

BATAK Evolution

The Ultimate Human Performance Training System

THE CONCEPT

BATAK Evolution will be both a **hardware** and **software** solution to enable the following groups of people to track and analyse their end users' **Reaction, Co-ordination** and **Stamina** levels:

- Human Performance testers
- Sports Scientists
- Physiotherapists
- Universities
- Specialist Sports Colleges
- Police or Military Trainers
- Fitness Coaches
- Personal Trainers
- Psychologists
- Science Discovery Centres
- Correctional Facility Fitness Training

BATAK Evolution will provide simultaneous **vertical** and **horizontal** training plane capabilities. This will enable **end users** to be extensively tested in a **3D environment**.

HARDWARE

The complete system will consist of a '**BATAK Evolution**' machine (to provide 'vertical plane' training) combined with **6** wireless electronic **PODS** that can be arranged as required at floor level (to provide 'horizontal plane' training).

RECOMMENDED TESTING AREA

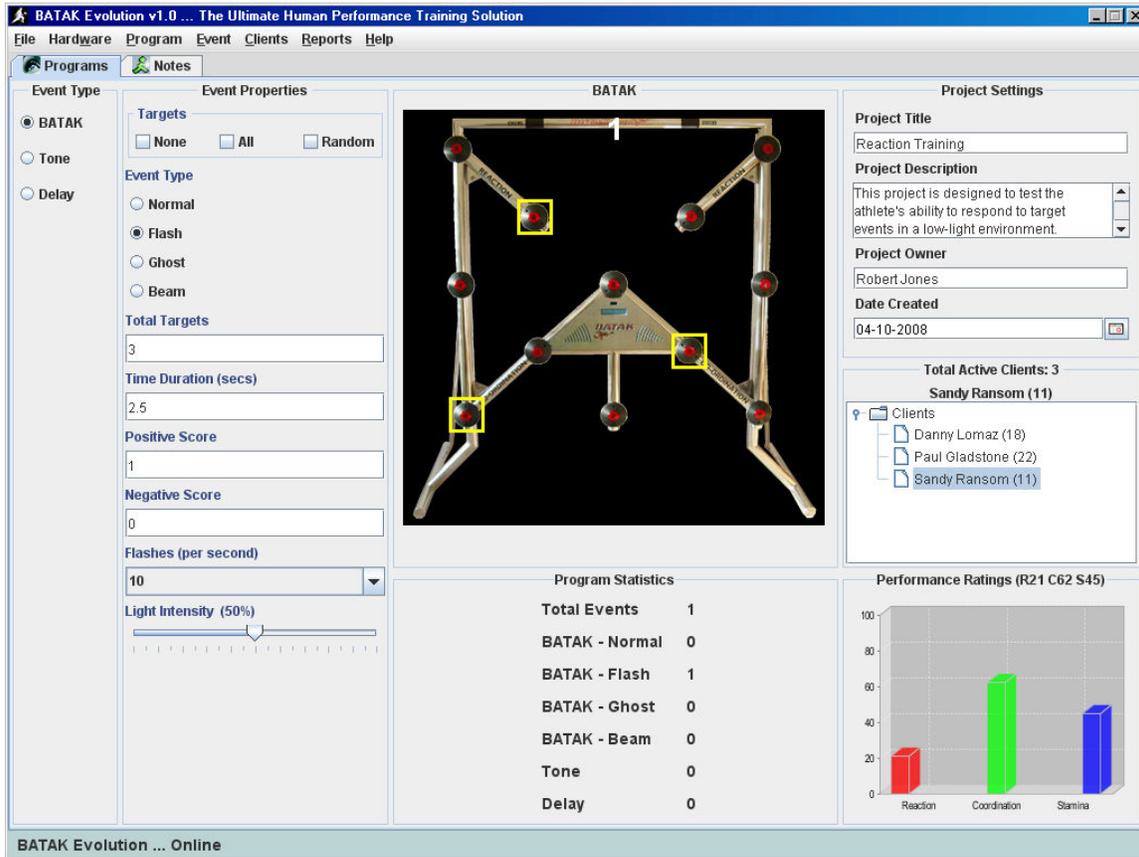
A modestly sized **indoor sports hall** or **gym** is required to get the most from this system.

SOFTWARE

The software will provide a fully interactive environment to control every aspect of the **BATAK Evolution** training system. The software will be **Internet enabled** allowing end users to receive updates as new versions become available.

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Introducing the BATAK Evolution Index

The **BATAK Evolution Index (BEI)** is the figure to calculate when assessing any given individual's **Reaction**, **Co-ordination** and **Stamina** levels. It provides trainers with the most accurate and comparable index for use in comparison with other individuals or groups of individuals (for example, you could compare the **BEI** index of a hockey team against that of a soccer team).

An individual's overall **BEI** is calculated by **adding together all 3 indexes for Reaction, Co-ordination and Stamina.**

Each index is marked on a scale of 0 – 99 (i.e. 100 units of measure)

For example, our end user is Joe. He is a cyclist and has achieved the following index ratings during a **BATAK Evolution** training session:

Reaction index: **35**
 Co-ordination index: **57**
 Stamina index: **85**

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These index ratings (which are automatically calculated by the BATAK Evolution software) allow human performance trainers to highlight areas of **strength** or **weakness**. In this example, we can see that Joe's **Stamina index** is excellent, but his **Reaction index** is quite poor. Joe clearly needs more training in that area!

When a trainer wishes to compare Joe against another individual then he needs to make use of the **BATAK Evolution Index (BEI)**.

In this example, Joe's **BEI** for this training session would be: $35 + 57 + 85 = 177$

Clearly, the higher the **BEI** then the **better** the performance of the end user and vice versa.

If a trainer wants to compare an overall **BEI** for a group of people against another group of people then they must add together each individual's BEI on both teams. For example, imagine we have a 'doubles' badminton team consisting of the following individuals:

TEAM A

- Janet
- Mark

TEAM B

- Bob
- Sue

We now run each individual through the same **BATAK Evolution** program (for example, the standard 'Bleep Test').

Now we have a **BEI** calculated for each individual we must **add them up** for each team as follows:

TEAM A

- Janet (BEI = 78)
- Mark (BEI = 86)

TOTAL **BEI** for TEAM A = $78 + 86 = 164$

TEAM B

- Bob (BEI = 84)
- Sue (BEI = 97)

TOTAL **BEI** for TEAM B = $84 + 97 = 181$

Of course, it's instantly clear who the better badminton team is! This is a simple example but things can get as complicated as the trainer wishes.

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For example, they could decide to compare Janet's individual Reaction index with Sue's Reaction Index...or how about comparing a man's performance against a woman's?

What if we ran the same individuals through a different **BATAK Evolution** program that tested a single index more aggressively (for example, an **exhaustion test** would clearly focus on testing an individual's **stamina** levels above their reaction and co-ordination levels). As you can see, the complexity level of comparison testing is only limited by the imagination and creativity of the trainer.

This radical approach will allow trainers worldwide to calculate their end users' **BEI** (and individual performance indexes) and then reliably benchmark them against other trainers' indexes, thus providing them with the most accurate way to measure and compare all data collected during a typical **BATAK Evolution** training session.

This provides trainers with a totally reliable **industry standard** way of measuring **Reaction, Stamina and Co-ordination levels** using the **BATAK Evolution** training environment. The **BATAK Evolution** training system enables trainers to...

- View the performance of any individual in isolation
- Compare the performance of any individual against any other individual
- Compare the performance of any individual against any group of individuals
- Compare the performance of any group of individuals against any other group of individuals

The opportunities for data comparison and **individual** or **team-based performance** measurement utilising this methodology are **endless**.

BATAK Certification Programme (to be launched in 2009)

Our official certification syllabus will consist of the following **3 online exams**:

- **BATAK Certified Programmer**
 - Demonstrate the following skills:
 - Understand the BATAK Evolution concept
 - Understand use of all menu options
 - Describe all target types and parameters
 - Program a standard target sequence
 - Program a POD sequence (manually and automatically)
 - Create new clients
 - Demonstrate data analysis skills
 - Generate a client report
 - Demonstrate Hardware and Software error recovery skills

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- **BATAK Certified Trainer**

- Demonstrate the following skills:
 - Describe the BATAK communication system and protocol
 - Understand why programs are stored in an XML format
 - How to create different types of performance training program
 - How to retrieve client data
 - Generate BATAK Evolution indexes for all clients
 - Analyse client data
 - Make detailed comments for every client session
 - Understand the importance of a 'practice session'

- **BATAK Certified Instructor**

- Demonstrate the following skills:
 - Set up advanced programs including all target types
 - Explain the advantages of the 'statistics' and 'notes' features
 - Demonstrate a complete understanding of the BEI concept
 - Pick the optimal training programme from several scenarios
 - Understand the underlying MySQL database concept
 - Demonstrate advanced SQL data analysis skills
 - Understand how to export data in the following formats:
 - Excel
 - CSV (comma separated values)
 - HTML
 - XML
 - Understand how to generate visual data reports in Excel (eg bar charts etc)
 - Understand how to publish data to a website