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**Visual feedback attenuates mean concentric barbell velocity loss, and improves motivation, competitiveness, and perceived workload in male adolescent athletes**

Running Head: Feedback improves performance and psychological traits

Jonathon JS Weakley<sup>ab</sup>, Kyle M Wilson<sup>c</sup>, Kevin Till<sup>ab</sup>, Dale B Read<sup>ab</sup>,

Joshua Darrall-Jones<sup>ab</sup>, Gregory AB Roe<sup>ab</sup>, Padraic J Phibbs<sup>ab</sup>, and Ben Jones<sup>ab</sup>

<sup>a</sup>Institute for Sport, Physical Activity and Leisure, Leeds Beckett University, Leeds, West Yorkshire, United Kingdom

<sup>b</sup>Yorkshire Carnegie Rugby Union Club, Kirkstall Training Ground, Leeds Rugby Academy, Leeds, West Yorkshire, United Kingdom

<sup>c</sup>Department of Behavioural and Social Sciences, University of Huddersfield, Huddersfield, West Yorkshire, United Kingdom

Corresponding Author:

Jonathon Weakley

Room G03, Cavendish Hall

Institute for Sport, Physical Activity and Leisure

Centre for Sports Performance

Headingley Campus, Leeds Beckett University

W. Yorkshire, LS6 3GZ

1 Phone: (0044) 1138121801

2 Email: [j.j.weakley@leedsbeckett.ac.uk](mailto:j.j.weakley@leedsbeckett.ac.uk)

3

#### 4 **ABSTRACT**

5 It is unknown whether instantaneous visual feedback of resistance training outcomes can  
6 enhance barbell velocity in younger athletes. Therefore, the purpose of this study was to  
7 quantify the effects of visual feedback on mean concentric barbell velocity in the back squat,  
8 and to identify changes in motivation, competitiveness, and perceived workload. In a  
9 randomised-crossover design (Feedback vs. Control) feedback of mean concentric barbell  
10 velocity was or was not provided throughout a set of 10 repetitions in the barbell back squat.  
11 Magnitude-based inferences were used to assess changes between conditions, with *almost*  
12 *certainly* greater differences in mean concentric velocity between the Feedback ( $0.70 \pm 0.04$   
13  $\text{m}\cdot\text{s}^{-1}$ ) and Control ( $0.65 \pm 0.05 \text{ m}\cdot\text{s}^{-1}$ ) observed. Additionally, individual repetition mean  
14 concentric velocity ranged from *possibly* (repetition number two:  $0.79 \pm 0.04$  vs.  $0.78 \pm 0.04$   
15  $\text{m}\cdot\text{s}^{-1}$ ) to *almost certainly* (repetition number 10:  $0.58 \pm 0.05$  vs.  $0.49 \pm 0.05 \text{ m}\cdot\text{s}^{-1}$ ) greater  
16 when provided feedback, while *almost certain* differences were observed in motivation,  
17 competitiveness, and perceived workload, respectively. Providing adolescent male athletes  
18 with visual kinematic information while completing resistance training is beneficial for the  
19 maintenance of barbell velocity during a training set, potentially enhancing physical  
20 performance. Moreover, these improvements were observed alongside increases in  
21 motivation, competitiveness and perceived workload providing insight into the underlying  
22 mechanisms responsible for the performance gains observed. Given the observed  
23 maintenance of barbell velocity during a training set, practitioners can use this technique to  
24 manipulate training outcomes during resistance training.

25 **Keywords:** Kinematic feedback, back squat, resistance training

# 1 INTRODUCTION

2 Adolescent athletes participating in sport are typically exposed to strength and conditioning  
3 programmes (9, 39, 42). In particular, strength and conditioning interventions often  
4 incorporate resistance training, which is safe and effective for adolescent athletes (25), and  
5 demonstrates favourable developments in muscle size, force, and power (25, 26). Resistance  
6 training programmes are developed by manipulating numerous variables (i.e. exercise type,  
7 order, intensity, volume of repetitions and sets, allotted rest, and movement velocity), to alter  
8 the physiological response and adaptation (7). Given the importance of these variables,  
9 substantial research has been placed upon their implementation and outcomes, typically  
10 focusing on exercise intensity and volume (7, 11).

11  
12 More recently, the role of repetition velocity ( $\text{m}\cdot\text{s}^{-1}$ ) within a resistance training programme  
13 has received increased attention (29). This is likely due to advances in portable technology  
14 (e.g. linear position transducers) which have the ability to monitor this training variable.  
15 Research has demonstrated the importance of barbell velocity for the enhancement of  
16 muscular strength and power (29). For example, Pareja-Blanco and colleagues (29)  
17 established superior adaptations in lower body strength (effect size (ES): 0.94 vs. 0.54) and  
18 power (ES: 0.63 vs. 0.15) when physically active males completed resistance training with  
19 maximal intended velocities compared to sub-maximal. As such, strategies to manipulate  
20 repetition velocity may be advantageous when prescribing resistance training programmes to  
21 improve physical adaptations in adolescent athletes.

22  
23 It is also acknowledged that athletic development would benefit from a multidisciplinary  
24 approach (24), although this is rarely presented within the literature. Previous research (2, 31)  
25 has suggested that utilising strategies (e.g. verbal feedback) can enhance motivation and/or

1 competitiveness, consequently improving acute resistance training performance (i.e. velocity,  
2 power, force). While these studies provide an insight into the potential benefits of feedback  
3 during resistance training, neither study has assessed the psychological responses or the  
4 potential changes in perceived mental workload. With the relationship between motivation  
5 and competitiveness known to help drive sporting outcomes and adherence (13), it is  
6 important that these variables are quantified. Furthermore, it is unknown whether these  
7 improvements in kinematic outcomes occur alongside increases in perceived workload (2,  
8 31).

9  
10 Changes in resistance training performance due to visual kinematic feedback have not been  
11 investigated in adolescent athletes. Additionally, while improvements and increases in  
12 psychological characteristics have been suggested (i.e. motivation, competitiveness, and  
13 workload) (2, 31), these outcomes have not been substantiated. Therefore, the aim of this  
14 study was to assess the effects of visual kinematic feedback on mean concentric barbell  
15 velocity during the back squat in adolescent athletes. In addition, the effect of kinematic  
16 feedback on motivation, competitiveness, and perceived workload was also assessed.

17

## 18 **METHODS**

### 19 **Experimental approach to the Problem**

20 To assess the effects of visual feedback on mean concentric velocity, motivation,  
21 competitiveness, and perceived global workload during the back squat, 15 sub-elite  
22 adolescent rugby players performed the back squat exercise with and without visual  
23 kinematic feedback on two separate occasions in a randomised crossover design. Each trial  
24 (Feedback and Control) was separated by 7 days. Before and after the exercise, subjects were  
25 provided a questionnaire which assessed motivation levels at that moment in time. In

1 addition, after the exercise subjects completed a questionnaire regarding levels of  
2 competitiveness and overall perceived workload that they experienced during the task.

3

#### 4 **Subjects**

5 15 male sub-elite adolescent rugby union players (mean  $\pm$  SD age;  $17.1 \pm 0.5$  years, height  
6  $1.81 \pm 0.07$  m, body mass  $85.1 \pm 9.4$  kg, three repetition maximum (3RM) back squat  $88.8 \pm$   
7  $18.8$  kg) from an independent school in the United Kingdom volunteered to participate in this  
8 study. Testing took place in February (which is within the second half of the school boy  
9 rugby playing calendar). Each subject had regularly used the back squat exercise in resistance  
10 training programmes and had at least six months of resistance training experience (41). All  
11 subjects were informed of the risks and benefits of this study, and signed a consent document  
12 prior to commencement. Experimental procedures were approved by the institutional ethics  
13 committee, while assent and parental consent were provided along with permission from the  
14 school.

15

#### 16 **Experimental Procedures**

17 All testing was conducted at the same time of day one week apart, with 72 hours' rest  
18 occurring prior to procedures. Subjects were instructed to maintain normal dietary habits in  
19 the 24 hours prior to testing, with caffeine not being consumed in the 12 hours before. All  
20 subjects completed a baseline session including anthropometric and 3RM back squat strength  
21 assessments. Two testing sessions (i.e. Feedback and Control) were then completed in a  
22 randomised crossover design with group designation decided by computer-generated random  
23 numbering (36). Both sessions consisted of a standardised warm-up and one set of 10  
24 repetitions of the back squat at 65% of 3RM (3). The Feedback condition consisted of  
25 participants completing 10 repetitions with an iPad (iPad Pro, Apple Inc., Cupertino,

1 California, USA) directly in front of them at standing eye level. The iPad in the Feedback  
2 condition displayed mean concentric barbell velocity upon the completion of each repetition  
3 of the back squat. The Control condition consisted of the subjects completing the 10  
4 repetitions without any visual feedback. Mean concentric velocity was assessed via the back  
5 squat due to its common use in resistance training programmes (16, 34) and ability to develop  
6 lower body strength and power in similar cohorts (42). Questionnaires, which assessed  
7 motivation, competitiveness, and perceived workload, were completed 10 minutes before and  
8 after the completion of the back squat exercise in both conditions.

#### 9 10 *Lower-body Strength Assessment*

11 In the week prior to completing the Feedback or Control trials, the 3RM back squat was  
12 assessed as previously used in similar cohorts (38, 39). With the bar resting on the upper  
13 trapezius, subjects lowered themselves so that the top of their thigh was parallel with the  
14 floor. The eccentric portion of the squat was two seconds with a one second pause at the  
15 bottom of the exercise. The concentric portion of the exercise was instructed to be as  
16 “forceful and powerful” as possible. Instructions were maintained during both the Feedback  
17 and Control trials. Upon completion of testing, 65% of each subject's 3RM maximal back  
18 squat was calculated [ENREF 4](#).

#### 19 20 *Experimental Trials*

21 Following a standardised warm up, all subjects completed one set of 10 repetitions of the  
22 back squat at 65% of 3RM. All repetitions in both the Feedback and Control trials were  
23 required to be completed in the same manner as the lower-body strength assessment with the  
24 concentric phase again instructed to be as “forceful and powerful” as possible. Mean  
25 concentric velocity ( $\text{m}\cdot\text{s}^{-1}$ ) was obtained through utilising a GymAware (Kinetic Performance

1 Technology, Canberra, Australia) optical encoder which sampled at 50-Hz with no data  
2 smoothing or filtering. The numerical value of each individual repetition was visually  
3 provided to the participant in the Feedback condition at the completion of each repetition. No  
4 visual feedback was provided to subjects in the Control condition. No other verbal feedback  
5 or communication was provided throughout the set and until the completion of the  
6 questionnaires in either condition.

7  
8 The GymAware consists of a spring-powered retractable cord, with one end of the cord  
9 attached to a barbell and the other end attached to a pulley system that is coupled with an  
10 optical encoder. The velocity of the barbell is calculated from the spinning of the pulley as  
11 the cord extends and retracts, with high levels of validity and reliability (coefficient of  
12 variation = <5%) (4, 20). The GymAware provides one pulse approximately every three  
13 millimetres of barbell displacement, with the displacement time-stamped with a one  
14 millisecond resolution (2, 10).

#### 15 16 *Assessment of motivation, competitiveness, and perceived workload*

17 Motivation to complete the exercise was assessed using the motivation subscale from the  
18 Dundee Stress State Questionnaire (DSSQ) with this subscale previously reporting acceptable  
19 reliability ( $\alpha = 0.78$ ) (27). All items were scored on 10-point Likert scales.

20  
21 Competitiveness was measured using an adapted version of the 4-item competitiveness scale  
22 from Anderson and Carnagey (1) which has previously reported acceptable levels of internal  
23 reliability ( $\alpha = 0.84$ ).

24

25

1 The National Aeronautics and Space Administration Task Load Index (NASA-TLX) (17)  
2 was used to gauge subjective task-related workload during the trial due to its high level of  
3 validity and reliability ( $r = 0.94$ ) and ability to objectively evaluate cognitive load during  
4 exercise (18, 19). The NASA-TLX is composed of six items that measure mental demand,  
5 perceived physical demand, temporal demand, performance, effort, and frustration. The six  
6 items were aggregated together to produce an overall 'global workload' score.

### 8 **Statistical Analyses**

9 Data are presented as mean  $\pm$  standard deviation (SD). Prior to analysis, all data were log-  
10 transformed to reduce bias arising from non-uniformity error, and then analysed for practical  
11 significance using magnitude-based inferences (5). The chance of the mean concentric  
12 velocity or the psychological characteristic being lower, similar, or greater than the smallest  
13 worthwhile change (i.e. 0.2 x between participant difference) was calculated using an online  
14 spreadsheet (21). The probability that the magnitude of the change was greater than the  
15 smallest worthwhile change was rated as  $<0.5\%$ , *almost certainly not*; 0.5-5%, *very unlikely*;  
16 5-25%, *unlikely*; 25-75%, *possibly*; 75-95%, *likely*; 95-99.5%, *very likely*;  $>99.5\%$  *almost*  
17 *certainly*. Differences less than the smallest worthwhile change were described as *trivial*. In  
18 cases where the 90% CI crossed the lower and upper boundary of the smallest worthwhile  
19 change, the magnitude of the difference was described as *unclear* (22).

1 **RESULTS**

2 Figure 1 shows the mean concentric velocity for the Feedback and Control conditions across  
3 the 10 repetitions of the back squat exercise. The mean ( $\pm$ SD) concentric velocity for all  
4 participants for the Feedback condition was  $0.70 \text{ m}\cdot\text{s}^{-1}$  ( $\pm 0.04$ ), while the mean concentric  
5 velocity for the Control condition was  $0.65 \text{ m}\cdot\text{s}^{-1}$  ( $\pm 0.05$ ). *Almost certainly* greater mean  
6 concentric velocity for the Feedback condition was reported, with inferences for each  
7 individual repetition ranging from *possibly* to *almost certainly* greater.

8  
9  
10 \*\*\*Insert Figure 1 here\*\*\*

11  
12  
13 Pre- and post-motivation, competitiveness, and perceived workload were all found to be  
14 *almost certainly* greater in the Feedback protocol (Figure 2). Of the six items which compose  
15 the NASA-TLX questionnaire, the Feedback condition reported *almost certainly* greater  
16 values on the 10-pt Likert scale in mental demand ( $7.87 \pm 0.92$  vs.  $6.13 \pm 1.30$ ), perceived  
17 physical demand ( $7.13 \pm 0.99$  vs.  $5.40 \pm 0.91$ ), temporal demand ( $7.40 \pm 1.45$  vs.  $6.27 \pm$   
18  $1.16$ ), performance demand ( $7.47 \pm 1.30$  vs.  $6.07 \pm 0.70$ ), and effort ( $8.07 \pm 0.80$  vs.  $7.33 \pm$   
19  $0.82$ ). The final item in the NASA-TLX scale, frustration, was reported to be *almost*  
20 *certainly* greater in the Control condition ( $1.60 \pm 1.12$  vs.  $4.60 \pm 1.18$ ).

21  
22  
23 \*\*\*Insert Figure 2 here\*\*\*

1 **DISCUSSION**

2 The purpose of this investigation was to determine the acute effects of visual feedback of  
3 mean concentric velocity on back squat performance and psychological outcomes in sub-elite  
4 male adolescent athletes. *Almost certainly* greater concentric velocity was observed across the  
5 set when visual feedback was provided, with individual repetitions showing *possible* to  
6 *almost certainly* greater mean concentric velocity across the 10 repetitions. Furthermore,  
7 subjects reported increased motivation, competitiveness and perceived workload when  
8 feedback was supplied. These results provide an improved understanding of adolescent  
9 performance and the intricate link between psychological factors and physical outcomes.

10

11 Providing visual feedback *almost certainly* improved mean concentric velocity of a resistance  
12 training set in the barbell back squat exercise in sub-elite adolescent athletes. Additionally,  
13 when inferences of individual repetitions are observed across the set it appears that changes  
14 become more certain. These findings suggest that providing feedback for male adolescent  
15 athletes throughout resistance training sessions could be highly beneficial in improving  
16 training session quality, particularly as fatigue develops. While this study is over an acute  
17 time-frame (i.e., 1 set), by improving training quality it is postulated that superior training  
18 adaptations may occur, as has previously been observed in velocity based training research  
19 (31). Furthermore, when placed in context with the relatively small changes in power that  
20 professional athletes incur across prolonged training periods (35), improvements of 7.6% in  
21 mean set velocity suggests this is a worthwhile finding for the development of adolescent  
22 athletes.

23

24

25

1 The effects of visual feedback were considerably larger than those demonstrated in previous  
2 research (2). Argus et al. (2) demonstrated improvements of 1.3% in mean peak concentric  
3 velocity in the bench throw exercise when similar kinematic information was verbally  
4 provided. It is hypothesised that these differences may be due to the training experience of  
5 the participants involved and the resistance training movement (i.e. the back squat rather than  
6 the bench throw) utilised. It is commonly accepted that well trained athletes are able to recruit  
7 a larger percentage of motor units than their lesser trained counterparts (14, 40). With  
8 participants in the current study having only 12-24 months' resistance training experience,  
9 previous speculation ENREF 2 that feedback improves motor unit recruitment may assist in  
10 explaining the larger improvements observed in this younger, relatively inexperienced cohort,  
11 who may have more room for improvement of muscle activation (2). Additionally, due to the  
12 larger proportion of muscle mass in the lower body compared to the upper body, there may  
13 have been an increased scope for greater recruitment to occur (6). Coaches therefore may  
14 show preferential application of instantaneous feedback to movements of the full or lower  
15 body compared to the upper body, however future research is still required to investigate  
16 these mechanisms.

17

18 This study also provides the novel aspect of being the first to explore the underlying  
19 psychological mechanisms associated with feedback and resistance training performance.  
20 Previous research has speculated that improvements in velocity, force, and power in response  
21 to instantaneous feedback while resistance training, may be due to improved motivation and  
22 competitiveness (2, 31). However, neither these factors or any other psychological factors  
23 were assessed in their research (or any other similar research, to the authors' knowledge).  
24 This study assessed the impact of instantaneous feedback on motivation, competitiveness,  
25 and perceived workload, and found that all three were greater when feedback was provided

1 relative to a no-feedback control. Therefore, it seems reasonable that the improvements in  
2 performance were due to improvements in motivation and competitiveness, which were in  
3 turn a result of the immediate feedback. Strength and conditioning staff should therefore be  
4 aware of the potential impact that immediate feedback can have on the adolescent  
5 psychological state and how this may improve physical performance and outcomes.

6  
7 With the increase in mean set concentric velocity, motivation, and competitiveness however,  
8 came an increase in perceived workload. This suggests an increase in cognitive load which  
9 may impact upon physical fatigue (28). As stated earlier, global workload was measured by  
10 aggregating scores from the six subscales of the NASA-TLX scale (17). We note that  
11 participants reported higher scores in the feedback condition for five of the six subscales:  
12 perceived physical demand, mental demand, temporal demand, performance, and effort. This  
13 is to be expected given the performance improvements that were concurrently observed in the  
14 feedback condition. Notably, participants reported considerably lower frustration levels (the  
15 remaining subscale) for the feedback condition relative to the control condition. This  
16 reduction in frustration may therefore positively influence training outcomes such as  
17 adherence and wellbeing. While previous research assessing the implications of feedback on  
18 performance have not addressed workload measures (2, 31), it has been shown that  
19 adolescent athletes complete greater resistance training volumes and intensities over  
20 prolonged periods when external motivating factors are present (8, 34). It is unknown  
21 whether this increase in global workload could have an accumulative effect on an athlete  
22 (12), however, this should be considered during the planning of resistance training  
23 programmes. Furthermore, research is required to assess the impact, if any, of objective  
24 instantaneous feedback on total training load over a training cycle.

25

1 Finally, it should be stated that the provision of feedback and the corresponding improvement  
2 of motivation and competitiveness appears to mitigate the acute effects of fatigue on  
3 resistance training across a set (Figure 1). This may assist the athlete who is wishing to not  
4 only improve strength or power, but also muscular hypertrophy. It is known that terminal  
5 mean velocity of the back squat is  $\sim 0.35 \text{ m}\cdot\text{s}^{-1}$  (15, 23, 32), and that by being able to maintain  
6 higher velocities throughout a set, an athlete may be able to complete larger volumes prior to  
7 reaching this terminal point. These increased training volumes could potentially lead to  
8 improved muscular development (32, 33). Indeed, recent research has suggested that  
9 increasing volume through the monitoring of velocity loss in the back squat can induce  
10 increased cross sectional area of the quadriceps (30). Therefore, future research should  
11 consider investigating whether increased motivation and competition through objective visual  
12 feedback could improve resistance training volume and physical characteristic change.

13  
14 While this study is the first to assess the role of instantaneous feedback on physical and  
15 psychological measures, it is not without its limitations that might reduce its application to  
16 real life practice. Firstly, due to the current study being across an acute time frame (i.e. a  
17 single set), it is unknown whether effects are diminished or augmented with prolonged use of  
18 visual feedback. Randell et al. (31) previously demonstrated the beneficial effects of feedback  
19 on physical adaptations in adults, however these findings may not be replicated in  
20 adolescents. Secondly, the psychological outcomes demonstrated in the current study may  
21 have been enlarged due to the novel application of visual feedback. It is feasible that  
22 motivation and competitiveness may diminish over time, therefore future research may need  
23 to assess not only long term physical adaptations, but also psychological responses. Finally,  
24 the current study was completed in sub-elite adolescent male athletes aged between 16-18  
25 years. Because of this selective use of participants, it is unknown whether findings may differ

1 between varying cohorts. Male and female adolescents are known to have differing  
2 motivating factors and perceptions towards exercise (37), and it would be imprudent to  
3 assume psychological and physical responses are identical across individuals of varying  
4 demographics.

5

6 In conclusion, this study presents the effects of instantaneous visual feedback in the back  
7 squat on mean concentric velocity in sub-elite male adolescent athletes. Furthermore, this  
8 study has been the first to investigate the psychological mechanisms associated with  
9 improved performance outcomes from feedback in this context. The findings demonstrate  
10 that visual feedback throughout a set of the back squat can promote *almost certain*  
11 improvements in mean concentric velocity in sub-elite male adolescent athletes. Additionally,  
12 it was established that motivation and competitiveness are closely associated with these  
13 improvements, and it is possible that these psychological factors are responsible for the  
14 improvement in performance through instantaneous feedback. This feedback appears to also  
15 increase perceived workload however, which is something that should be noted when  
16 considering longer-term use of feedback in this context. This study suggests that  
17 instantaneous objective feedback should be utilised when completing resistance training to  
18 increase motivation and competitiveness and improve performance. However, future research  
19 is required to assess how these improvements in velocity affect cumulative training load and  
20 adaptation.

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## 1 PRACTICAL APPLICATIONS

2 Based on the current findings, providing augmented feedback through knowledge of  
3 performance to male adolescent athletes improves motivation and competitiveness which  
4 manifests in improved training quality. Therefore, it is suggested that visual feedback of  
5 kinematic outcomes is supplied when training quality is of importance (e.g. during periods of  
6 power development). Alternatively, the practitioner may choose to provide visual feedback  
7 during resistance training sessions that require high training volumes. This feedback may  
8 mitigate the effects of fatigue on mean concentric barbell velocity as a set progresses.  
9 Moreover, by providing kinematic feedback, the practitioner may have a smaller time  
10 commitment supervising and generating motivation within athletes. Finally, the practitioner  
11 can also utilise feedback during periods of low athlete motivation. Provision of feedback can  
12 enhance motivation and improve effort when completing resistance training.

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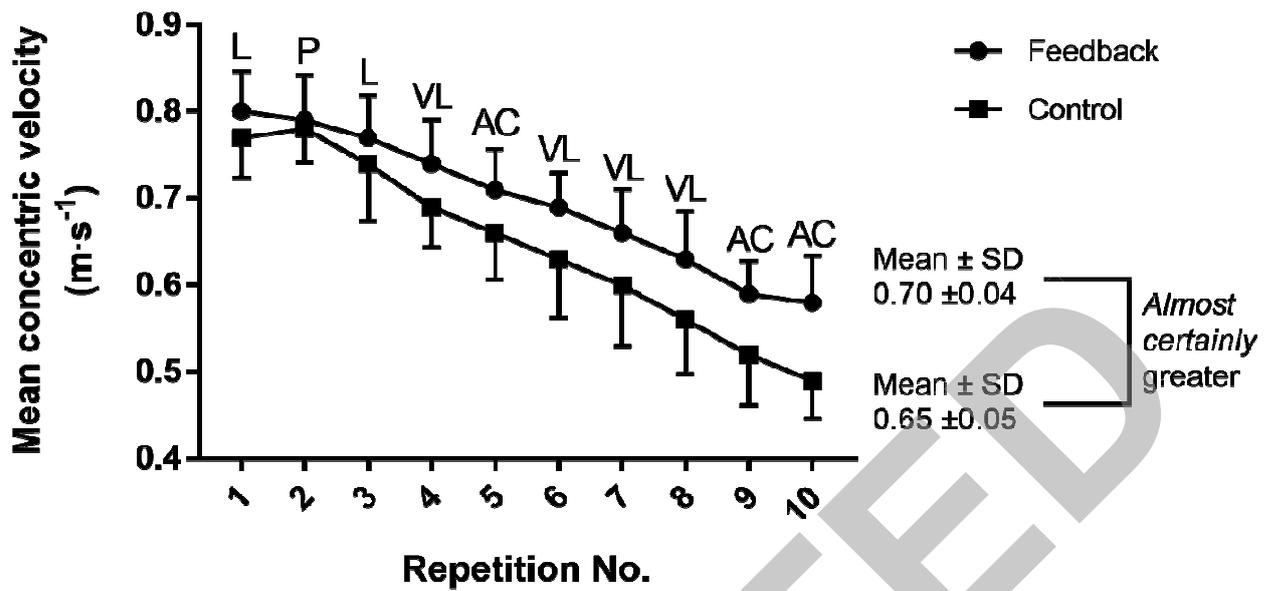
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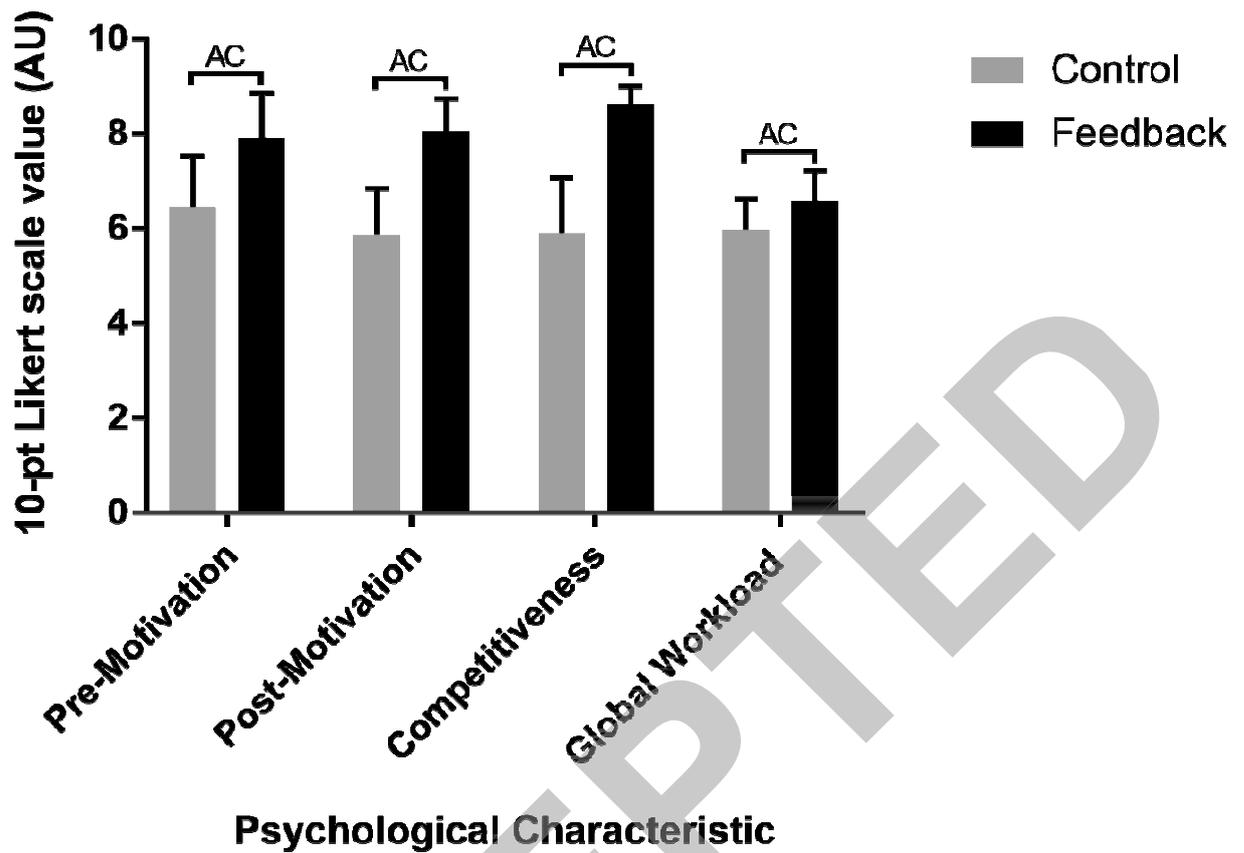
1 **Figure 1.** Mean concentric barbell velocity and inferences of individual repetitions across a  
2 single set of the back squat in the Feedback and Control conditions. L = *likely*, P = *possibly*,  
3 VL = *very likely*, AC = *almost certain*.  
4

5 **Figure 2.** Mean  $\pm$ SD scores and inference of pre- and post-motivation, competitiveness, and  
6 perceived workload within respective 10-point Likert scales. AC = *almost certain* differences.  
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**Figure 1.** Mean concentric barbell velocity and inferences of individual repetitions across a single set of the back squat in the Feedback and Control conditions. L = *likely*, P = *possibly*, VL = *very likely*, AC = *almost certain*.



**Figure 2.** Mean  $\pm$ SD scores and inference of pre- and post-motivation, competitiveness, and perceived workload within respective 10-point Likert scales. AC = *almost certain* differences.