

Component 1: LOB: Technology

Clothing & Equipment	Information and examples from own sport	Advantages and Benefits of that piece for the sport
Clothing e.g. Training top	Team coloured training/playing kit, compression under- armour top/shorts. Moisture control, materials, size	Improves: comfort, visibility, aerodynamic, waterproof, wicks sweat away, cools body, improved blood flow – performance/recovery
Footwear e.g. Football boots	Different footwear specific to that sport. Breathable and waterproof. Specific example	Improves: grip, comfort, control, performance, safety (reduced injury), reduce blisters – make specific to your examples
Sport Specific E.g. Tennis racket	Tech has changed equipment used in sport. Give specific examples of equip required e.g. bats, balls, goals, gloves	Improves: power, distance, accuracy, control, safety, personalised for that performer – specific to your exams
Protection/Safety E.g. Gloves, Gum shield	Big issue: usually contact sports. Mouth, head, eye other parts, also swimming & 1 st aid/medical	Promotes safety and long term health. Designed for that sport/activity. Explain how that equipment works to protect person
Disability adaptations E.g. Wheel chair	Ensures people with disabilities can participate. Wheelchairs/equipment designed for that sport.	Wheelchair adaptations for sport e.g. light or strong. Balls have bells etc for blind, increased access for all
Facilities E.g. Indoor ski centre	Specialist areas to participate whole range of sports locally. Heated, air con, softer, all-weather, spring loaded	Safer e.g. Astro 4G, improved participation: Snowdome, Ice rinks, Better performance, all year use, required for sport

Officials: What equipment do the officials use and how does it help them in your sport?

- VAR/Hawkeye/TMO – improved accuracy, additional people to help official
- Whistles/Flags – signal to players and fans fouls and events in game e.g. goals
- Goal line technology
- Microphones/ear pieces – so the officials can communicate

What technology do the coaches/players use to analyse their performance in your sport?

- Smart watches/ trackers to measure: HR, distance, Speed, Calories
- GPS – track location e.g. golf
- Apps – log performances
- Video analysis – replays can be used by coaches and shown to players

Cost – advanced tech costs money to buy + keep updated. Costs to employ and train staff. Not all clubs/levels have the same money/budgets

Time – Tech takes time to set up and analyse all the data. Additional coaches are needed to do this. Also takes time out of Matches e.g. VAR decisions = waiting

Accuracy – Debate over how accurate some tech is. Leads to inconsistencies some times. Data received doesn't tell coaches all they need to know e.g. ability

Access – not all levels/clubs have access to the same technology due to money – this means that some benefit more than others – unfair better performers lose

Usability – Some tech isn't easy to use e.g. VAR, it needs trained specialists to set up and understand data/information. It also becomes out of date quickly.

Limitations of the technology in your sport