

# **SPORTS TECHNOLOGY**

BY  
J.LINCY

# FALSE START DETECTION SYSTEM

- Start monitoring systems are used for ATHLETICS Event



# Starting Blocks

- Starting blocks were developed in the late 1920's over the alternative of digging holes into ground.
- They were patented in 1935, and have officially been used at the start of sprint races since 1937.
- Several iterations of starting blocks have been filed by US



Valeri Borzov, circa 1972

# ASC39 (AUTOMATIC START CONTROL)

- ❖ Is suitable for all levels of athletics , and is compatible with timing installation manufactured by swiss timing.
- ❖ It enables up to 10 lanes to be monitored simultaneously.
- ❖ The starting block sensor take in account the physiological response time.
- ❖ The time elapsed between the starting signal and the thrust of the athlete's foot against the starting block.
- ❖ The system memorizes and prints the reaction times occurring in the interval of 0.3 second before and 0.7 second after the starting gunshot.
- ❖ Each athlete's force curve is displayed on the computer screen and can be zoomed for deeper analysis.

# TYPICAL WIRING CONFIGURATION



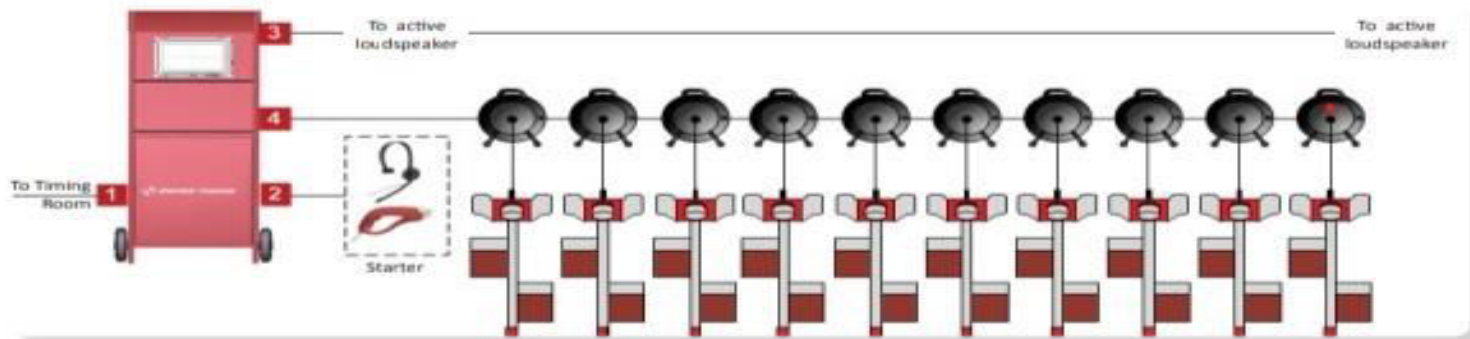
Waterproof tablet compatible ASC3

Protection	IP43
Certifications	CE and RoHS compliant



E-gun and starter headset with microphone

## TYPICAL WIRING CONFIGURATION



# FALSE STARTING

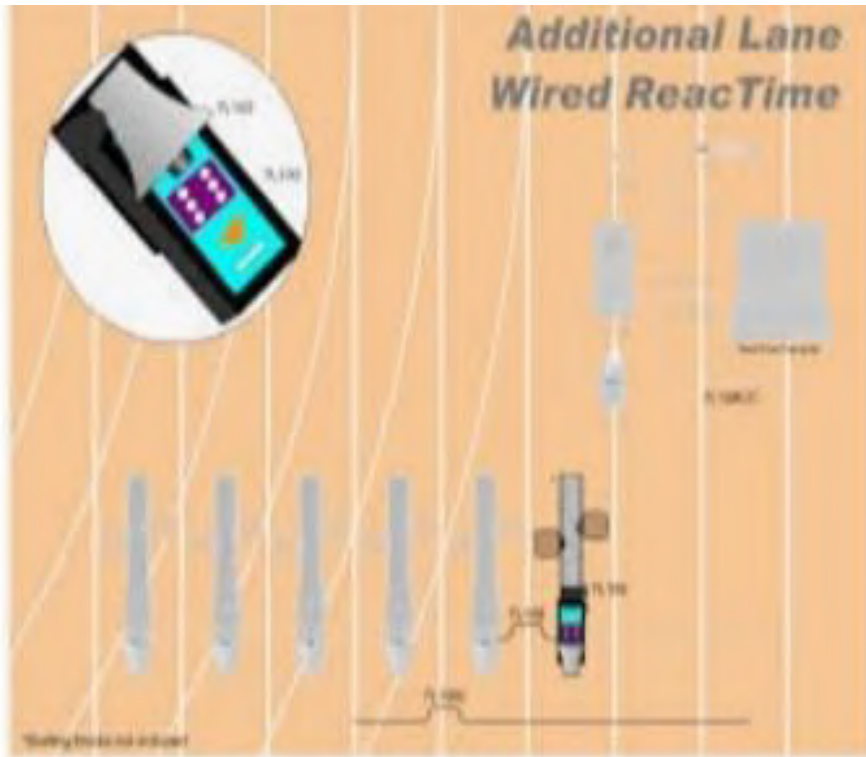
- ❑ In the event of a false start , an acoustic signal is transmitted by the central station to the starter's headphones and to the starting block loudspeakers
- ❑ Online data transfer is made possible via RS422 serial line to a data handling unit and camera SCAN'O'VISION.
- ❑ The instructions given by the starter are amplified and easily understandable by the athletes in their individual loudspeakers.
- ❑ The volume of the voice calls and the volume of the false start warning sound can be adjusted individually.
- ❑ With its handle and wheels,ASC3 is easily movable between the different start positions.

# TOP FEATURES

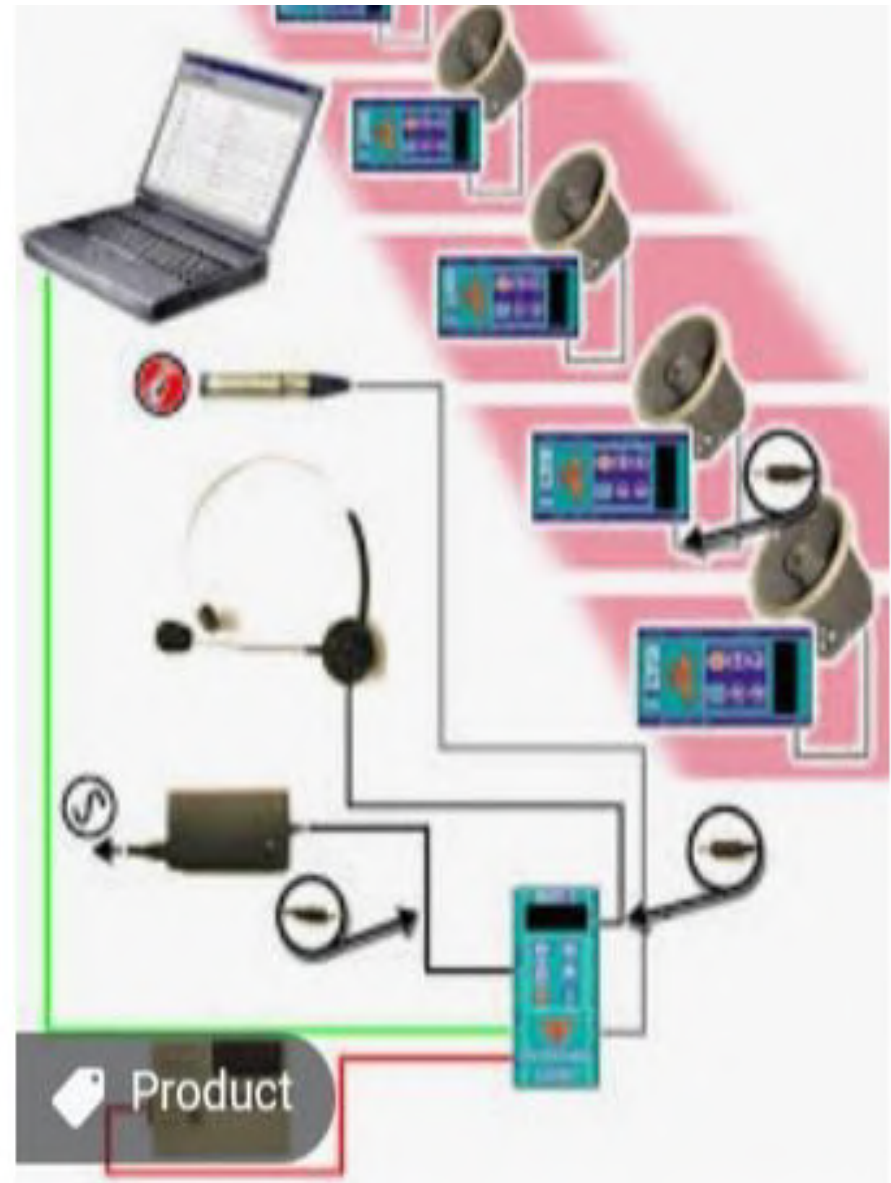
- Suitable for all competitions' level.
- Monitore up to 10 lanes simultaneous.
- Accoustic signal in case of false start.
- Force curve display for each lane.
- Electoronic starting system-E-gun-included







ReactTime False Start Detection S...  
[finishlynx.com](http://finishlynx.com)

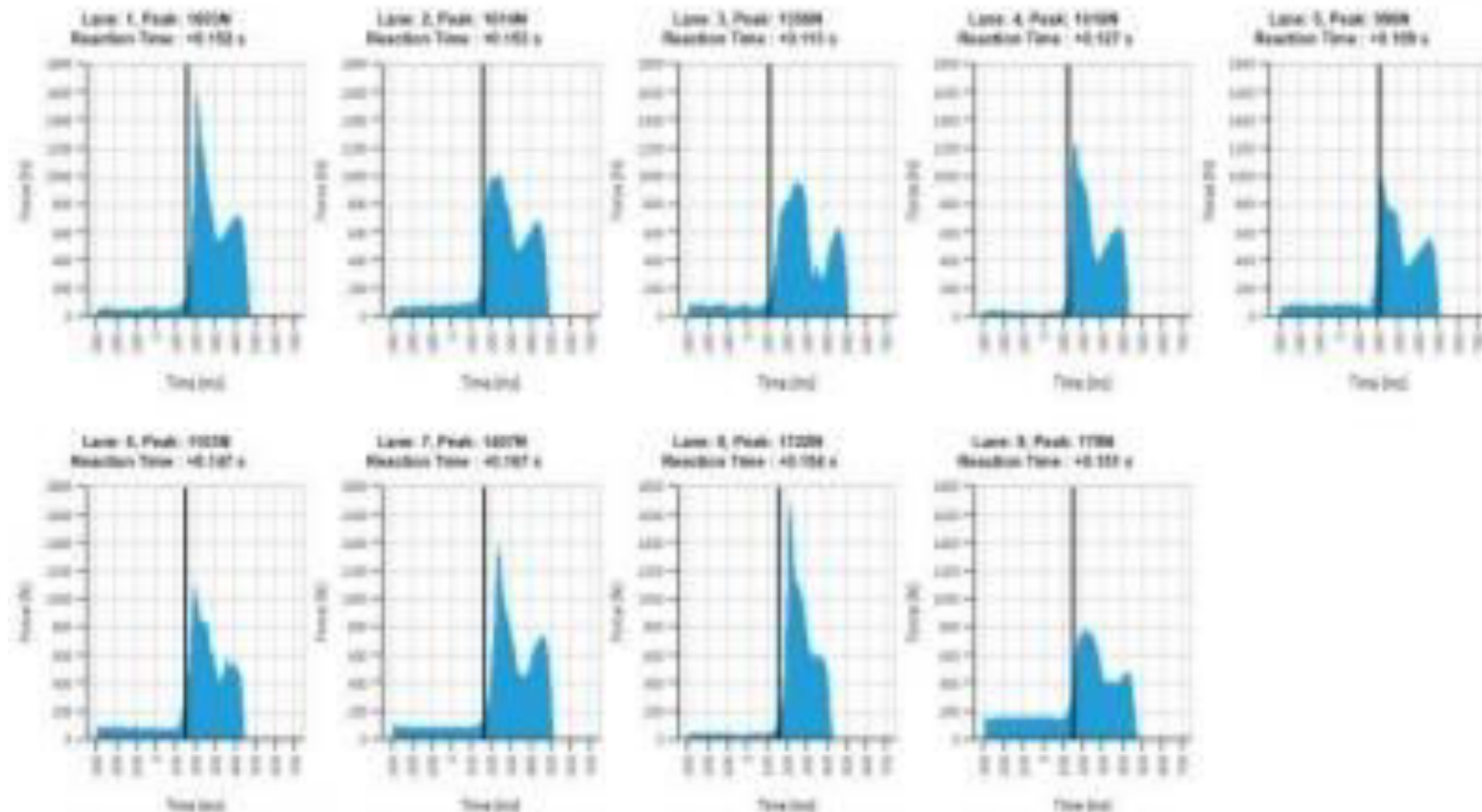


# RACK TIMER **ASC3** QUANTUM FEATURES

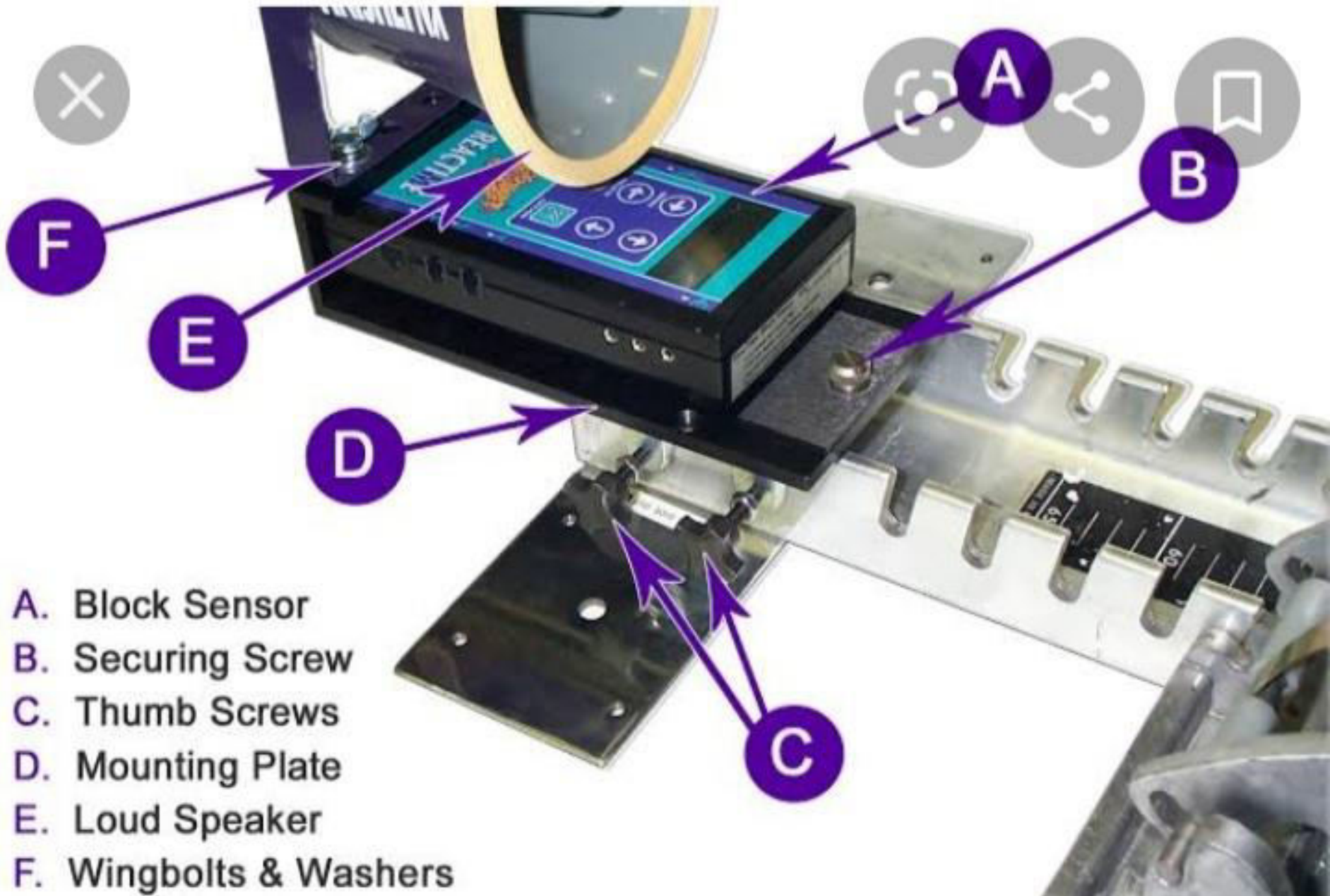
- ✓ Thanks to the new sensor technology, the athlete's starts can be analysed, and thus also serve as an ideal training tool.
- ✓ The athlete force (N) is measured before and after the gun shot (at 0 sec) in order to detect a false start.
- ✓ The black line shows the reaction time of the athlete.
- ✓ At the first attempt, the athlete in lane 3 performed a false start.
- ✓ The illustrated graphs represent the second attempt.

# 12.08.2014 10:19:30 - 100m Men

Close



Attempt	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
1	+0.156	+0.140	+0.127	+0.153	+0.138	+0.128	+0.154	+0.181	+0.171	
2	+0.152	+0.153	+0.111	+0.127	+0.169	+0.147	+0.167	+0.156	+0.151	



- A. Block Sensor
- B. Securing Screw
- C. Thumb Screws
- D. Mounting Plate
- E. Loud Speaker
- F. Wingbolts & Washers





# SPORTS TECHNOLOGY



Assignment submitted to

**Dr.K. Jothi Dayanandan**

# **TECHNOLOGICAL ADVANCEMENTS IN** **VOLLEYBALL**

- Officiating
- Training
- Game standards
- Player Quality
- Spectator Transparency

# HAWK'S EYE

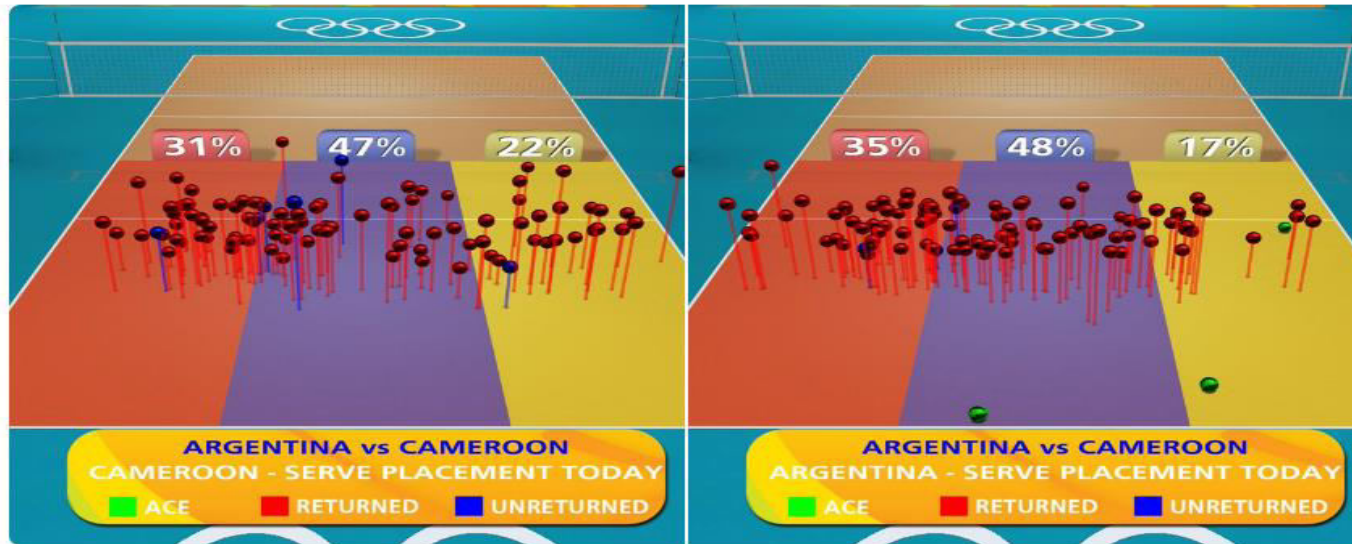


FIVB  
@FIVBVolleyball



Following

Here are the serve placements for the match of #ARG 🇨🇦 v #CMR 🇨🇲 #Rio2016 🌞 #volleyball 🏐



- *Widely used*
- *Helps to determine the position of the ball.*
- *Used for both training and Officiating purpose.*



# ELECTRONIC TABLETS



**Electronic tablets are provided to officials for reviewing the rally.**

# VIDEO CHALLENGE SYSTEM



Video challenge system an additional unit of HAWK'S EYE

# VIDEO CHALLENGE SYSTEM

High definition cameras are arranged above the net for finding out the fouls over and under the net.





# REFREE WEARING A MICROPHONE



Nowadays verbal communications are also given along with the whistle.

# ELECTRONIC SCORESHEET



ELECTRONIC SCORESHEET  
AND LED SCOREBOARD

Manual score sheets are being used for flawless scoring

# MIZUNO VOLLEYBALL SHOES



- Energy Core is the softest and bounciest midsole foam **Mizuno** has ever created.
- **Mizuno** claims it is 293% softer and provides 56% more energy return than any previously **used** material.
- Energy Core will be **used** inside the midsole of the shoe.

# ASICS SHOES WITH GEL QUALITY



**Asics is also another prominent shoes in volleyball which uses soft Elastomer gel to reduce the shock and increased stability.**



# BASKETBALL SHOOTING MACHINES



SUBMITTED BY.  
S.PRIYADHARSHINI  
MPED1



- Basketball shooting machines can help you improve your shooting ability by increasing the number of shots you get up during the time you have to practice. These machines are placed under the hoop and as you shoot, they gather the ball and pass it back to you so you can keep shooting.
- In other words, a basketball shooting machine is basically a robot rebounder that can be set up to get you the ball quickly anywhere you want to practice your shots. This can help you become a better shooter and increase your on-court abilities.

# Quick summary

- [iC3 Shot Trainer](#) The design of this machine helps you to improve the arc of your shot and then returns the ball back to you so you can keep shooting at a high volume.
- The [SKLZ Kickout](#) is a basic shooting and rebounding machine that attaches to the hoop and allows the ball to kick back out to you once you've made a shot. This design is simple but still effective.
- A more pro-level shooting machine is the [MYOM Basketball Rebounder Machine](#). This machine is expensive but is capable of rebounding your shot and passing it back to you quickly and can be adjusted to pass to different areas of the court.

# 1. iC3 Shot Trainer



## ADVANTAGES

- Effective shooting machine that will help improve your shot.
- Easy to transport and pack to take with you to any court.
- High net design improves the arc of your shot.

## DISADVANTAGES

- Ball can sometimes get stuck in the machine.
- Attachments to hold the machine in place can loosen over time.

## 2. SKLZ Kickout



This is a simple but still effective machine that works well without any moving parts. The SKLZ Kick out attaches to the hoop or net you are shooting on and a plastic slide like design allows the ball to roll or bounce back your way. The simple design means there aren't any parts to break or maintenance that needs to be done on this machine. It also easy to transport and one of the cheapest basketball shooting machines around.

## ADVANTAGES

- Very affordable.
- Easy to set up and use quickly.
- No moving parts to break or wear out.



## DISADVANTAGES

- Not adjustable so ball only returns in one direction.
- It does not collect and return missed shots.

### 3. MYOM Basketball Rebounder Machine



The MYOM Basketball Rebounder Machine is a pro-level machine that can catch and return shots quickly and accurately. This machine is set up under your basketball hoop a large net will catch any made or missed shots, funnel the ball do the return mechanism, and deliver a pass back into your hands so you can get another shot up. It's a big machine but is a lot of fun to use and will definitely improve the quality of your shot

## ADVANTAGE

- Pro-level machine that can be adjusted to return the ball anywhere on the court.
- Can collect both made and missed shots.
- Fun and effective to use.

## DISADVANTAGES

- Large so not easy to transport.
- It comes with a hefty price tag.



THANK YOU

# Yoga Practice for Day to Day Life During Pandemic



GAMPALA ABHIGNA REDDY  
M.P.Ed II YEAR  
202001104



*Nearly 10 per cent of people diagnosed with Covid-19 experience prolonged symptoms, including troubled breathing, blood clots, headaches, nausea, muscle pain, and fatigue that lasts for weeks, months, and possibly years after testing positive*

*“Yoga is helping these long-haul patients in easing stress and pain, maintaining mobility, and breathing easier. Even the World Health Organization has urged people to take up yoga during the pandemic”.*

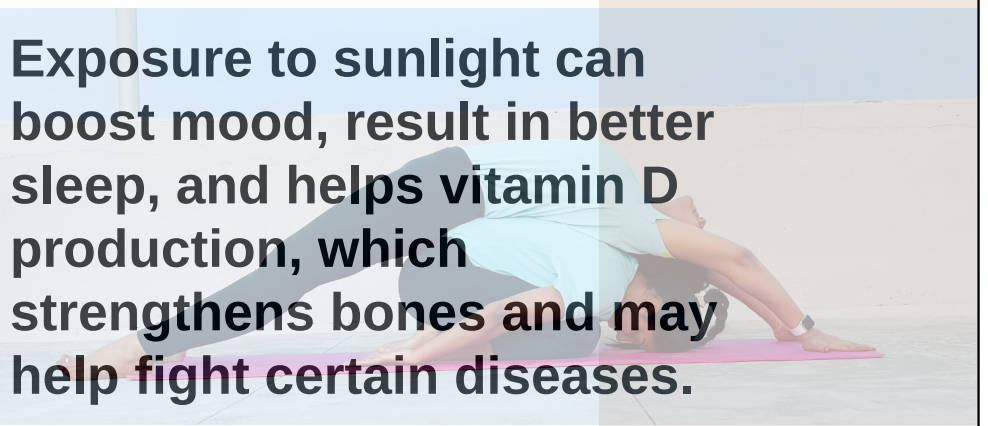
## YOGA 2021 THEME



YOGA FOR WELL BEING

## SUNBATHING

Exposure to sunlight can boost mood, result in better sleep, and helps vitamin D production, which strengthens bones and may help fight certain diseases.



# KRIYA

1. Jala neti can remove mucus and pollutants from the nasal passage and sinuses, allowing air to flow without obstruction. This helps relieve allergies, colds and sinusitis.
2. It claims to prevent and manage diseases of the respiratory tract such as asthma, pneumonia, bronchitis and pulmonary tuberculosis.

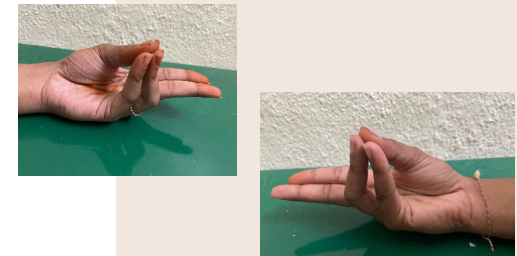


# PRANA MUDRA

*Each Finger Represents Nature's Element  
in Mudra*



Improves immunity power  
Reduces the Block in Blood  
vessels



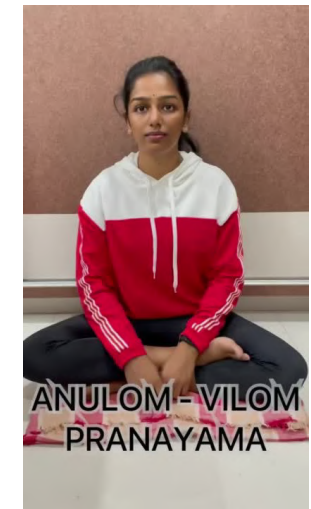
# MEDITATION

- Gaining a new perspective on stressful situations.
- Building skills to manage your stress.
- Increasing self-awareness.
- Focusing on the present.
- Reducing negative emotions.
- Increasing imagination and creativity.
- Increasing patience and tolerance.



# Anulom-Vilom Pranayama

- Anulom vilom is a specific type of controlled breathing (pranayama) in the practice of yoga.
- It involves holding one nostril closed while inhaling, then holding the other nostril closed while exhaling. The process is then reversed and repeated.





## ASANAS



**GOMUKHASANA**



**VRIKSHASANA**

## ASANAS



**BHUJANGASANA**



**DHANURASANA**

## ASANAS



**VIRABHADRASANA**



**CAT AND COW POSE**



***“EVERYONE  
CAN  
BREATHE,  
THEREFOR,  
EVERYONE  
CAN DO  
YOGA “***

"A Little Progress Each Day  
Adds Up To Big Result."

**THANK YOU**



**PARALYMPIC**



G.HILDA  
M.P.Ed IYEAR  
202101005



## WHAT ARE PARALYMPIC GAMES ?

*The Paralympic games is an International multi sport event, where disabled people can compete against each other.*



## **Paralympics**

*Originally termed Paralympics because it meant paraplegic.*

*Now para stands for parallel to the olympic games*



## How did it Start ?



The Paralympics developed after Sir Ludwig Guttmann organized a sports competition for British World War II veterans with spinal cord injuries in England in 1948. A follow-up competition took place in 1952, with athletes from the Netherlands joining the British competitors.



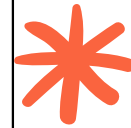
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1988 - 1994

1994 - 2004

2004 - 2019



2019 - now

Three colours represents National flags around the world.

## Motto

"Spirit in Motion"  
( moving forward and never giving up )

"United by Emotion"  
was the new motto introduced in 2020 Summer Paralympics.



...

1960 First organised games for disabled athletes ( 25 sep Rome )



1994 First Termed Paralympics



2001 Olympic paralympic committee signed an agreement



\*  
Summer Paralympic started in  
1960  
Winter Paralympic started in  
1976  
\*

**VALUES**

COURAGE  
DETERMINATION  
INSPIRATION  
EQUALITY

**DISABILITY GROUPS**

**AMPUTEE**  
**CEREBRAL PALSY**  
**VISUALLY IMPAIRED**  
**INTELLECTUAL DISABILITY**  
**SPINAL INJURIES**  
**LES AUTRES**

The International Paralympics Committee is an international non-profit organisation and the global governing body for the Paralympic Movement.

The IPC organized the Paralympics Games and functions as the International federation for nine sports.



## Sports Includes

### Summer Paralympics

Archery, Cycling,  
Judo, Rowing, Sailing,  
Shooting, Swimming,  
TableTennis, VolleyBall,  
Wheelchair Basketball,  
Wheelchair Fencing,  
Wheelchair Rugby,  
wheelchair Tennis..etc

### Winter Paralympics

- Alpine skiing,
- ice sledge hockey,
- cross-country skiing,
- wheelchair curling,
- para-snowboarding.

## India in Paralympics

- India's first medal in Paralympics came in 1972 Games, with **Murlikant Petkar** winning a gold medal in swimming.
- India's best finish yet has been in the 2020 Games, at 24th place with a medal haul of 19 medals (5 gold, 8 silver and 6 bronze).
- 1994 First termed Paralympics.
- 2001 Olympic Paralympic committee signed an agreement

India at the Paralympics



IPC code: IND

NPC: Paralympic Committee of India

Website: [www.paralympicindia.org.in](http://www.paralympicindia.org.in)

Medals	Gold	Silver	Bronze	Total
Ranked 55th	9	12	10	31

Summer appearances

1968 · 1972 · 1976–1980 · 1984 · 1988 · 1992 · 1996 · 2000 · 2004 · 2008 · 2012 · 2016 · 2020

Countries	Athletes			
Country	1	2	3	
1  China	96	60	51	207
2  Great Britain	41	38	45	124
3  United States	37	36	31	104
4  RPC	36	33	49	118
5  Netherlands	25	17	17	59
6  Ukraine	24	47	27	98
7  Brazil at the Paralympics	22	20	30	72
8  Australia	21	29	30	80
9  Italy	14	29	26	69
24  India	5	8	6	19

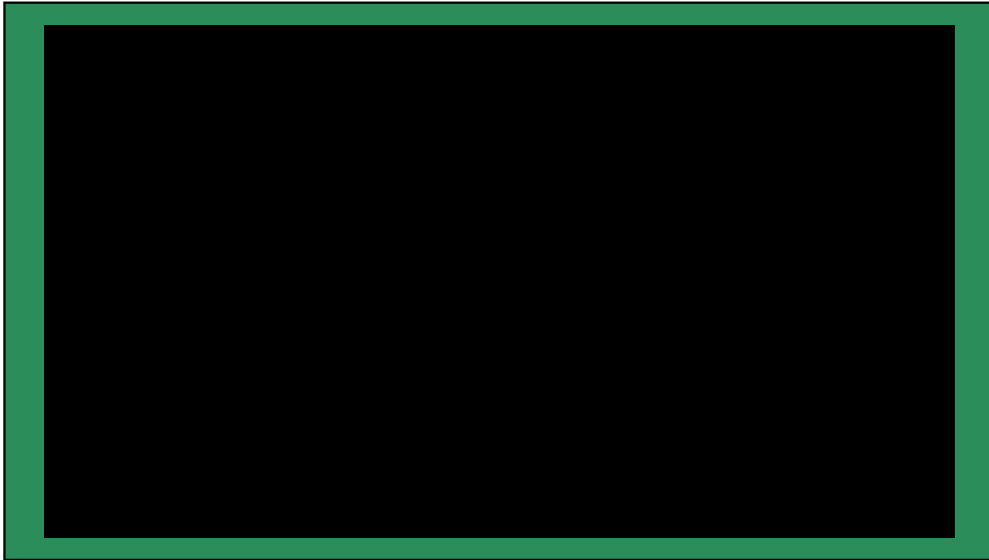
## Most Decorated Paralympian



Blind from birth, she competed in Paralympics swimming. She is the most successful athlete in the history of the Paralympics games, having won 55 medals and was inducted into the Paralympics hall of fame in 2012.

• *Trischa Zorn*  
(*American Paralympics swimmer*)





*"A Little Progress Each Day  
Adds  
Up To Big Results."*



**Thank you.**

REGARDS  
G HILDA