

# Use of video analysis to improve sports performance

Video analysis is an increasingly popular tool in modern-day sports for athletes to gain insight into their technique and performance. Videos recorded can be processed for variables such as motion, technique and tactical patterns, providing a basis for quantitative and qualitative feedback to be generated. This exploratory project will allow students to explore the use of video analysis as a means to record data & provide feedback during their training in the sport.

This project aims to allow students to:

1. Learn and experience the process of video capture
2. Identify important variables in the performance of their sport and examine them through video analysis
3. Innovate and adopt solutions to improve performance based on variables analysed

No. of students for GL: up to 2

Interested students may contact Esther Chok ([esther\\_chok@tp.edu.sg](mailto:esther_chok@tp.edu.sg)) for a preliminary discussion