

Sports Technology for Runners

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Abstract— The growth of technology in sports sector as a whole is in accordance with increased participation in sports activities. Sports performance can be determined by a number of factors. Technology has also been a controversial point especially in the latest modern days and advancement in the scientific world which has greater impact in athlete's performance than ancient times. Coaches and athletes are always striving to reach peak performance through the modern electronic technology. Makes it possible for coaches to put running to develop the player at optimum level and its efficiency and effectively gathered analyze and integrate information and resources in order to improve training decision making a collaboration. Modern technological aspects has received greater attention and took varies research for investigating to investing the various devises that would help to improve the performance of sports behaviors. If the science and technology keeps its promises of improving running performance. Four sports technology items like Running Monitors Sports Drinks Sports Fabrics Running Trainers as potential running partners to runners.

Index Terms— Sports technology, Sports drinks.

I. INTRODUCTION

Once up on a time the Olympics were simple, Ancient Greeks stripped naked then ran, threw things, and had a jolly time. No technology other than what Mother Nature gave you but in modern .Sports technology leads to better sporting performance Nearly everything we do in our lives involves technology.. If the science and technology keeps its promises of improving running performance, a runner often commits for life. Modern Olympics technological aspects has received grater attention and took varies research for investigating to investing gate the various devises that would help to improve the performance of sports behaviors. Four sports technology items are showcased as potential running partners to runners.

- Running Monitors
- Sports Drinks
- Sports Fabrics
- Running Trainers

II. METHOD

Running Monitors

For runners who do not have an iPod Neon, Nike+ has released the Sport Band. A wrist cuff, the Sport Band allows a runner to see distance, pace, time and calories burned on their run. A small chip placed in a runner's

trainer – New Balance or Saucony works as well as Nike+ trainers which have a space for the chip – to interface with the Sport Band. Added value is offered by the USB detachable face of the cuff which can download speed and distance data to a Mac or PC. This rich fodder can build into a runner's personal training e-log and via the Nike+ Sport band website allow runners to set up competitions and team events involving pooling data including the forthcoming Nike+ Human Race on August 31 2008. Added value is offered by the USB detachable face of the cuff which can download speed and distance data to a PC. This rich fodder can build into a runner's personal training e-log and via the Sport band.

III. SPORTS DRINKS

Drinks such as Gatorade, PowerAde and Lucozade Sport re-hydrate many runners' bodies when racing and in training. Consuming a sports drink during an intense training session and on long runs will provide sugars which a runner's body will use to create energy and for electrolytes refueling. When training hard or racing, electrolytes should be replenished to maintain potassium and sodium balances in a runner's body.

IV. SPORTS FABRICS

Runners are aware that their trainers need replacing every 300 to 500 miles depending on type of footfall. Breast movement when running can cause discomfort for women. Sports bras support, control and protect a woman's breasts from sagging and pain, if fitted professionally. Women who run can tell quickly when the elasticity goes in their *Sports Fabrics*_Runners' feet speak when socks are wearing thin. A running gilet remains strong in its high tech performance shielding torsos, a runner's strength and conditioning core, from rain and wind. Buy a running gilet (a zip up waistcoat or jacket without arms) to have a versatile small-packing kit item to keep dry and warm, running season after season. Be prepared for any climate change with the stretchy figure hugging Sugoi Radius Vest or Conserve Air, known for its Wind stopper fabric. Saucony ProGrid Triumph 5 has released new Ladies shoe with blue accents and Men's shoe in charcoal/blue or charcoal/red. Whether you lead your running field, a back-of-the-pack finisher or enjoy running training without the racing, sports gadgets and techie running gear can make fine partners.

V. CONCLUSION

If the science and technology keeps its promises of improving running performance, a runner often commits for life.

The revived paper reveals that the development in technology of sports became decisive factors in the determining the sports performance.

Beyond the natural ability of sports man we can increase the certain level of the performance of the sports performance by using the modern technology. Hence each training and coaching centers should have the modern technology to train the athlete to participate for international competition

Has a result of modern technology varies scientific equipments and management techniques implemented in the field of sports competition.

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