

Identification of the key factors of long-term customer relationship that provide a competitive Harvard Case Solution & Analysis



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Key factors in talent development

These are factors that influence the development of athletes and the training programmes they are suited to.

Physical

The physical factors that affect development include height, weight, body type and muscle gith.

These can affect not only the types of sports an athlete is suited to, but also what postions.

Physical

- Height and body types are genetic and cannot be developed.
- Muscle girth and weight can both be altered through training programmes, however only to a certain extent Eg boxers can develop to change weight divisions.

Physiological

Physiological factors include aerobic and anaerobic capacity and muscle fibre types (fast twitch vs. slow twitch)

Physiological

- Aerobic endurance can be developed through cardio programmes.
- Anaerobic endurance can be developed through continuously

Physiological

Fast twitch and slow twitch fibres can only be developed to a certain extent, as the body is genetically predisposed to one or the other.
Eg. a marathon runner would never become a sprinter.