

Research Note :

## Enhancing sports excellence through feedback

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### ABSTRACT

One of the challenges of the physical education programmes faced is how to use feedback and bio-feedback effectively as an important tool in competitive sports while at the same time coaching to athletes and to incorporate feedback into their own physical education programme which should be encouraged to take into account other factors to improve the learning style and executing skills in various sports and games and master in various styles by a combination of peer teaching unit as well as it is important to continue modulation for further achievement. The athlete can have intermediate success to maintain his interest and motivate further achievement. The bio-feedback access should be in both the teaching and coaching version. Watching different learning style and analysis what they see and enhancement the skill, "Inside your mind" Activity - nodule allows athletes to reflect and form plans to what they have learned through their practice style into their profession and Biofeedback integrating technology as tools in different learning. Through this fact athlete can find innumerable opportunities to develop a solid foundation of competent and proficient skills to improve their ability to perform them at high level. Biofeedback not only improves the assessment of the work performance but it also acquires information and receive about their effective performance in order to enhance performance.

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Scientific feedback in creating thinking, analytical skills,, strengthening the macro-performance great challenge in the field of programme in general and specific activities which can be explored by the feedback. The feedback climb is developed by thicker brain cortex and increasing the higher cognitive processing than living in an unsearched environment. The enriched environment is very effective to assess the performance of the athlete through scientific feed-back. However, too much or too little challenge will not much influence the performance of the athlete.

Most of the physical education programmes have a challenge. They have a description of the challenge, guidelines teacher, tools, and they make changes to a performance through mental challenge. There are many activities in physical education which the teacher should incorporate in their lessons and that can help to feed-back after analysing their skills that they learn in the class and intend to learned further more with positive ways.

Through the effective feed-back they can improve their competitive skills. There are various types of body functioning related to the fitness as well as cardio motor training session, as physical education teacher or coaches must be continuously monitored with different movements of the primary skills phases to advance skill phases. Whether it may be physiologically or psychologically performed by the athlete, such a measuring must be

reflected in exercises intensity and reflecting skills development and competition skills also control management in further participation of achievement.

### Types of feedback:

Athletes have practiced the skill associated with assessing skill performance, the effective feedback which could be a constructive process of the students, the teacher can help the student learn a skill in a better way under even stiff condition. In achieving goal in skill performance the positive feedback and specific feedback are important to learn and to performance task progress.

But majority of athletes performance emphasis in that the students should form pairs and identify doer is enhanced in the reciprocal style of teaching after repeating the sequence of different skills of sports that provide a positive specific feedback for athletes and also help them to learn a better understanding of the corrective feedback.

Biofeedback is another advance method. The coach and teacher can assess the performance of the athlete during the performance. Such information can be established and learned in different performance of the athlete in a different situation whether it may be psycho-physical regulating process to know and analyse all the necessary informations for different functions of the organism, *i.e.*, the physiological process of voluntary and