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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **D:\mohsen\semnan 391-2\arm_2748.gifNeed Analysis** | | | | | | | | | | | | | |
| **Date: 13.03.92** | | **Gender: Male** | | | | **Age: 20** | **last name:** | | | | | | **Name:** |
| **Email:** | | | | | | | **Position: …….** | | | | | | **Sport:** |
| **O2 (>3 min)** | | | **LA-O2(10-120)** | | **ATP-CP+ LA (3-10)** | | | | **ATP-CP (<3 Sec)** | | | **Metabolic demand (%)** | |
|  | | |  | |  | | | \* | | | |
| **exercise** | **muscle** | | **ROM** | **contraction** | | **joint** | | | | **Action** | | | **Biomechanical demand** |
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| exercise | Common site | | | Mechanism | | Contact/noncontact | | | | | Body system | **Injury risk** | |
|  |  | | |  | |  | | | | |  |  | |
| muscle | speed | | | ROM | | contraction | exercise | | | | injury | **Recovery from injury** | |
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