

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

non-voluntary muscles control in particular movement. It is of a great help not only in general feedback but it may be possible to bioanalysis of internal adjustment of the organs by different activities. The bio feed-back is the process where modality enhances programme of the athlete, feedback in competitive sports has been very important to assess various functional capacities of different athletic programme.

- For example the assessment of general cardio respiratory system enhancing the endurance event.
- Assess the thermodynamic of athlete in different sports and games.
- The performances of athlete depend upon the motor-cum-skills of the particular events.
- The assessment of the cognitive's skills in mental activities.

Verbal Biofeedback:

Most of the physical activities need verbal feedback and biofeedback as result of problem-solving through interaction experiences with the teacher or partners where a number of opportunities are offered. Physical education teacher can get feed-backs from the 'students while they participate at various levels of tournament in the field of sports.

Developing optimum skills through feedback:

Teaching approach in physical education which can assess balance between personal and professional skills that play an important role in competitive sports and games. Despite the many obstacles, it is necessary to reach a higher goal in competitive training and competition which are established to evaluate and honour the skills or to perform optimum through feedback. Physical education blend of goal and skills which make it possible and advisable for physical education to integrate these personal and professional skills in their curriculum development.

The goal orientated communication between students as they work on team strategies, plan and play games to

organize tournaments in the reciprocal style of teaching which is very effective in contemporary sports programme, that students learn to provide and receive ;per feed-back and evaluate internal and external influences, and to identify the short term and long term effects of their choices for healthy development.

Constructive feedback:

Without proper feedback in sports skills, it is impossible to improve the new information as well as proficient skill if the athletes need the mastery of movement patterns and facilitates in progressive feedback which could be important in their learning programme.

The successful feedbacks are assertive way to solve the problem solving different interactions with competitive sports. Teacher present new information context of prior knowledge and learning by different competition on this feedback.

Micro feedback improves the micro-motion and empowering their athletes for further development of performance. The appropriate feedback in optimal practice has more often, perhaps 20 times more than they do.

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