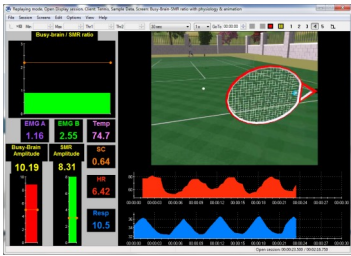# TENNIS SUITE
STEPHANIE NIHON, M.S.

Limited Edition Software Suite

The BFE Tennis team was started by Stephanie Nihon, a former varsity and national athlete herself in the USA and Australia, who has been working with elite athletes for over 7 years. The suite is based on the Ms. Nihon's training style and experience with Tennis players, as well as the guidance imparted from working closely for several years with Dr. Vietta (Sue) Wilson and the Dr. Michael Thompson. Ms. Nihon firmly believes that the average clinician or trainer is not creative enough with training exercises, so a key point in the software creation was to include exercises that are out-of-the-ordinary and that really help to instill the training goals. This suite includes:

- Training screens to be used with specific exercises, that emphasize and test the self-regulation & peak performance mental skills that tennis athletes are taught.
- Screens are categorized according to modalities for easy use, and progress from easy to more difficult training goals.
- A simple 1 Hz bins assessment script and excel report allow for quick baseline recording & data interpretation.
- Suite documents — which include clinical information and detailed exercises — are provided directly from Ms. Nihon's practice.

Education & Training Opportunities

The BFE currently offers one type of online lesson/meeting designed to meet your diverse education and training needs. All sessions provide continuing education (CE) credits to psychologists.

- 1-Hour **Introduction to the Tennis Suite Webinar**: Jon Bale, BFE Research Manager, reviews the software and documents included in the "Tennis Suite" from pre-assessment to training. The webinar covers the following items: authors, goals of the suite, necessary equipment, sensors & accessories, 1 Hz bins assessment, assessment Excel report, and training Quick Start screens & exercises.

Since this Tennis Suite has only just been put on for sale, no other online lessons or meetings have been scheduled or run in relation to this software. If you are interested in arranging other types of qualified instructor-guided lessons, then the BFE would gladly do so. Please contact the BFE Shop (**shop@bfe.org**) to make such arrangements. Potential online instructions can include:

- 6-Hour **Tennis Class**: online instruction from a qualified instructor on training tennis athletes. This class is well suited for beginners or experienced practitioners that want to use the make of the Tennis Suite in their practice. All aspects of using the software will be covered in great detail, and recorded data will be reviewed to ensure proper recording. Interpretation of data by the instructor will occur, however focus is maintained of being able to successful use all aspects of the software and equipment.

- 3-Hour **Tennis Case Conferences**: They would consist of online presentation and discussion with a qualified instructor of case examples from practice, including review of excel report data and training plan strategy. The case conference is attended by professionals who are able to properly run the Tennis suite software and use it with clients. We encourage attendees to bring in their own case examples for review from an expert opinion.

For more Information or Questions:

bluesuewilson@gmail.com

To purchase the suite and/or education & training, go to the BFE Shop:

www.bfe.org/buy

BioGraph Infiniti Software

BioGraph Infiniti Software is the core of all current and future Thought Technology biofeedback and psychophysiology products. It provides a multimedia rich graphical experience, while capturing and analyzing raw data. It includes all the features and functions required to run our specialized suite and offers the ability to customize your own screens using the Developer Tool. The suite functions with **BioGraph Infiniti version 5.1.4** or **6.0,** and is designed to provide full compatibility with the latest Windows 8 operating system.

Choose the Encoder to Meet Your Needs

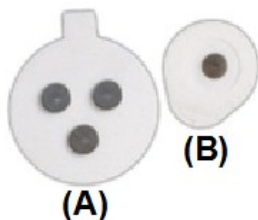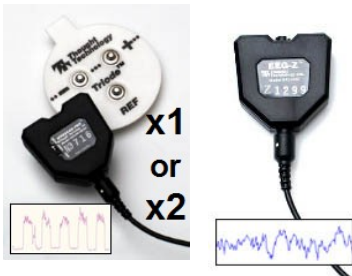You only need one of the encoders to run the software:

- **ProComp Infiniti encoder** is the eight-channel, multi-modality encoder that has all the power and flexibility you need for real-time, computerized biofeedback and data acquisition in any clinical setting. It records data from up-to eights sensors simultaneously.

- **ProComp2 encoder** is a compact, 2 channel version of the ProComp Infiniti encoder, which can be easily worn on a head band or a shirt collar. It can record date from up-to two sensors simultaneously. The Tennis Suite for this encoder uses slightly fewer sensors.

Select Sensor Measurements for Collecting Data

This list consists of the all necessary sensors to be used with the encoders in this suite:

- **MyoScan-Pro sensor (x2 for ProComp Infiniti; x1 for ProComp 2)** is a pre-amplified surface electromyography sensor for measuring muscular tension. Disposable electrode pads are necessary with this sensor.

- **EEG-Z sensor** is pre-amplified electroencephalograph sensor with built in impedance checking, for measuring brainwaves. **EEG monopolar/bipolar kit with DIN cable** is also necessary to use this sensor.

- **BVP sensor** is a blood volume pulse detection sensor (otherwise known as a PPG sensor) housed in a small finger worn package, to measure heart rate & provide BVP amplitude, BVP waveform, HR and Heart rate variability feedback.

- **Respiration sensor** is a durable, latex girth belt for monitoring respiration rate, waveform and amplitude sensor.

- **Skin Conductance** sensor measures the conductance across the skin, and is normally connected to the fingers.

- **Temperature sensor (ProComp Infiniti only)** measures skin surface temperature between 10°C – 45°C (50°F - 115°F).

Disposable Triode Electrodes (100 per box)

The MyoScan-Pro sensors require disposable electrode pads for their use. There are two potential electrode placement types, so there are also two types of electrodes for purchase. The **triode** (A) disposable electrode is used for narrow placement and the **unigel** (B) for wide electrode placement.

Additional Computer Setup Information

The computer requires Microsoft Excel installed in order to generate the 1 Hz Bins EEG Assessment excel report.