

TACH2F

TACTICAL ATHLETE HOLISTIC HEALTH AND FITNESS SEMINAR

**The Ohio State University
Columbus, Ohio**

WEARABLE TECHNOLOGY FOR HEALTH AND PERFORMANCE MONITORING

JUNE 6, 2025

**12:00 - 16:30
Online Seminar**

Tactical Athletes operate in physically demanding environments, making injury mitigation, recovery, and performance optimization critical. This seminar will explore how emerging technologies can enhance training, monitor health, and mitigate the risk of injuries. Experts in various human performance sciences will teach attendees about the theoretical and practical applications of technology in tactical settings. Topics will include:

- Understanding sleep's role in recovery and using technology to track rest.
- Measuring and optimizing movement patterns, physical fitness, and nutrition for sustained performance
- Enhancing performance and resilience by tracking physiological responses.
- Integrating real-time data to personalize training programs and enhance tactical readiness

We invite anyone interested in improving their personal or organizational health and performance to join this event.

- First responders (law enforcement, fire/rescue, paramedics, military)
- Tactical instructors
- Strength and conditioning coaches
- Health and rehabilitation individuals interested in working with tactical personnel

SPEAKERS

Josh Hagen, PhD

Director, Human Performance Collaborative, OSU

Nathan Edwards, PhD TSAC-F

Research Scientist, Human Performance Collaborative, OSU

Justin Merrigan, PhD CSCS

Human Performance Data Analyst,
United States Marine Corps

Melis Yilmaz Balban, PhD

Founder and CEO, NeuroSmart

Alex Buga, PhD

Post Doctoral Scholar, Health and Exercise Science, OSU

Joel Suss, PhD

Human Performance and Behaviour Researcher, Calgary Police Service

AGENDA

Intro

12:00-12:05

Wearables for Sleep Monitoring

12:05-12:35

Movement Assessment Technologies

12:35-13:05

Breakout Rooms

13:05-13:35 - Needs Assessment

Wearables for Physical Activity and

Exercise Tracking

13:50-14:20

Biofeedback in Training with Real-

Time Stress Monitoring

14:20-14:50

Breakout Rooms

14:50-15:20 - Applying Tools within your Training

Nutrition State Detection Tools

15:25-15:55

Utilizing Technology and Data to

Improve Training

15:55-16:25

REGISTRATION

TACH2F Seminar

Cost: \$75

LOCATION

Online Seminar!

Find Out More Here:

hpc.osu.edu/tach2f

