

# YOUR VISION PLAYS A CRITICAL ROLE IN YOUR PERFORMANCE

80% of the brain is dedicated to sensory processing and 70% of reaction time is cognitive based. It's the way we **SEE**, **DECIDE**, and **EXECUTE** in the moment.

Therefore, assessing and training the senses are critical for:

- Maximizing performance
- Understanding injuries/impairments
- Promoting brain health

## THE SENAPTEC SENSORY STATION:

Sensory training has been understood since the days of Babe Ruth. But for decades it has been hidden in university laboratories.

Now, the Sensory Station gives you access to cutting edge technology to take your brain and athletic performance to the next level. Using the Senaptec system will continually strengthen your senses to perform at your best.



## SENSORY PERFORMANCE TRAINING CAN IMPROVE:

### Focus

Keeping the eyes on the target through completion of a task.

### Timing

Accurate and precise reaction timing.

### Visualization

Tracking of objects in the mind's eye.

### Quickness

Quick and accurate execution of a movement.

### Peripheral Vision

Awareness of your surroundings.

### Cognitive Demand

Ability to respond fast and accurately to changing environments.

### Balance

Ability to keep your body in a stable position.

It's the ultimate competitive edge!

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# UNLEASH YOUR POTENTIAL

Senaptec Sensory Performance Evaluation and Training



Senaptec.com

## STEP 1 EVALUATION

Assesses 10 visual and sensorimotor skills. In less than 25 minutes you can identify your strengths and opportunities for improvement.

### VISUAL SKILLS

Measures your ability to see, track and keep up with all the moving information.



Visual Clarity



Contrast Sensitivity



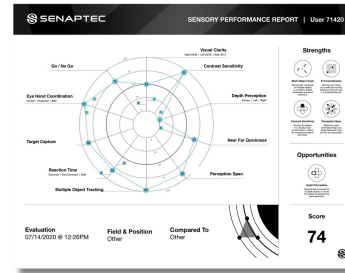
Near-Far Quickness



Target Capture

## STEP 2 ANALYTICS

The Senaptec Sensory Station relies on the Senaptec database of tens of thousands of athletes to truly show how you compare to your competition. The evaluation results create the roadmap for your sensory training and the baseline to measure success.



## STEP 3 TRAINING

14 training modules that improves visual skills, decision making skills, and reaction time. Each module can be customized to the needs and particular activity of the athlete.

### VISUAL SKILLS

Trains your ability to identify and monitor the locations and movements of the ball, teammates and opponents, as everything is moving around all at once.



Dynamic Vision



Depth Perception



Visual Search



Near Far Shift



Shape Cancellation

### PROCESSING SKILLS

Measures your ability to decide. This function relies heavily on how well you can perceive and process information.



Depth Perception



Perception Span



Multiple Object Tracking

### REACTION SKILLS

Measures your ability to implement the decision and perform an action by responding effectively and quickly with speed on demand.



Reaction Time



Eye-Hand Coordination



Go / No Go

SENSORY STATION



### PROCESSING SKILLS

Trains executive functions like working memory and pattern recognition to speed up decision making and accuracy.



Perception Training



Spatial Memory



Spatial Sequence



Multiple Object Tracking



Split Attention

### REACTION SKILLS

Trains your ability to implement the decision and perform an action by responding effectively and quickly with speed on demand.



Eye-Hand Coordination



Go / No Go



Response Inhibition



Visual-Motor Integration