Premier League Growth Study





Dr. Sean P. Cumming (s.cumming@bath.ac.uk) Department for Health

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What information does the PMA generate?
Auxology • Growth status & rate (plotted), Relative Age • Maturity status and timing (Khamis-Roche, Mirwald) • Predicted stature with 50-90% confidence intervals • Sensitive time-points for training (PHV, PWV)
Fitness Age specific standards Maturity specific standards Developmental trajectories for fitness
 Programme overview Relative age by maturity timing matrix Groupings of athletes by maturity status













































































