

European Wellness Sports Science High Performance Centre

Elite Athlete Physiological Assessment Report

Athlete Profile

Athlete Name	Fergus Tierney
Club	Sabah FC
Position	Forward / Attacking Player
Age	22 years
Height	184.4 cm
Assessment Date	13 March 2026
InBody Score	95 / 100

Body Composition Summary

Weight	85.1 kg
Skeletal Muscle Mass	45.4 kg
Body Fat Mass	6.8 kg
Body Fat Percentage	8.0 %
Fat Free Mass	78.3 kg
Total Body Water	57.1 L

Performance Interpretation

Fergus Tierney demonstrates elite-level body composition suitable for high performance football. The athlete maintains extremely low body fat percentage while preserving very high skeletal muscle mass. This physiological profile supports explosive sprint acceleration, repeated high intensity efforts and strong metabolic efficiency during competitive matches.

Hydration & Cellular Health

Intracellular water levels and ECW ratio (0.364) indicate optimal hydration and no signs of systemic inflammation. Phase angle of 7.6° reflects excellent cellular integrity and mitochondrial function, commonly seen in elite professional athletes.

DDRR Performance Optimisation Recommendations

Diagnose	VO2 Max testing, HRV monitoring, lactate threshold profiling
----------	--

Detox	Hyperbaric Oxygen Therapy and anti-inflammatory recovery nutrition
Repair	Magnesium glycinate, amino acid recovery protocols, myofascial therapy
Rejuvenate	Mitochondrial support (CoQ10/NAD), photobiomodulation, sleep optimisation

Conclusion: Fergus Tierney is currently in excellent physiological condition for elite football performance. Continued monitoring through the Sports Science High Performance Centre will ensure sustained peak conditioning and injury risk minimisation throughout the competitive season.

Sports Science High Performance Department
European Wellness Biomedical Group