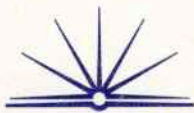




c) Technology is always changing, with new break throughs, this is always affecting training as people strive for greatness.

Video analysis is one ~~break~~ through that assists in the training of athletes. As skills can be recorded and broken down in segments, so positive behaviour can be enhanced and negative behaviour can be corrected to improve the acquisition of the skill. This can also be a method of goal setting as athletes strive for improvements.

The uses of new equipment enhances skill acquisition. As the latest equipment protects the individual as well as promoting safe behaviour. Also correct equipment for size and weight can be found so skill acquisition



is easier. eg tennis ball guns.
so some shot can be repeated
so that improvements can occur.

Change in training methods has
seen a change in skill acquisitions.
As new methods are taught which
are safer and reduces the
chance of injury. eg the swimming
dive. stance change through the
years has seen a easier way of
starting which is comfortable to
relax the performer.

Change in Nutritional information from
an advance in technology has
seen an improvement in skill
acquisition. The Athletes are now
on a correct diets for their programs
so that enough vital material



is taken so that energy levels and body functions occur. This allows the athlete to be at peak performance so skill acquisition can be learnt fast.

All improvements in technology see change in programs to enhance the athletes performance and their skills acquisition and skill improvement.