



QPM SPORT EXPERT 8.2



Computerized segment bioimpedance measurement NB

Performed on 10/02/2009 by LECOQ GOLF

Confidential and personal document

Measurement performed using the QPM process:
Electronic sensor analyzer system, EC standard.
Use of which was granted to LECOQ GOLF

IMPORTANT:

Under no circumstances does the QPM measurement constitute a diagnosis or a prognosis.
QPM converts bioimpedance measurements into biophysical or biopsychological data via an interface based on electro-quantic models of the organism. Rather than a static view of the individual, this instantaneous measurement provides information on his or her dynamic evolution.
Repeating these measurements at regular intervals allows us to see their progress over time. Interpretation of this measurement must be done by an AMV-certified person trained in the use of the QPM process, who remits a copy of the results of the measurement to the person concerned.

This report was interpreted by _____
on

SIGNATURE OF THE CERTIFIED OPERATOR

QPM is a product of AMV Company



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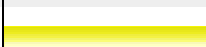






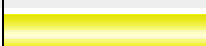


NIVEAUX DE FORME

| EXPERT SPORT | | |
|--------------------------------|---|---|
| LEVEL OF FORM | | |
| NF1 - Level of emotional form: |  2 | ▲ Too much extremely. The performance will be affected by a bad drain of emotional state. |
| NF2 - Mental level of form: |  2 | Weak. The mental level of form can be a brake with the performance. |
| NF3 - physical level of form: |  5 | Excellent. Capacity of optimal performance, especially if the emotional and mental form are also optimal. |

CONFIANCE EN SOI ET CONCENTRATION



| EXPERT SPORT | | |
|------------------------------------|---|---|
| SELF-CONFIDENCE | | |
| C1 - Self-confidence total: |  2 | Present. It can be used to raise specific confidence and the motivation. |
| C2 - Self-confidence specific: |  2 | Weak. |
| C3 - Dialogue interior: |  5 | Dialogue interior excellent. The communication thought, emotions, thoughts, words, of perfect nature exploits directly the performance and raises the motivation. |
| CONCENTRATION | | |
| C4 - Level of selective attention: |  2 | A little weak selective attention. Can be stimulated. |

LES MOTIVATIONS

| MOTIVATION | | |
|---|---|--|
| GLOBAL AND ORIENTATION OF THE MOTIVATION | | |
| M1 - Personal challenge: |  3 | ▲ The personal challenge is intense, sometimes too overwhelming. |
| M2 - Motivation of the total type, influencing the other components of the motivations: |  3 | Rather good. |
| M3 - Self goal orientation: |  2 | ▲ . |
| M4 - Task goal orientation: |  4 | ▲ . |
| INSIDE MOTIVATION | | |
| M5 - Intrinsic motivation with knowledge (mental): |  3 | Sometimes seeks to learn to improve the performances, must be more consistent. |
| M6 - Intrinsic motivation of achievement (emotional): |  4 | ▲ Intense. The personal challenge is too strong, the competitive spirit can take over the performance. |
| M7 - Intrinsic motivation of stimulation (physical, sensory): |  3 | ▲ Intense. It can harm the performance. |
| OUTSIDE MOTIVATION | | |
| M8 - Social extrinsic motivation: |  3 | ▲ Excellent, but the performance can excessively rely on this motivation. |
| M9 - Identified extrinsic motivation (punishment): |  3 | Impose on oneself too many sacrifices. |
| M10 - Identified extrinsic motivation: |  5 | Very present. |
| M11 - Regulated extrinsic motivation: |  5 | Major. |


FIXATION DES OBJECTIFS

EXPERT SPORT





| SETTING OBJECTIVES | | |
|-------------------------------------|---|---|
| FO1 - Management of the short term: |  | 5 Excellent. The management of the short term is a major element in the optimization of the performance. |
| F02 - Total management of time: |  | 3 ▲ Good, but too in a hurry. The total management of time clearly indicates a degradation of the fixing of the goals. |

STRESS, ANXIETES, COPING



LACK OF SELF-CONTROL

| ANGER | | |
|--|---|----------------------------------|
| SAC7 - reaction to manifestations of anger |  | 2 becomes angry fairly easily |



STRESS:

| STRESS LEVEL | | |
|--|---|--|
| SAC1 - Global level of the organism's response to a shock or an aggression: |  | 2 Stress present. Currently the organism strongly reacts to every demand. The type of stress will determine if it is positive or harmful. |
| EUSTRESS SAC2 - Good stress manifested in joy and happiness: |  | 3 Present. |
| DISTRESS SAC3 - Bad stress particularly expressed through agitation and anxiety: |  | 2 Present and expressed according to circumstances. |
| SITUATIONAL STRESS SAC4 - Stress always appearing in connection with the same environmental condition: |  | 4 Rather rarely manifested. Can be exposed in specific important situations. |

ANXIETIES:


| COGNITIVE ANXIETY | | |
|--|---|--|
| SAC5 - mental component of anxiety induced by fear of failure, judgement, loss of self-esteem |  | 1 ▲ .Very present. |
| BODY ANXIETY SAC6 - physical component of anxiety with physiological perceptions of the responses: |  | 1 .Very present. A strong somatization of anxiety, having significant repercussions on fitness. |



STRESS AND ANXIETIES

| | | |
|---|---|-----------------|
| SAC7 - Strategies of adaptation based on emotions: |  | 1 Excessive. |
| SAC8 - Strategies of adaptation based on solutions: |  | 2 Low. |






APTITUDES SOCIALES ET POTENTIELS PERSONNELS

SELF-MASTERY





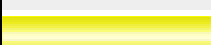

| ADAPTABILITY | | |
|---|---|---|
| PP11 - adapting reactions and tactics to situations as they develop |  | 2 insufficiently adapts reactions and tactics to the environment |

| | | |
|--|---|--|
| PP12 - reconciling the requirements in a harmonious manner |  3 | reconciles the requirements relatively harmoniously |
| PP13 - reconciles fast changes and developments |  3 | ▲ reconciles fast changes and developments fairly well, but requires a little more thought |

SOCIAL APTITUDES






| | | |
|--|---|---------------------------------------|
| COMMUNICATION | | |
| PP9 - communication |  5 | excellent |
| ABILITY TO MEDIATE | | |
| PP8 - ability to mediate |  2 | very little present, needs developing |
| CRYSTALLIZING CHANGES | | |
| PP10 - crystalizing change |  4 | good ability to crystallize change |
| COLLABORATIVE, COOPERATIVE SENSE | | |
| PP7 - sense of collaboration and cooperation |  5 | excellent |
| MOBILIZING A TEAM | | |
| PP6 - mobilizing a team |  5 | does it naturally |

INDIVIDUAL POTENTIALS


| | | |
|---|---|------------------------------------|
| DETERMINATION POTENTIAL | | |
| PP1 - determination and self-confidence potential |  3 | ▲ good, but caution against excess |
| COMBATIVENESS POTENTIAL | | |
| PP2 - combativeness, achievement potential |  3 | ▲ too strong |
| ADAPTABILITY POTENTIAL | | |
| PP6 - adaptability potential |  5 | excellent |
| IMPACT POTENTIAL | | |
| PP3 - charismatic potential |  5 | excellent |
| STRENGTH OF CONVICTION POTENTIAL | | |
| PP4 - overall commercial potential |  3 | good |
| LEADERSHIP POTENTIAL | | |
| PP5 - leadership potential |  4 | very good |






MODES D' INTERACTION AVEC L'ENVIRONNEMENT

PERCEPTION AND EXCHANGE WITH ENVIRONMENT























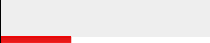









| | | |
|---|--|------------------------------------|
| RATIONAL | | |
| MIE1 - rational type communication |  4 | fairly strong |
| ACTIVE | | |
| MIE2 - active type communication |  3 | present |
| AFFECTIVE | | |
| MIE3 - affective type communication |  4 | ▲ strong, but exaggerated |
| CONCEPTUAL | | |
| MIE4 - conceptual communication |  5 | preponderant mode of communication |
| PERCEPTUAL | | |
| MIE5 - Communication of the perceptuel type |  4 | Strong mode of communication. |

ZONES DE FRAGILITE CORPORELLE

| | | |
|---------------------------------|---|-----------------------|
| BODY GLOBAL FRAGILITY | | |
| 1 - TOTAL RISK OF WOUND |  3 | .Global risk existing |
| THE DIFFERENT BODY AERAS | | |

| | | |
|---|---|--------------|
| 2 - Risk cervical wound: |  4 | .Weak |
| 3 - Risk dorso-lumbar wound: | 0 | .Very strong |
| 5 - Risk wound of the left lower limb: |  1 | .Very strong |
| 7 - Risk wound of the left upper limb: |  1 | .Strong |
| 4 - Risk wound of the lower limb right |  1 | .Very strong |
| 6 - Risk wound of the upper limb right: |  2 | .Strong |

PRECONISATIONS ET ZONES

| SUGGESTIONS QPM | | |
|--|--|---|
| RECOMMENDATIONS FOR THE PHYSICAL ZONES | | |
| PZC1 - HEAD AREA |  4 | Not very important area. |
| PZC2 - THROAT AREA |  3 | Important area. |
| PZC3 - CERVICAL AREA |  3 | Important area. |
| PZC4 - DORSAL AREA |  2 |  Very important area. |
| PZC5 - CHEST AREA |  2 |  Very important area. |
| PZC6 - LUMBAR AREA |  2 |  Very important area. |
| PZC7 - UPPER ABDOMINAL AREA |  3 |  Important area. |
| PZC8 - LOWER ABDOMINAL AREA |  1 |  Priority zone. |
| PZC9 - PELVIC AREA |  2 |  Very important area |
| PZC10 - LEFT ARM |  3 | Important area. |
| PZC11 - RIGHT ARM |  3 |  Important area. |
| PZC12 - LEFT LEG |  3 | Important area. |
| PZC13 - RIGHT LEG |  1 |  Priority area. |
| PZC14 - |  4 | |
| PZC15 - SENSORY AREA |  3 |  low priority area |
| RECOMMENDATIONS OF PHYSICAL EXERCISES | | |
| PZC16 - Exercises based on strength |  1 | Priority exercise. |
| PZC17 - Water based exercises |  1 | Priority exercise. |
| PZC18 - Exercises in a warm environment |  1 | Priority exercise. |
| PZC19 - Exercises promoting movements |  3 | Important exercise. |
| PZC20 - |  2 | |
| MENTAL SUGGESTIONS | | |
| PZC21 - Activities of mental stimulation |  4 | Not very important activity. |
| PZC22 - Mental activities of relaxation relieving. |  3 | Important activity. |
| PZC23 - Mental activity of concentration |  1 | Priority exercise. |