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## Profilage

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Sport profiling tests are assessments that measure the physical, psychological and technical capabilities of athletes. They help to understand individual strengths and weaknesses, allowing coaches and athletes to target skills development, optimise performance and reduce the risk of injury.

Germany has a long tradition of supporting its Olympic athletes and their coaches with a wide variety of performance diagnostic tests.

The sporting arms race between East and West Germany fostered this culture of scientific support for Olympic sports throughout the second half of the 20th century.

Because of the equipment available at the time, performance diagnostics was limited to very high-level athletes and coaches in dedicated laboratories.

Today, thanks to cheaper, smaller and more robust technology, performance diagnostics can be carried out in the field. They can be carried out on a wider range of athletes, for example young athletes, much earlier in their sporting careers.

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