

```
create_timing_gates_splits(
  gates = c(10, 20, 30, 40, 50),
  MSS = 10,
  MAC = 9,
  FD = 0.5,
  TC = 0
)
```

---

find_functions *Find functions*

Description

Family of functions that serve a purpose of finding maximal value and critical distances and times at which power, acceleration or velocity drops below certain threshold.

`find_max_power_distance` finds maximum power and `distance` at which max power occurs

`find_max_power_time` finds maximum power and `time` at which max power occurs

`find_velocity_critical_distance` finds critical distance at which `percent` of `MSS` is achieved

`find_velocity_critical_time` finds critical time at which `percent` of `MSS` is achieved

`find_acceleration_critical_distance` finds critical distance at which `percent` of `MAC` is reached

`find_acceleration_critical_time` finds critical time at which `percent` of `MAC` is reached

`find_power_critical_distance` finds critical distances at which maximal power over `percent` is achieved

`find_power_critical_time` finds critical times at which maximal power over `percent` is achieved

Usage

```
find_max_power_distance(MSS, MAC, ...)

find_max_power_time(MSS, MAC, ...)

find_velocity_critical_distance(MSS, MAC, percent = 0.9)

find_velocity_critical_time(MSS, MAC, percent = 0.9)

find_acceleration_critical_distance(MSS, MAC, percent = 0.9)

find_acceleration_critical_time(MSS, MAC, percent = 0.9)

find_power_critical_distance(MSS, MAC, percent = 0.9, ...)

find_power_critical_time(MSS, MAC, percent = 0.9, ...)
```

Arguments

`MSS, MAC`	Numeric vectors. Model parameters
`...`	Forwarded to `predict_power_at_distance` for the purpose of calculation of air resistance
`percent`	Numeric vector. Used to calculate critical distance. Default is 0.9

Value

`find_max_power_distance` returns list with two elements: `max_power` and `distance` at which max power occurs

`find_max_power_time` returns list with two elements: `max_power` and `time` at which max power occurs

References

Haugen TA, Tønnessen E, Seiler SK. 2012. The Difference Is in the Start: Impact of Timing and Start Procedure on Sprint Running Performance: Journal of Strength and Conditioning Research 26:473–479. DOI: 10.1519/JSC.0b013e318226030b.

Samozino P. 2018. A Simple Method for Measuring Force, Velocity and Power Capabilities and Mechanical Effectiveness During Sprint Running. In: Morin J-B, Samozino P eds. Biomechanics of Training and Testing. Cham: Springer International Publishing, 237–267. DOI: 10.1007/978-3-319-05633-3_11.

Examples

```
dist <- seq(0, 40, length.out = 1000)

velocity <- predict_velocity_at_distance(
  distance = dist,
  MSS = 10,
  MAC = 9
)

acceleration <- predict_acceleration_at_distance(
  distance = dist,
  MSS = 10,
  MAC = 9
)

# Use ... to forward parameters to the shorts::get_air_resistance
pwr <- predict_relative_power_at_distance(
  distance = dist,
  MSS = 10,
  MAC = 9
  # bodyweight = 100,
  # bodyheight = 1.9,
  # barometric_pressure = 760,
  # air_temperature = 25,
  # wind_velocity = 0
```

```
)

# Find critical distance when 90% of MSS is reached
plot(x = dist, y = velocity, type = "l")
abline(h = 10 * 0.9, col = "gray")
abline(v = find_velocity_critical_distance(MSS = 10, MAC = 9), col = "red")

# Find critical distance when 20% of MAC is reached
plot(x = dist, y = acceleration, type = "l")
abline(h = (10 / 0.9) * 0.2, col = "gray")
abline(v = find_acceleration_critical_distance(MSS = 10, MAC = 9, percent = 0.2), col = "red")

# Find max power and location of max power
plot(x = dist, y = pwr, type = "l")

max_pwr <- find_max_power_distance(
  MSS = 10,
  MAC = 9
  # Use ... to forward parameters to the shorts::get_air_resistance
)
abline(h = max_pwr$max_power, col = "gray")
abline(v = max_pwr$distance, col = "red")

# Find distance in which relative power stays over 75% of PMAX'
plot(x = dist, y = pwr, type = "l")
abline(h = max_pwr$max_power * 0.75, col = "gray")
pwr_zone <- find_power_critical_distance(MSS = 10, MAC = 9, percent = 0.75)
abline(v = pwr_zone$lower, col = "blue")
abline(v = pwr_zone$upper, col = "blue")
```

`find_optimal_distance` *Function that finds the distance at which the sprint, probe, or FV profile is optimal (i.e., equal to 100 perc)*

Description

Function that finds the distance at which the sprint, probe, or FV profile is optimal (i.e., equal to 100 perc)

Usage

```
find_optimal_distance(..., optimal_func = optimal_FV, min = 1, max = 60)
```

Arguments

`...`	Forwarded to selected `optimal_func`
`optimal_func`	Selected profile optimization function. Default is `optimal_FV`
`min, max`	Distance over which to find optimal profile distance

Value

Distance

Examples

```
MSS <- 10
MAC <- 8
bodymass <- 75

fv <- make_FV_profile(MSS, MAC, bodymass)

find_optimal_distance(
  F0 = fv$F0_poly,
  V0 = fv$V0_poly,
  bodymass = fv$bodymass,
  optimal_func = optimal_FV,
  method = "max"
)

find_optimal_distance(
  MSS = MSS,
  MAC = MAC,
  optimal_func = optimal_MSS_MAC
)

find_optimal_distance(
  MSS = MSS,
  MAC = MAC,
  optimal_func = probe_MSS_MAC
)
```

---

fitted.shorts_model   *S3 method for returning predictions of* shorts_model

---

Description

S3 method for returning predictions of shorts_model

Usage

```
## S3 method for class 'shorts_model'
fitted(object, ...)
```

Arguments

object	shorts_model object
...	Extra arguments. Not used

Examples

```
split_distances <- c(10, 20, 30, 40, 50)
split_times <- create_timing_gates_splits(
  gates = split_distances,
  MSS = 10,
  MAC = 9,
  FD = 0.25,
  TC = 0
)

# Simple model
simple_model <- model_timing_gates(split_distances, split_times)
fitted(simple_model)
```

`format_splits` *Format Split Data*

Description

Function formats split data and calculates split distances, split times and average split velocity

Usage

```
format_splits(distance, time)
```

Arguments

`distance`	Numeric vector
`time`	Numeric vector

Value

Data frame with the following columns:

split Split number

split_distance_start Distance at which split starts

split_distance_stop Distance at which split ends

split_distance Split distance

split_time_start Time at which distance starts

split_time_stop Time at which distance ends

split_time Split time

split_mean_velocity Mean velocity over split distance

split_mean_acceleration Mean acceleration over split distance

Examples

```
data("split_times")

john_data <- split_times[split_times$athlete == "John", ]

format_splits(john_data$distance, john_data$time)
```

---

get_air_resistance — *Get Air Resistance*

Description

`get_air_resistance` estimates air resistance in Newtons

Usage

```
get_air_resistance(
  velocity,
  bodymass = 75,
  bodyheight = 1.75,
  barometric_pressure = 760,
  air_temperature = 25,
  wind_velocity = 0
)
```

Arguments

`velocity`	Instantaneous running velocity in meters per second (m/s)
`bodymass`	In kilograms (kg)
`bodyheight`	In meters (m)
`barometric_pressure`	In Torrs
`air_temperature`	In Celzius (C)
`wind_velocity`	In meters per second (m/s). Use negative number as head wind, and positive number as back wind

Value

Air resistance in Newtons (N)

References

Arsac LM, Locatelli E. 2002. Modeling the energetics of 100-m running by using speed curves of world champions. Journal of Applied Physiology 92:1781–1788. DOI: 10.1152/japplphysiol.00754.2001.

Samozino P, Rabita G, Dorel S, Slawinski J, Peyrot N, Saez de Villarreal E, Morin J-B. 2016. A simple method for measuring power, force, velocity properties, and mechanical effectiveness in sprint running: Simple method to compute sprint mechanics. Scandinavian Journal of Medicine & Science in Sports 26:648–658. DOI: 10.1111/sms.12490.

van Ingen Schenau GJ, Jacobs R, de Koning JJ. 1991. Can cycle power predict sprint running performance? European Journal of Applied Physiology and Occupational Physiology 63:255–260. DOI: 10.1007/BF00233857.

Examples

```
get_air_resistance(
  velocity = 5,
  bodymass = 80,
  bodyheight = 1.90,
  barometric_pressure = 760,
  air_temperature = 16,
  wind_velocity = -0.5
)
```

---

jb_morin *JB Morin Sample Dataset*

Description

Sample radar gun data provided by Jean-Benoît Morin on his website. See https://jbmorin.net/2017/12/13/a-spreadsheet-for-sprint-acceleration-force-velocity-power-profiling/ for more details.

Usage

```
data(jb_morin)
```

Format

Data frame with 2 variables and 232 observations:

time Time in seconds

velocity Velocity in m/s

Details

This dataset represents a sample data provided by Jean-Benoît Morin on a single individual running approximately 35m from a stand still position that is measured with the radar gun. Individual's body mass is 75kg, height is 1.72m. Conditions of the run are the following: air temperature 25C, barometric pressure 760mmHg, wind velocity 0m/s.

The purpose of including this dataset in the package is to check the agreement of the model estimates with Jean-Benoît Morin Microsoft Excel spreadsheet.

Author(s)

Jean-Benoît Morin
Inter-university Laboratory of Human Movement Biology
Saint-Étienne, France https://jbmorin.net/

References

Morin JB. 2017.A spreadsheet for Sprint acceleration Force-Velocity-Power profiling. Available at https://jbmorin.net/2017/12/13/a-spreadsheet-for-sprint-acceleration-force-velocity-power-profiling/ (accessed October 27, 2020).

`make_FV_profile` *Get Force-Velocity Profile*

Description

Provides Force-Velocity (FV) profile suggested by Pierre Samozino and JB-Morin, et al. (2016) and Pierre Samozino and Nicolas Peyror, et al (2021).

Usage

```
make_FV_profile(
  MSS,
  MAC,
  bodymass = 75,
  max_time = 6,
  frequency = 100,
  RFmax_cutoff = 0.3,
  ...
)
```

Arguments

`MSS, MAC`	Numeric vectors. Model parameters
`bodymass`	Body mass in kg. Used to calculate relative power and forwarded to `get_air_resistance`
`max_time`	Predict from 0 to `max_time`. Default is 6seconds
`frequency`	Number of samples within one second. Default is 100Hz

RFmax_cutoff	Time cut-off used to estimate RFmax and Drf. Default is 0.3s
...	Forwarded to get_air_resistance for the purpose of calculation of air resistance and power

Value

List containing the following elements:

bodymass Returned bodymass used in FV profiling

F0 Horizontal force when velocity=0

F0_rel F0 divided by bodymass

V0 Velocity when horizontal force=0

Pmax Maximal horizontal power

Pmax_rel Pmax divided by bodymass

FV_slope Slope of the FV profile. See References for more info

RFmax Maximal force ratio after 0.3sec. See References for more info

RFmax_cutoff Time cut-off used to estimate RFmax

Drf Slope of Force Ratio (RF) and velocity. See References for more info

RSE_FV Residual standard error of the FV profile.

RSE_Drf Residual standard error of the RF-velocity profile

F0_poly Horizontal force when velocity=0, estimated using the analytics/polynomial method

F0_poly_rel F0_poly divided by bodymass

V0_poly Velocity when horizontal force=0, estimated using the analytics/polynomial method

Pmax_poly Maximal horizontal power, estimated using the analytics/polynomial method

Pmax_poly_rel Pmax_poly divided by bodymass

FV_slope_poly Slope of the FV profile, estimated using the analytics/polynomial method. See References for more info

data Data frame containing simulated data used to estimate parameters

References

Samozino P, Rabita G, Dorel S, Slawinski J, Peyrot N, Saez de Villarreal E, Morin J-B. 2016. A simple method for measuring power, force, velocity properties, and mechanical effectiveness in sprint running: Simple method to compute sprint mechanics. Scandinavian Journal of Medicine & Science in Sports 26:648–658. DOI: 10.1111/sms.12490.

Samozino P, Peyrot N, Edouard P, Nagahara R, Jimenez-Reyes P, Vanwanseele B, Morin J. 2022. Optimal mechanical force-velocity profile for sprint acceleration performance. Scandinavian Journal of Medicine & Science in Sports 32:559–575. DOI: 10.1111/sms.14097.

Examples

```
data("jb_morin")

m1 <- model_radar_gun(time = jb_morin$time, velocity = jb_morin$velocity)

fv_profile <- make_FV_profile(
  MSS = m1$parameters$MSS,
  MAC = m1$parameters$MAC,
  bodyheight = 1.72,
  bodymass = 120
)

print(fv_profile)
plot(fv_profile)
plot(fv_profile, "time")
```

---

model_radar_gun — *Model Using Instantaneous Velocity or Radar Gun*

Description

This function models the sprint instantaneous velocity using mono-exponential equation that estimates maximum sprinting speed (`MSS`) and relative acceleration (`TAU`). `velocity` is used as target or outcome variable, and `time` as predictor.

Usage

```
model_radar_gun(
  time,
  velocity,
  weights = 1,
  CV = NULL,
  use_observed_MSS = FALSE,
  control = minpack.lm::nls.lm.control(maxiter = 1000),
  na.rm = FALSE,
  ...
)
```

Arguments

`time`	Numeric vector
`velocity`	Numeric vector
`weights`	Numeric vector. Default is 1
`CV`	Should cross-validation be used to estimate model fit? Default is `NULL`. Otherwise use integer indicating number of folds. See Example for more information
`use_observed_MSS`	Should `MSS` be estimated from the observed `velocity`? Default is `FALSE`

control	Control object forwarded to nlsLM. Default is minpack.lm::nls.lm.control(maxiter = 1000)
na.rm	Logical. Default is FALSE
...	Forwarded to nlsLM function

Value

List object with the following elements:

parameters List with the following estimated parameters: MSS, TAU, MAC, PMAX, and TC

model_fit List with the following components: RSE, R_squared, minErr, maxErr, and RMSE

model Model returned by the nlsLM function

data Data frame used to estimate the sprint parameters, consisting of time, velocity, weights, and pred_velocity columns

References

Samozino P. 2018. A Simple Method for Measuring Force, Velocity and Power Capabilities and Mechanical Effectiveness During Sprint Running. In: Morin J-B, Samozino P eds. Biomechanics of Training and Testing. Cham: Springer International Publishing, 237–267. DOI: 10.1007/978-3-319-05633-3_11.

Examples

```
instant_velocity <- data.frame(
  time = c(0, 1, 2, 3, 4, 5, 6),
  velocity = c(0.00, 4.99, 6.43, 6.84, 6.95, 6.99, 7.00)
)

sprint_model <- with(
  instant_velocity,
  model_radar_gun(time, velocity)
)

print(sprint_model)
coef(sprint_model)
plot(sprint_model)
```

---

model_tether *Model Using Instantaneous Tether device*

Description

This function models the sprint instantaneous velocity using mono-exponential equation that estimates maximum sprinting speed (MSS) and relative acceleration (TAU). velocity is used as target or outcome variable, and distance as predictor.

Usage

```
model_tether(
  distance,
  velocity,
  weights = 1,
  CV = NULL,
  use_observed_MSS = FALSE,
  control = minpack.lm::nls.lm.control(maxiter = 1000),
  na.rm = FALSE,
  ...
)
```

Arguments

`distance`	Numeric vector
`velocity`	Numeric vector
`weights`	Numeric vector. Default is 1
`CV`	Should cross-validation be used to estimate model fit? Default is `NULL`. Otherwise use integer indicating number of folds. See Example for more information
`use_observed_MSS`	Should `MSS` be estimated from the observed `velocity`? Default is `FALSE`
`control`	Control object forwarded to `nlsLM`. Default is `minpack.lm::nls.lm.control(maxiter = 1000)`
`na.rm`	Logical. Default is FALSE
`...`	Forwarded to `nlsLM` function

Value

List object with the following elements:

parameters List with the following estimated parameters: `MSS`, `TAU`, `MAC`, and `PMAX`

model_fit List with the following components: `RSE`, `R_squared`, `minErr`, `maxErr`, and `RMSE`

model Model returned by the `nlsLM` function

data Data frame used to estimate the sprint parameters, consisting of `distance`, `velocity`, `weights`, and `pred_velocity` columns

Examples

```
distance <- c(5, 10, 20, 30, 40)

velocity <- predict_velocity_at_distance(distance, MSS = 10, MAC = 8)

m1 <- model_tether(distance = distance, velocity = velocity)

m1

plot(m1)
```

`model_timing_gates` *Models Using Timing Gates Split Times*

Description

These functions model the sprint split times using mono-exponential equation, where `time` is used as target or outcome variable, and `distance` as predictor.

- `model_timing_gates` Provides the simplest model with estimated `MSS` and `MAC` parameters
- `model_timing_gates_TC` Besides estimating `MSS` and `MAC` parameters, this function estimates additional parameter `TC` or time correction
- `model_timing_gates_FD` In addition to estimating `MSS` and `MAC` parameters, this function estimates `FD` or flying distance
- `model_timing_gates_FD_TC` Combines the approach of the `model_timing_gates_FD` with that one of `model_timing_gates_TC`. In other words, it add extra parameter `TC` to be estimated in the `model_timing_gates_FD` model

Usage

```
model_timing_gates(
  distance,
  time,
  weights = 1,
  LOOCV = FALSE,
  control = minpack.lm::nls.lm.control(maxiter = 1000),
  na.rm = FALSE,
  ...
)

model_timing_gates_TC(
  distance,
  time,
  weights = 1,
  LOOCV = FALSE,
  control = minpack.lm::nls.lm.control(maxiter = 1000),
  na.rm = FALSE,
  ...
)

model_timing_gates_FD(
  distance,
  time,
  weights = 1,
  FD = NULL,
  LOOCV = FALSE,
  control = minpack.lm::nls.lm.control(maxiter = 1000),
```

```
  na.rm = FALSE,
  ...
)

model_timing_gates_FD_TC(
  distance,
  time,
  weights = 1,
  FD = NULL,
  LOOCV = FALSE,
  control = minpack.lm::nls.lm.control(maxiter = 1000),
  na.rm = FALSE,
  ...
)
```

Arguments

distance, time	Numeric vector. Indicates the position of the timing gates and time measured
weights	Numeric vector. Default is vector of 1. This is used to give more weight to particular observations. For example, use `1\distance` to give more weight to observations from shorter distances.
LOOCV	Should Leave-one-out cross-validation be used to estimate model fit? Default is `FALSE`
control	Control object forwarded to `nlsLM`. Default is `minpack.lm::nls.lm.control(maxiter = 1000)`
na.rm	Logical. Default is FALSE
...	Extra parameters forwarded to `nlsLM` function
FD	Use this parameter if you do not want the `FD` parameter to be estimated, but rather take the provided value

Value

List object with the following elements:

data Data frame used to estimate the sprint parameters, consisting of `distance`, `time`, `weights`, and `pred_time` columns

model Model returned by the `nlsLM` function

parameters List with the estimated parameters, of which the following are always returned: `MSS`, `TAU`, `MAC`, and `PMAX`

model_fit List with the following components: `RSE`, `R_squared`, `minErr`, `maxErr`, and `RMSE`

References

Haugen TA, Tønnessen E, Seiler SK. 2012. The Difference Is in the Start: Impact of Timing and Start Procedure on Sprint Running Performance: Journal of Strength and Conditioning Research 26:473–479. DOI: 10.1519/JSC.0b013e318226030b.

Jovanović, M., Vescovi, J.D. (2020). shorts: An R Package for Modeling Short Sprints. Preprint available at SportRxiv. https://doi.org/10.31236/osf.io/4jw62

Examples

```
split_distances <- c(10, 20, 30, 40, 50)
split_times <- create_timing_gates_splits(
  gates = split_distances,
  MSS = 10,
  MAC = 9,
  FD = 0.25,
  TC = 0
)

# Simple model
simple_model <- model_timing_gates(split_distances, split_times)

print(simple_model)
coef(simple_model)
plot(simple_model)

# Model with correction of 0.3s
model_with_correction <- model_timing_gates(split_distances, split_times + 0.3)

print(model_with_correction)
plot(model_with_correction)

# Model with time_correction estimation
model_with_TC <- model_timing_gates_TC(split_distances, split_times)

print(model_with_TC)
plot(model_with_TC)

# Model with flying distance estimations
model_with_FD <- model_timing_gates_FD(split_distances, split_times)

print(model_with_FD)
plot(model_with_FD)

# Model with flying distance estimations and time correction
model_with_FD_TC <- model_timing_gates_FD_TC(split_distances, split_times)

print(model_with_FD_TC)
plot(model_with_FD_TC)
```

---

optimal_functions *Optimal profile functions*

Description

Family of functions that serve a purpose of finding optimal sprint or force-velocity profile

`optimal_FV` finds "optimal" `F0` and `V0` where time at distance is minimized, while keeping the power the same optimal_MSS_MAC finds "optimal" MSS and MAS where time at distance is minimized, while keeping the Pmax the same

Usage

```
optimal_FV(distance, F0, V0, bodymass = 75, method = "max", ...)

optimal_MSS_MAC(distance, MSS, MAC)
```

Arguments

distance	Numeric vector
F0, V0	Numeric vectors. FV profile parameters
bodymass	Body mass in kg
method	Method to be utilized. Options are "peak" and "max" (default)
...	Forwarded to predict_power_at_distance for the purpose of calculation of air resistance
MSS, MAC	Numeric vectors. Model parameters

Value

optimal_FV returns s data frame with the following columns

F0 Original F0

V0 Original F0

bodymass Bodymass

Pmax Maximal power estimated using F0 * V0 / 4

Pmax_rel Relative maximal power

slope FV profile slope

distance Distance

time Time to cover distance

Ppeak Peak power estimated quantitatively

Ppeak_rel Relative peak power

Ppeak_dist Distance at which peak power is manifested

Ppeak_time Time at which peak power is manifested

F0_optim Optimal F0

F0_coef Ratio between F0_optim an F0

V0_optim Optimal V0

V0_coef Ratio between V0_optim an V0

Pmax_optim Optimal maximal power estimated F0_optim * V0_optim / 4

Pmax_rel_optim Optimal relative maximal power

slope_optim Optimal FV profile slope

profile_imb Percent ratio between slope and optimal slope

time_optim Time to cover distance when profile is optimal

time_gain Difference in time to cover distance between time_optimal and time

Ppeak_optim Optimal peak power estimated quantitatively

Ppeak_rel_optim Optimal relative peak power

Ppeak_dist_optim Distance at which optimal peak power is manifested

Ppeak_time_optim Time at which optimal peak power is manifested

`optimal_MSS_MAC` returns a data frame with the following columns

MSS Original MSS

MAC Original MAC

Pmax_rel Relative maximal power estimated using MSS * MAC / 4

slope Sprint profile slope

distance Distance

time Time to cover distance

MSS_optim Optimal MSS

MSS_coef Ratio between MSS_optim an MSS

MAC_optim Optimal MAC

MAC_coef Ratio between MAC_optim an MAC

Pmax_rel_optim Optimal relative maximal power estimated using MSS_optim * MAC_optim / 4

slope_optim Optimal sprint profile slope

profile_imb Percent ratio between slope and optimal slope

time_optim Time to cover distance when profile is optimal

time_gain Difference in time to cover distance between time_optimal and time

References

Samozino P, Peyrot N, Edouard P, Nagahara R, Jimenez-Reyes P, Vanwanseele B, Morin J. 2022. Optimal mechanical force-velocity profile for sprint acceleration performance. Scandinavian Journal of Medicine & Science in Sports 32:559–575. DOI: 10.1111/sms.14097.

Examples

```
MSS <- 10
MAC <- 8
bodymass <- 75

fv <- make_FV_profile(MSS, MAC, bodymass)

dist <- seq(5, 40, by = 5)

opt_MSS_MAC_profile <- optimal_MSS_MAC(
  distance = dist,
```

```
    MSS,
    MAC
  )[["profile_imb"]]

  opt_FV_profile <- optimal_FV(
    distance = dist,
    fv$F0_poly,
    fv$V0_poly,
    fv$bodymass
  )[["profile_imb"]]

  opt_FV_profile_peak <- optimal_FV(
    distance = dist,
    fv$F0_poly,
    fv$V0_poly,
    fv$bodymass,
    method = "peak"
  )[["profile_imb"]]

  plot(x = dist, y = opt_MSS_MAC_profile, type = "l", ylab = "Profile imbalance")
  lines(x = dist, y = opt_FV_profile, type = "l", col = "blue")
  lines(x = dist, y = opt_FV_profile_peak, type = "l", col = "red")
  abline(h = 100, col = "gray", lty = 2)
```

---

plot.shorts_fv_profile — *S3 method for plotting* `shorts_fv_profile` *object*

Description

S3 method for plotting `shorts_fv_profile` object

Usage

```
## S3 method for class 'shorts_fv_profile'
plot(x, type = "velocity", ...)
```

Arguments

x	`shorts_fv_profile` object
type	Type of plot. Options are "velocity" (default) and "time"
...	Not used

Value

ggplot object

Examples

```
data("jb_morin")

m1 <- model_radar_gun(time = jb_morin$time, velocity = jb_morin$velocity)

fv_profile <- make_FV_profile(
  MSS = m1$parameters$MSS,
  MAC = m1$parameters$MAC,
  bodyheight = 1.72,
  bodymass = 120
)

plot(fv_profile)
plot(fv_profile, "time")
```

---

plot.shorts_model   *S3 method for plotting* shorts_model *object*

Description

S3 method for plotting shorts_model object

Usage

```
## S3 method for class 'shorts_model'
plot(x, type = NULL, ...)
```

Arguments

x	shorts_model object
type	Not used
...	Not used

Value

ggplot object

Examples

```
split_times <- data.frame(
  distance = c(5, 10, 20, 30, 35),
  time = c(1.20, 1.96, 3.36, 4.71, 5.35)
)

# Simple model with time splits
simple_model <- with(
  split_times,
  model_timing_gates(distance, time)
```

```
)

coef(simple_model)
plot(simple_model)

# Simple model with radar gun data
instant_velocity <- data.frame(
  time = c(0, 1, 2, 3, 4, 5, 6),
  velocity = c(0.00, 4.99, 6.43, 6.84, 6.95, 6.99, 7.00)
)

radar_model <- with(
  instant_velocity,
  model_radar_gun(time, velocity)
)

# sprint_model$parameters
coef(radar_model)
plot(radar_model)
```

`predict.shorts_model` *S3 method for making predictions using* `shorts_model`

Description

S3 method for making predictions using `shorts_model`

Usage

```
## S3 method for class 'shorts_model'
predict(object, ...)
```

Arguments

`object`	`shorts_model` object
`...`	Forwarded to generic `predict()` function

Examples

```
split_distances <- c(10, 20, 30, 40, 50)
split_times <- create_timing_gates_splits(
  gates = split_distances,
  MSS = 10,
  MAC = 9,
  FD = 0.25,
  TC = 0
)

# Simple model
simple_model <- model_timing_gates(split_distances, split_times)
predict(simple_model)
```

predict_kinematics *Kinematics prediction functions*

Description

Predicts kinematic from known MSS and MAC parameters

Usage

```
predict_velocity_at_time(time, MSS, MAC)

predict_distance_at_time(time, MSS, MAC)

predict_acceleration_at_time(time, MSS, MAC)

predict_time_at_distance(distance, MSS, MAC)

predict_time_at_distance_FV(distance, F0, V0, bodymass = 75, ...)

predict_velocity_at_distance(distance, MSS, MAC)

predict_acceleration_at_distance(distance, MSS, MAC)

predict_acceleration_at_velocity(velocity, MSS, MAC)

predict_air_resistance_at_time(time, MSS, MAC, ...)

predict_air_resistance_at_distance(distance, MSS, MAC, ...)

predict_force_at_time(time, MSS, MAC, bodymass = 75, ...)

predict_force_at_distance(distance, MSS, MAC, bodymass = 75, ...)

predict_power_at_distance(distance, MSS, MAC, bodymass = 75, ...)

predict_power_at_time(time, MSS, MAC, bodymass = 75, ...)

predict_relative_power_at_distance(distance, MSS, MAC, bodymass = 75, ...)

predict_relative_power_at_time(time, MSS, MAC, bodymass = 75, ...)

predict_kinematics(object, max_time = 6, frequency = 100, bodymass = 75, ...)
```

Arguments

time, distance, velocity
Numeric vectors

MSS, MAC	Numeric vectors. Model parameters
F0, V0	Numeric vectors. FV profile parameters
bodymass	Body mass in kg. Used to calculate relative power and forwarded to get_air_resistance
...	Forwarded to get_air_resistance for the purpose of calculation of air resistance and power
object	shorts_model object
max_time	Predict from 0 to max_time. Default is 6seconds
frequency	Number of samples within one second. Default is 100Hz

Value

Numeric vector

Data frame with kinetic and kinematic variables

References

Haugen TA, Tønnessen E, Seiler SK. 2012. The Difference Is in the Start: Impact of Timing and Start Procedure on Sprint Running Performance: Journal of Strength and Conditioning Research 26:473–479. DOI: 10.1519/JSC.0b013e318226030b.

Jovanović, M., Vescovi, J.D. (2020). shorts: An R Package for Modeling Short Sprints. Preprint available at SportRxiv. https://doi.org/10.31236/osf.io/4jw62

Samozino P. 2018. A Simple Method for Measuring Force, Velocity and Power Capabilities and Mechanical Effectiveness During Sprint Running. In: Morin J-B, Samozino P eds. Biomechanics of Training and Testing. Cham: Springer International Publishing, 237–267. DOI: 10.1007/978-3-319-05633-3_11.

Examples

```
MSS <- 8
MAC <- 9

time_seq <- seq(0, 6, length.out = 10)

df <- data.frame(
  time = time_seq,
  distance_at_time = predict_distance_at_time(time_seq, MSS, MAC),
  velocity_at_time = predict_velocity_at_time(time_seq, MSS, MAC),
  acceleration_at_time = predict_acceleration_at_time(time_seq, MSS, MAC)
)

df$time_at_distance <- predict_time_at_distance(df$distance_at_time, MSS, MAC)
df$velocity_at_distance <- predict_velocity_at_distance(df$distance_at_time, MSS, MAC)
df$acceleration_at_distance <- predict_acceleration_at_distance(df$distance_at_time, MSS, MAC)
df$acceleration_at_velocity <- predict_acceleration_at_velocity(df$velocity_at_time, MSS, MAC)

# Power calculation uses shorts::get_air_resistance function and its defaults
# values to calculate power. Use the ... to setup your own parameters for power
# calculations
```

```
df$power_at_time <- predict_power_at_time(
  time = df$time, MSS = MSS, MAC = MAC,
  # Check shorts::get_air_resistance for available params
  bodymass = 100, bodyheight = 1.85
)

df

# Example for predict_kinematics
split_times <- data.frame(
  distance = c(5, 10, 20, 30, 35),
  time = c(1.20, 1.96, 3.36, 4.71, 5.35)
)

# Simple model
simple_model <- with(
  split_times,
  model_timing_gates(distance, time)
)

predict_kinematics(simple_model)
```

`print.shorts_fv_profile` *S3 method for printing* `shorts_fv_profile` *object*

Description

S3 method for printing `shorts_fv_profile` object

Usage

```
## S3 method for class 'shorts_fv_profile'
print(x, ...)
```

Arguments

`x`	`shorts_fv_profile` object
`...`	Not used

Examples

```
data("jb_morin")

m1 <- model_radar_gun(time = jb_morin$time, velocity = jb_morin$velocity)

fv_profile <- make_FV_profile(
  MSS = m1$parameters$MSS,
  MAC = m1$parameters$MAC,
```

```
  bodyheight = 1.72,
  bodymass = 120
)

print(fv_profile)
```

`print.shorts_model` *S3 method for printing* `shorts_model` *object*

Description

S3 method for printing `shorts_model` object

Usage

```
## S3 method for class 'shorts_model'
print(x, ...)
```

Arguments

x	`shorts_model` object
...	Not used

Examples

```
split_distances <- c(10, 20, 30, 40, 50)
split_times <- create_timing_gates_splits(
  gates = split_distances,
  MSS = 10,
  MAC = 9,
  FD = 0.25,
  TC = 0
)

# Simple model
simple_model <- model_timing_gates(split_distances, split_times)
simple_model
```

probe_functions *Probe profile functions*

Description

Family of functions that serve a purpose of probing sprint or force-velocity profile. This is done by increasing individual sprint parameter for a percentage and calculating which parameter imptovement yield biggest deduction in sprint tim

`probe_FV` "probes" `F0` and `V0` and calculates which one improves sprint time for a defined `distance`

`probe_MSS_MAC` "probes" `MSS` and `MAC` and calculates which one improves sprint time for a defined `distance`

Usage

```
probe_FV(distance, F0, V0, bodymass = 75, perc = 2.5, ...)

probe_MSS_MAC(distance, MSS, MAC, perc = 2.5)
```

Arguments

`distance`	Numeric vector
`F0, V0`	Numeric vectors. FV profile parameters
`bodymass`	Body mass in kg
`perc`	Numeric vector. Probing percentage. Default is 2.5 percent
`...`	Forwarded to `predict_power_at_distance` for the purpose of calculation of air resistance
`MSS, MAC`	Numeric vectors. Model parameters

Value

`probe_FV` returns a data frame with the following columns

F0 Original F0

V0 Original F0

bodymass Bodymass

Pmax Maximal power estimated using F0 * V0 / 4

Pmax_rel Relative maximal power

slope FV profile slope

distance Distance

time Time to cover distance

probe_perc Probe percentage

F0_probe Probing F0

F0_probe_time Predicted time for distance when F0 is probed

F0_probe_time_gain Difference in time to cover distance between time_optimal and time

V0_probe Probing V0

V0_probe_time Predicted time for distance when V0 is probed

V0_probe_time_gain Difference in time to cover distance between time_optimal and time

profile_imb Percent ratio between V0_probe_time_gain and F0_probe_time_gain

`probe_MSS_MAC` returns a data frame with the following columns

MSS Original MSS

MAC Original MAC

Pmax_rel Relative maximal power estimated using MSS * MAC / 4

slope Sprint profile slope

distance Distance

time Time to cover distance

probe_perc Probe percentage

MSS_probe Probing MSS

MSS_probe_time Predicted time for distance when MSS is probed

MSS_probe_time_gain Difference in time to cover distance between probe time and time

MAC_probe Probing MAC

MAC_probe_time Predicted time for distance when MAC is probed

MAC_probe_time_gain Difference in time to cover distance between probing time and time

profile_imb Percent ratio between MSS_probe_time_gain and MAC_probe_time_gain

Examples

```
MSS <- 10
MAC <- 8
bodymass <- 75

fv <- make_FV_profile(MSS, MAC, bodymass)

dist <- seq(5, 40, by = 5)

probe_MSS_MAC_profile <- probe_MSS_MAC(
  distance = dist,
  MSS,
  MAC
)[["profile_imb"]]

probe_FV_profile <- probe_FV(
  distance = dist,
  fv$F0_poly,
  fv$V0_poly,
  fv$bodymass
```

```
)[["profile_imb"]]

plot(x = dist, y = probe_MSS_MAC_profile, type = "l", ylab = "Profile imbalance")
lines(x = dist, y = probe_FV_profile, type = "l", col = "blue")
abline(h = 100, col = "gray", lty = 2)
```

`radar_gun_data` *Radar Gun Data*

Description

Data generated from known MSS and TAU and measurement error for N=5 athletes using radar gun with sampling frequency of 100Hz over 6 seconds.

Usage

```
data(radar_gun_data)
```

Format

Data frame with 4 variables and 3000 observations:

athlete Character string

bodyweight Bodyweight in kilograms

time Time reported by the radar gun in seconds

velocity Velocity reported by the radar gun in m/s

`residuals.shorts_model` *S3 method for providing residuals for the* `shorts_model` *object*

Description

S3 method for providing residuals for the `shorts_model` object

Usage

```
## S3 method for class 'shorts_model'
residuals(object, ...)
```

Arguments

`object`	`shorts_model` object
`...`	Not used

Examples

```
split_distances <- c(10, 20, 30, 40, 50)
split_times <- create_timing_gates_splits(
  gates = split_distances,
  MSS = 10,
  MAC = 9,
  FD = 0.25,
  TC = 0
)

# Simple model
simple_model <- model_timing_gates(split_distances, split_times)
residuals(simple_model)
```

`split_times` *Split Testing Data*

Description

Data generated from known MSS and TAU and measurement error for N=5 athletes using 6 timing gates: 5m, 10m, 15m, 20m, 30m, 40m

Usage

```
data(split_times)
```

Format

Data frame with 4 variables and 30 observations:

athlete Character string

bodyweight Bodyweight in kilograms

distance Distance of the timing gates from the sprint start in meters

time Time reported by the timing gate

`summary.shorts_model` *S3 method for providing summary for the* `shorts_model` *object*

Description

S3 method for providing summary for the `shorts_model` object

Usage

```
## S3 method for class 'shorts_model'
summary(object, ...)
```

Arguments

`object`	`shorts_model` object
`...`	Not used

Examples

```
split_distances <- c(10, 20, 30, 40, 50)
split_times <- create_timing_gates_splits(
  gates = split_distances,
  MSS = 10,
  MAC = 9,
  FD = 0.25,
  TC = 0
)

# Simple model
simple_model <- model_timing_gates(split_distances, split_times)
summary(simple_model)
```

`vescovi` *Vescovi Timing Gates Sprint Times*

Description

Timing gates sprint times involving 52 female athletes. Timing gates were located at 5m, 10m, 20m, 30m, and 35m. See **Details** for more information.

Usage

```
data(vescovi)
```

Format

Data frame with 17 variables and 52 observations:

Team Team or sport. Contains the following levels: 'W Soccer' (Women Soccer), 'FH Sr' (Field Hockey Seniors), 'FH U21' (Field Hockey Under 21), and 'FH U17' (Field Hockey Under 17)

Surface Type of testing surface. Contains the following levels: 'Hard Cours' and 'Natural Grass'

Athlete Athlete ID

Age Athlete age in years

Height Body height in cm

Bodyweight Body weight in kg

BMI Body Mass Index

BSA Body Surface Area. Calculated using Mosteller equation `sqrt((height/weight)/3600)`

5m Time in seconds at 5m gate

10m Time in seconds at 10m gate

20m Time in seconds at 20m gate

30m Time in seconds at 30m gate

35m Time in seconds at 35m gate

10m-5m split Split time in seconds between 10m and 5m gate

20m-10m split Split time in seconds between 20m and 10m gate

30m-20m split Split time in seconds between 30m and 20m gate

35m-30m split Split time in seconds between 35m and 30m gate

Details

This data-set represents sub-set of data from a total of 220 high-level female athletes (151 soccer players and 69 field hockey players). Using a random number generator, a total of 52 players (35 soccer and 17 field hockey) were selected for this data-set. Soccer players were older (24.6±3.6 vs. 18.9±2.7 yr, $p < 0.001$), however there were no differences for height (167.3±5.9 vs. 167.0±5.7 cm, $p = 0.886$), body mass (62.5±5.9 vs. 64.0±9.4 kg, $p = 0.500$) or any sprint interval time ($p > 0.650$).

The protocol for assessing linear sprint speed has been described previously (Vescovi 2014, 2016, 2012) and was identical for each cohort. Briefly, all athletes performed a standardized warm-up that included general exercises such as jogging, shuffling, multi-directional movements, and dynamic stretching exercises. Infrared timing gates (Brower Timing, Utah) were positioned at the start line and at 5, 10, 20, and 35 meters at a height of approximately 1.0 meter. Participants stood with their lead foot positioned approximately 5 cm behind the initial infrared beam (i.e., start line). Only forward movement was permitted (no leaning or rocking backwards) and timing started when the laser of the starting gate was triggered. The best 35 m time, and all associated split times were kept for analysis. The assessment of linear sprints using infrared timing gates does not require familiarization (Moir, Button, Glaister, and Stone 2004).

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Moir G, Button C, Glaister M, Stone MH (2004). "Influence of Familiarization on the Reliability of Vertical Jump and Acceleration Sprinting Performance in Physically Active Men." The Journal of Strength and Conditioning Research, 18(2), 276. ISSN 1064-8011, 1533-4287. doi:10.1519/R-13093.1.

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