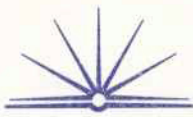




Question 26:

c. Technological advancements have greatly assisted in the improvement of performance in athletes. New technologies have made available equipment and resources that have been unattainable previously.

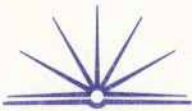
The use of ~~etc~~ cameras and computers has enabled swimmers to have their stroke/style broken down and recorded. This enables them to look at what they are doing



Question 26:

c. well and what they need to improve. Whole training sessions can now involve identify weaknesses and then practically trying to fix them in the pool.

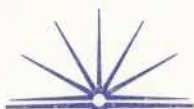
The development of training tools such as gym equipment and weight machines has enable for a vast variety of training methods for many different sports. For example, swimmers can train in the gym and ~~we~~ use weight machines to build their upperbody and leg strength instead of swimming lap after ~~at~~ lap in the pool. This increases motivation and provides interest for the athlete. Gym equipment and weight machines also ensure that the activities being performed are done ~~on~~ correctly and accurately and ensure



that the athlete doesn't cheat during the exercise. They also help in the prevention of injury due to inexperience or misinformation.

Clothing has also played a significant role in improving performance. During a training session different combinations of clothing can be tested to in order to decide which is best suited to the individual athlete and which achieves the best performance. An example of recent clothing technology is the neck to ankle swim suits that were introduced just before the ~~Atlanta~~ Sydney Olympics in 2000. The suits have been specially designed to create a more streamline body for the athletes enabling them to move through the water at a smoother rate. The suits surface is based on

Continued

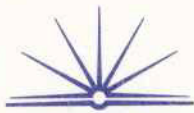


Question 26:

c. the skin of ~~sk~~ sharks. There are a number of suits available from different companies. Through trialing a number of them swimmers like Ian Thorpe are able to select the suit best suited to them.

Technical

Technological advancements ~~have also~~ in the Australian Food Industry have also affect the improvement of performance in athletes. ~~We are~~ Due to technology we are now able to understand the importance of a balanced diet and are able to identify if there are ~~de~~ any deficiencies in one or more nutrients. We can also ~~identify~~ identify the different ^{dietary} needs of different athletes. And through



Question 2.6:

c. the development of new food products we are able to address those needs. For example, women athletes have a special need for extra iron during ~~menstru~~ menstruation as a result of this the Australian Food Industry has developed products like iron supplements to cater for this need.