**Sports Medicine 12**

**Sports Technology**

**Name:**

**Date:**

**Enhancing Performance**

**Activity 1:**

## **Watch the TED Talk - *Are Athletes Getting Faster, Better,***

## ***Stronger?* by David Epstein**

1. Name the three aspects that are increasing the performance of our athletes:
2. Choose one sport where records have been broken due to the advancements in technology and complete the following:

Sport:

Type of technology/s:

When was it introduced and how does the technology improve performance?

**Activity 2:**

1. Identify examples (4 for each) of applications where technology is used in physical

 activity and sports.

|  |  |
| --- | --- |
| **Technology** | **Application (Sport and example)** |
| Clothing |   |
| Equipment |   |
| Playing Equipment |   |
| Officiating & Judging |   |

2. Select one physical activity or sport and list as many technological aspects involved in the games as possible.

SPORT:

Technology involved

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*
*
*

3. Using technological equipment for fitness and exercise, describe how these technological advancements have enhanced the fitness and exercise industry.

Some websites to help you with ideas:

<http://www.huffingtonpost.com.au/2016/01/10/tech-fitness-health_n_8925892.html>

<https://www.fitnesscareers.com.au/newsview/7-ways-technology-is-changing-the-fitness-industry-105>