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Role of information technology in enhancing sports performance

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Abstract
The field of physical education and sports can make a significant contribution to the role that technologies play in our lives by carefully considering the benefits and liabilities of new information technologies on the whole person, body as well as mind. Information technology play vital role in the human being in particularly in field of sports and games. It helps to avoid mistake in organization and administration of various sports and games at world level. Information Technology in Sports has established scientific discipline, Research activities, improve Learning and coaching, Bio-mechanical analysis and field research have evolved. In future very soon the way computer with be applicable in sports with good quality and best results.

Keywords: Information technology, sports technology, sports bio-mechanism

Introduction
The value of sports is very high and it is having very much influence worldwide to bring peace and friendship with each country. Because of the value of sports publicity has increased more it has spread very much fast to all over the world.

Information Technology has become an important inter-disciplinary partner for sports, this way physical education has its branches of Sports psychology, Sports Statistics, Bio-chemistry, Sports Medicine, Kinesiology and Bio-mechanics etc. Taking into consideration its association with other disciplines and its various aspects, computer can be used and are being sued in physical education and sports. Human play, as embodied in sports, is one of most important in expressions of human culture. The games in which people in the society it's reflects their society and culture as a whole. It is said that communication is one dominant contribution to the human being on the planets.

The Olympic movement is one of the social movements on human society. The countries from all over the world gathering in one place during summer Olympic games for peaceful is the epitome of intersection of sports and communication. This fact underscores the importance of the media and the Olympics. The presentation will briefly explain the relationship between information technology and sports.

Information Technology in Sports
The information age was 1970's. The change was brought to the society with the creation of world web (the web). As change in technology, changes channels of communication and message content. The early 1960's, the computer technology establish protocols which become as the internet in 1969. And later development of Hypertext Mark-up Language (HTML) in 1989 that became the basic for the development of web in 1993. The web was introduced to the public at large. During the formative days of the web lot of things was include such as email, blog, face book, twitter, lot of website, journals, you tube etc.,. Another important fact of information technologies being used in sports is seen in the trend analysis done by administrators in sports, franchises and leagues while the most basic functions are storing data used to determine statistics, disclosing the score of a game or uploading pictures for fans to view thorough out a game. In the past, task such as developing rosters (name list) of athletes, managers, officials, timekeepers, drivers and medical staff was took much time to done the work with hand.

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But the institution of IT in sports, team administration was now able to not only create detailed roasters of these individuals but can schedule them for work. Also, most profession sports venues have very modern scoreboards that are programmed to update statistics and information directly to a computer system. So with the use of such modern technology, almost every area of sports has become dependent of automation due to relevance that it implies to the lives of spectators all over the world. Through the help of the internet and other web services, live feeds of sports events have become so accessible anywhere in the planet. Most of the professional sports in the world have long used instant reply and other high tech aid to help the referees to make a right call. Video replay systems to check referees call for many years. Basketball referees use replay system to make sure players is shooting within the time allotted by the shot clock. In international cricket, the third umpire has been used for certain situation. The umpires who are out of field can communicate via wireless technology. The third umpire is asked to adjudicate on run out decision. In Football/Soccer the replays could be used to decide off-side decisions, whether a ball passes over the goal line or not.

Application in Sports
The field of physical education and sports can make a significant contribution to the role that technologies play in our lives by carefully considering the benefits and liabilities of new information technologies on the whole person, body as well as mind. Nowadays in schools, colleges and other institutions, students are given more organized and disciplined education through I.T. and computers, because it is more authentic innovation and convincing. A variety of programmes are available which help in track-grading, conducting health assessment, monitoring research projects, and analyzing sports performances.

Benefits of Information Technology
Here are some of the ways technology can provide or facilitate most of the types of support that someone trying to become or stay physically active needs. Now a day's computer is widely used as a teaching aid. In this era of globalization black board is quit away. Power point presentations, Video clips, Animation, Graphics, and Sound have become much more effective and needful, CD, DVD, MP3, are more useful in teaching. IN some way computer is applied in sports sciences, scoring systems, computerized test all evaluation can be largely followed. A coach keeps monitoring on the players. A computers helps us if any deficiency is found. Records of the player can be maintained for future plan Selection of players for various game and sports is an important for this multiple regression helps in many ways. Hence computer plays a significant role in storing research data and its analysis. Treatments in sports medicine involve Cardio-Vascular, Flexibility and strength building programme. Sports Medicine is the study, prevention and treatments of sports and fitness related injuries.

Practical Support
Technologies like iPods, Dance Revolution, and Nintendo Wiki Sports make physical activity fun. Step counters and accelerometers allow us to gauge our activity level at any time and set goals that can be easily tracked. Home and gym fitness equipment make it possible to stay active when weather's back.

Advantage and disadvantage of Information Technology
Technology in sports is constantly changing in today's era. This change is making a big impact, whether the technology is a disadvantage to the sport and slows down the speed of the game or uses the technology to an advantage and speeds the game up to help make accurate calls. People are always looking for the technology to be able to get ahead of other opponents. The use of technology has crept into the athletes' games. Technology is more of an advantage or disadvantage. One of the main reason's through which technology compromise a sports experience is that people are watching the games at home instead of watching the games that are played live. Some people would rather stay at home than spend the money to go to view the game. With the game being shown on television, means fewer supporters in attendance. Fewer supporters mean less money for the teams in terms of income and profits. The enhanced experience of technology has made it easy for teams to know and learn about the opposite teams. Some people believe that it was necessary for technology. Sometimes the referee's decision will be wrong, there technology will work and give accurate result will be given.

Through using Information technology to improve the standard of Sports in the following process
➢ To update the health status of players.
➢ Preparing training schedule
➢ Video Feed back for players practices.
➢ To assessment of physical activity by using Information Technology.
➢ Storing the results
➢ To analysis the team performance at the time of competition.
➢ Online registrations and profile verifications.
➢ The Coach can have the self-appraisal through the Information technology.
➢ Storing the personal data's of athletes.
➢ Search engine for the latest training in sports.

Conclusion
Information technology play vital role in the human being in particularly in field of sports and games. It helps to avoid mistake in organization and administration of various sports and games at world level. Information Technology in Sports has established scientific discipline, Research activities, improve Learning and coaching, Bio-mechanical analysis and field research have evolved. In future very soon the way computer with be applicable in sports with good quality and best results.

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