

## THE INCREASE SPORTS PERFORMANCE SKIERS WITH MODERN AUDIOVISUAL TECHNOLOGY CONTRIBUTION

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### Abstract

*Human potential in general and sports in particular wants to be put out by comparing the different time periods and exhibited in competitions, where the most valuable part. Obtaining performance level changes would create different of endocrine system, respiratory, circulatory, muscular and so on, changes that the body assimilates and raised the upper limit. Selection in sport performance is a continuous process to find, choose and apply in accordance with criteria defined by the expert knowledge and input continuous development of technology combine to generate changes in the functional parameters of the body. Under the guidance of a controlled and organized the whole team has a set of tools and methods will allow achieving high performance and trying to keep them at a high level for a long time. Theoretical understanding and practical information transfer is greatly facilitated by using different audio-visual means, by which the skier sets necessary changes to obtain the best performance.*

**Key words:** vital capacity, increase performance, alpine ski

### INTRODUCTION

Learning correct movements and positions specific alpine skiing issues requires explanation and demonstration on the part of the teacher or coach.

This learning is greatly facilitated if skier he shall be made available and supporting means such as the audio-visual; means audio-visual coming with a contribution considerably to increase performance in ski performance.

The environment in which skiers are training produces changes in the functional capacity of the body the values are not superior athletes performing high altitude training. Respiratory capacity, muscle, circulatory system, analyzers etc. increase their values so that they can generate achieving performance.

### DEVELOPMENT THE THEME

Visual and audio media to which I refer are needed fixing specific fundamental components alpine skiing evidence as performance level reached today requires a whole new findings in conjunction with ancillary technology disciplines. Thus: repeated viewing, stereographic, electronic recording, projector and stroboscopic method help to increase athletic performance.

Stroboscopic method, with which to obtain strobociclograma contains a single image such as

pennant attack on a black background and allows observation sequences that swings moments. Thus we can see and analyze in detail how it was done at the hip and knee flexion, it is synchronized correctly wrist carrying forward path turn, upon reaching pennant etc. It is a very useful and used to study both the opponent and one's own movements in order to improve them and to correct them.

This method is applied after stroboscopic images submitted for analysis or route throughout videos were seen by normal ongoing. You can use this method to start strobe for a technique or a tactic referred to it just in case to review a previously completed recording their movements.

In the training stage of skiers are calling and repeated viewing of a technical or tactical moment, this method of analysis greatly helping athletes. It allows the movement pattern skier living through what he sees especially if the project takes place immediately after the execution and registration. For example, executing a turn and attack pennant entries viewed and recorded skier, and his colleagues determined that a constructive discussion execution of those movements to approach as much as the ideal model of execution.

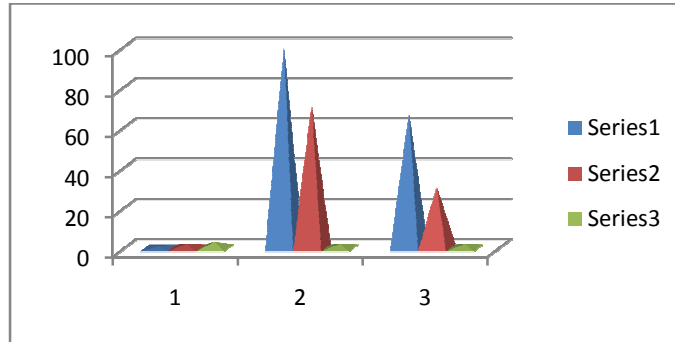


Figure 1. Technical training

Point 2, series 1 is the result skier who turned in workouts to audio-visual means of retaining information for technical training. It is noted that

evolution is a major. The value for this is 99. (Figure 1)

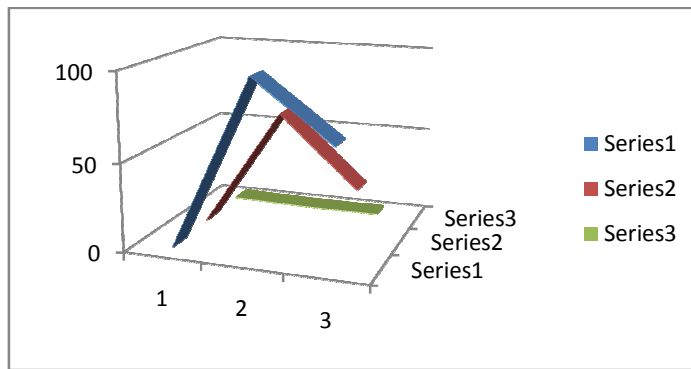


Figure 2. Theoretical training

Point 1, series 1 is the result skier who turned in workouts to audio-visual means of retaining information for theoretical training. It is noted that evolution is a major. The value for this is 99. (Figure 2)

Point 1, series 2 is the result skier who used audio-visual means only 50% of the maximum time allotted for theoretical training (Figure 2).

A path of alpine ski specific evidence may be subject to repeated views if it is considered necessary to set the best strategy or approach of how to organize the route in difficult situations when unexpected factors arise during the race.

The most frequently used at present is the stereographic prints movements with video-capture cameras with infrared signals. Measurements are automated cameras are mounted so as to capture the movement and awkward angle and record unique moments from the point of view of implementation and in terms of the spectacular.

Electronic recording enhances the possibilities for analysis of isolated movements and training process. On a high performance team that has the most information of physical, technical and tactical levels of potential opponents, received and collated by the modern technique of objectivity and audio-visual recording may establish their game strategy

and technique training the most appropriate. Example: the number of opponents training, exercise duration and so on, the comparison and analysis of the differences between skiers.

These audio-visual means allow us to study all the details of training and competition, which will result in a better organized preparation, dosage and volume as appropriate to achieve the optimally high performance. Combining these tools with technical training, theoretical, tactical and psychological increases sports performance and spectacular competitions.

#### CONCLUSION

➤ Visual and audio media today prove their strength of increase in performance, and not only their role is very important to analyze each position and movements of the skier.

➤ Interference using audio-visual means may be used singly or in combination with other means, which will generate valuable results for sport and society.

➤ Maximum efficiency in training and competition is generated by using these modern technological means coordinated by specialists and applied an entire team that is involved with skier in getting performance.

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