



TECHNOLOGICAL AND SOCIAL APPROACH IN MODERN DAY SPORTS

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Abstract:

Introduction:

Sports has been an intergral part of human life right from its inception. Moreover sports nowadays is not just a mode of entertainment but has become a pathway for physical fitness. However as sports evolved with time newer and newer technologies and sciences came to be used in order to make them more interesting.

The modern Olympic games of 1896 held in Athens ,Greece revolutionized the concept of sports ,people began to take fitness seriously and the result, more and more countries participating in the coming games, 2016 Rio Olympics saw a staggering participation of more than 11000 athletes from 205 countries. The success of Yoga in today's time can be attributed to this craze for fitness and mental well being .

In terms of fitness ,today's fast paced life has given a window for new technologies to enter this arena, the modern day treadmill, which saves your time of going out to jog. Bench press, dumbbells etc are some of the advancements taken in the field of physical fitness. These equipments constitute the whole physical fitness process that can be confined within the 4 walls of the room.

Science can be defined as a solution to a particular problem in a particular domain. Large scale sporting events also saw a surge in the use of technology over years to find solutions to their long-standing problems. For eg: The hot spot technique in cricket has provided a solution for long term problem of leg-before, use of hawk-eye in tennis,to determine whether the ball

bounced inside or outside the line, the slow motion in football are some of the great gifts science gave it to the sports culture.

Applications of science and technology in the field of sports

Cricket

Bowling Machine

A **bowling machine** is a device which enables a batsman to practice (usually in the nets) and to hone specific skills through repetition of the ball being bowled at a certain length, line and speed. It can also be used when there is no-one available to bowl, or no one of the desired style or standard.



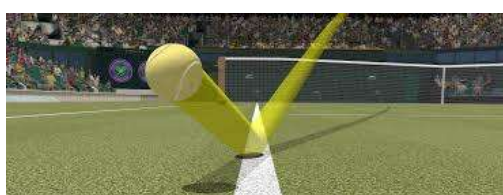
One of the greatest inventions in cricket can be referred to as the bowling machine, where balls can be bowled at varying paces and desired degrees in order to train the batsman completely in the absence of a desired coach

Tennis

Hawkeye

The famous one: the computerized images of the arc of a bouncing ball, which maps the path the ball took and establishes whether it bounced in or out. It even takes into account how the ball skids and changes shape during contact with the ground. It's

used to help umpires and line judges to determine the winners of points. The system uses four high-speed cameras filming from different angles around the court, and triangulates the position, speed and direction of the ball using the information from each. If a player believes that a line judge's call is wrong, he or she can challenge it, using Hawk-Eye to see where the ball landed. Players can make up to two incorrect challenges per set, with one extra if it goes to a tiebreak.



Football

Goal line technology

In association football, goal-line technology (sometimes referred to as a Goal Decision System) is a method used to determine when the ball has completely crossed the goal line in between the goal-posts and underneath the crossbar with the assistance of electronic devices and at the same time assisting the referee in awarding a goal or not. The objective of goal-line technology (GLT) is not to replace the role of the officials, but rather to support them in their decision-making. The GLT must provide a clear indication as to whether the ball has fully crossed the line, and this information will serve to assist the referee in making his final decision.



Treadmill

Fitness

A **treadmill** is a device generally for walking or running while staying in the same place. Treadmills were introduced before the development of powered machines, to harness the power of animals or humans to do work, often a type of mill that was operated by a person or animal treading steps of a tread wheel to grind grain. In later times, treadmills were used as punishment devices for people sentenced to hard labor in prisons. The terms treadmill and tread wheel were used interchangeably for the power and punishment mechanisms.



Social sciences in sports

The science that deals with the society and the the relationship of an individual within a society is termed as social science. The definition goes apt with the team sports where a confident team is the one whose unity is reflected in each and every department of the game. A captain's decisions and the way his team observes those form a big part of social sciences in sports. Moral values, ethical conduct of the team members reflect a great deal about the team. And all these factors result in a great sporting event.

Values aren't taught , they are practised and made strong , a family plays an important part in nourishing those values in a person. A very same theme goes on in sports , you value each player's contribution, the efforts he took, or trying to correct him if a certain way he commits a mistake, this is the essence of a team game,and social science goes on an extra mile to explain these principals to individuals.

Man evolved from Stone age to the Paleolithic age , from Paleolithic to Neolithic

age ,all this progress was not achieved alone but through efforts of all individuals, discoveries were made through scientific thinking that got enhanced with time.

Exactly the same phenomenon is applicable in a team game , you develop new techniques by learning together ,practicing together, communicating together. And thereby keeping up with the motto of sports

The ultimate goal of sports be like

- To foster positive growth as an athlete and as a person.
- The emphasis is on effort, learning, and personal improvement—doing what it takes to be your best.

- Without a doubt, winning is highly valued, but well-informed coaches realize that winning takes care of itself if athletes are having fun, improving their skills, and giving maximum effort.
- Mastery climates foster an atmosphere of mutual support and encouragement, and everyone, regardless of ability, is made to feel an important part of the team.

“Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to do the best of which you are capable.” **John Wooden**, Basketball Hall of Fame player and coach.

References: Wikipedia, the Telegraph
