



c) Some of the technologies that could be used during the training sessions could be video cameras on the athletes technique in which is a good way to tell how the athlete is managing the skills and if they are exercising them correctly.

This could also be used for working out plays and weaknesses in team sports and help improve those tactics.

The use of clothing for example the swim suit in which cover the athletes whilst they swim or run to give them more aerodynamics whilst doing activity.

The use of technology is good during sessions as it does improve the athletes skill. A coach can not break down every little detail of a 100 meter sprint as it is done in less then 14 seconds but with the use of a camera the coach can replay the movements and study them in slow motion to ensure correct techniques.





If an athlete has the correct technique therefore it will improve the overall skill. As with the full body suits used in swimming if an athlete trains in it and is able to complete the full skill without errors it will improve the overall skill and will show in the results of a competition.

The use of technology would not be classified as cheating as, ~~the~~ as the world changes so does technology, ~~if~~ it advances therefore so should technology in sport. If technology can improve an individual's skill and therefore make them better and closer to reaching their goal then it should be allowed with no questions. Therefore the use of technology during training sessions is good as it will improve the overall performance and also prevent injury as the athlete is completing the skill correctly.