What is performance analysis? 1

Where you look at your performance and get information that helps understand the performance.

Helps to identify strengths and weaknesses within a performance.

Smart Watches and Apps 2

For example, Fitbit, Gamin, Apple, Polar

- Some are stylish and are more for life technology (wallet, text messages, steps), others are for specific sports.
- Track heart rate, Split times, Maps, Track different sports (swimming), Track your sleep etc.

Heart rate monitors 3

- See the intensity in which you are working.
- Ensure that you are working in the correct target heart rate zone.
- Measure recovery rate.
- Monitor overall fitness – resting heart rate.

What equipment could you use? 4

- Smart watches
- Heart rate monitors
- Action cameras
- GPS systems
- Sensors on sporting clothing

GPS System 5

- Global positioning systems
- Detect fatigue in matches
- Compare intensity profiles according to player position
- Compare competition skill levels
- Identify the most intense periods of play.
- Maps when out on a run or cycle.

Why is it useful? 6

- Can help identify weaknesses in a performance
- Can help to slow down a movement to analysis in more detail
- Can help to provide effective tactics
- Help to review a performance

Action Cameras 7

- Can capture things normal camera's might miss with a delay.
- Be able to withstand harsh weather.
- Can record on wider lenses to get more of the sport in one shot.
- Reduce blurring and maintain high image quality while in motion.
- Smaller in size

Sensors on sports clothing and equipment 8

- **Sensors** – something which detects or measures a physical property and records it.
- Calculates heart rate and respiration but also muscle activity and exertion.
- Can identify areas for improvement.