GPS System
User Guide

Turning on GPS unit

- To start data collection simply press the 'on' button on the front of the GPS unit

- The light should turn green if it has a strong GPS signal

- If it flashes green it means that the signal is weak and that you need go to a better area to collect data

Downloading Data

- Using the PC in the Mock MRI lab, load the Team AMS software

- You will be presented with the following screen

Downloading data

- Before starting to download, only push in fully the units that you have collected data on

- In the image to the right only unit 10 is fully inserted

- This makes it easier to find on the software and faster to download

- Note: once all the data is downloaded push all the units back into their docks to ensure they charge

Downloading data

- The unit should highlight in green. Note that the numbers relate to the dock that the unit is in not the number on the unit itself
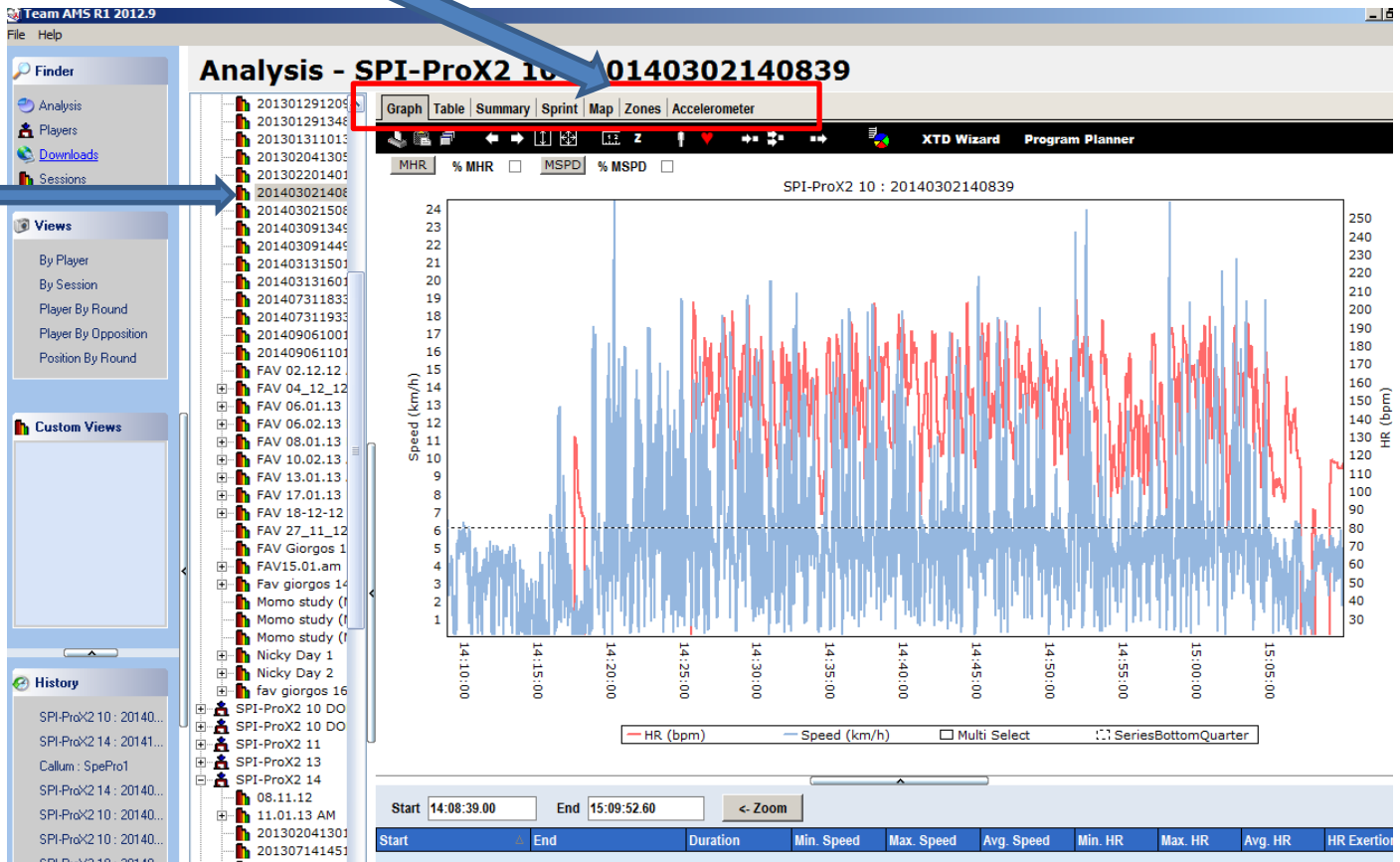
- Then click download all

Viewing data

- All data is dated and time stamped

- Simply click 'view' on the session you wish to look at from the list

Raw Data

- After clicking on view you will see a graph of all the GPS data captured
- To see other tabs select from: graph, table, summary, sprint, map, zones, accelerometer

Here shows which set of data has been selected to view/analyse

Raw Data

- You can view the raw data that is collected by the GPS unit by selecting the 'table' tab
- You can export this to excel, but this is a huge data set so you may want to pinpoint/use the average data in the other tabs

Inserting Zone Parameters

- You can edit zones that the subject was running at for example
- Select 'Insert zone'
- Name it
- Simply alter the values for each zone you want to categories and click 'apply to zone'

Data Summary

- The summary tab gives you an array of averages recorded during the test

- You can toggle between distance, speed, heart rate, acceleration and time splits

Summary of Zones
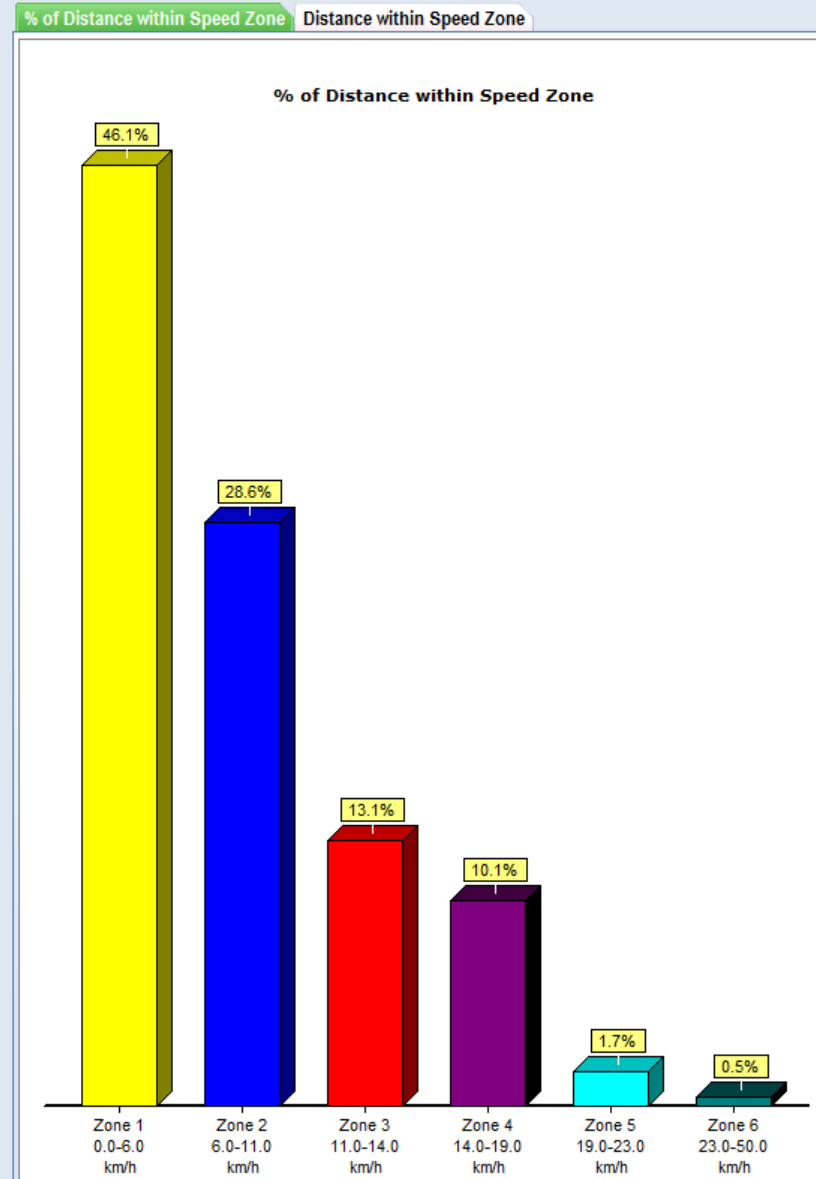
- You can see the distance and percentage of distance covered at each speed zone

- You can see the same graphical data for speed and heart rate etc by choosing a different tab

Finishing Analysis

- Once you have finished with your analysis and downloading of the data, make sure that all the units are pushed firmly into the charging docks and that the charging dock is left turned on so that they remain fully charged