

On the Long-Term Behaviour of the Performance-Potential-Metamodel PerPot: New Results and Approaches

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Abstract

The Performance-Potential-Metamodel PerPot has been developed in order to describe and analyse phenomena of physiological adaptation. It turned out that those adaptation processes depend fundamentally on delays, which characterize the time dependent behaviour of production and transport in respectively between physiological components.

This way, a fixed set of delays characterizes the physiological "type" of an organism. Therefore, if the values of the delays change – e.g. by training load – the physiological type changes as well.

The following paper deals with models and analyses of such a long-term behaviour.