

- c) The use of technology in training sessions that are design to improve skill are greatly on the increase. The use of new technology can assist and are design for improved skill.
- ~~The new technology~~ An example of the new technology is a rowing machine. It enables a high endurance level and it improves skill. The new technology machine is like a personal coach and instructs on how to improve the skill.
- The use of technology in training sessions enable you to perform your skill with the aid of improvement.



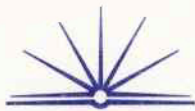
Another example of the use of technology is in a pool. As you swim there is a camera under water recording your stroke.

After you finish you see your style and enables you to go through it for improving your skill

The use of technology in training sessions ~~that~~ are designed to improve skill. If you go into a gym, there is technology that can be used for improved skill.

The technology that is out today is outstanding for improving your skill. The new technology enables you a variety of new age thing to help improve your skill.

There are some disadvantages with the use of technology are performance enhancing drugs. The use of



technology enables people to use the drugs but can be very easily caught through drug tests.

Technology in training sessions is very beneficial for some as this technology which is used in the training sessions ~~help~~ are designed to improve skill.