

# Science, Medicine & Engineering in British Sport

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Performance, UK Sport







1991 days to the Rio 2016 Summer Olympic Games 1994 days to the Rio 2016 Summer Paralympic Games







## Introduction

- UK approach
- What concepts and why?
- A vision and legacy concept ESPRIT

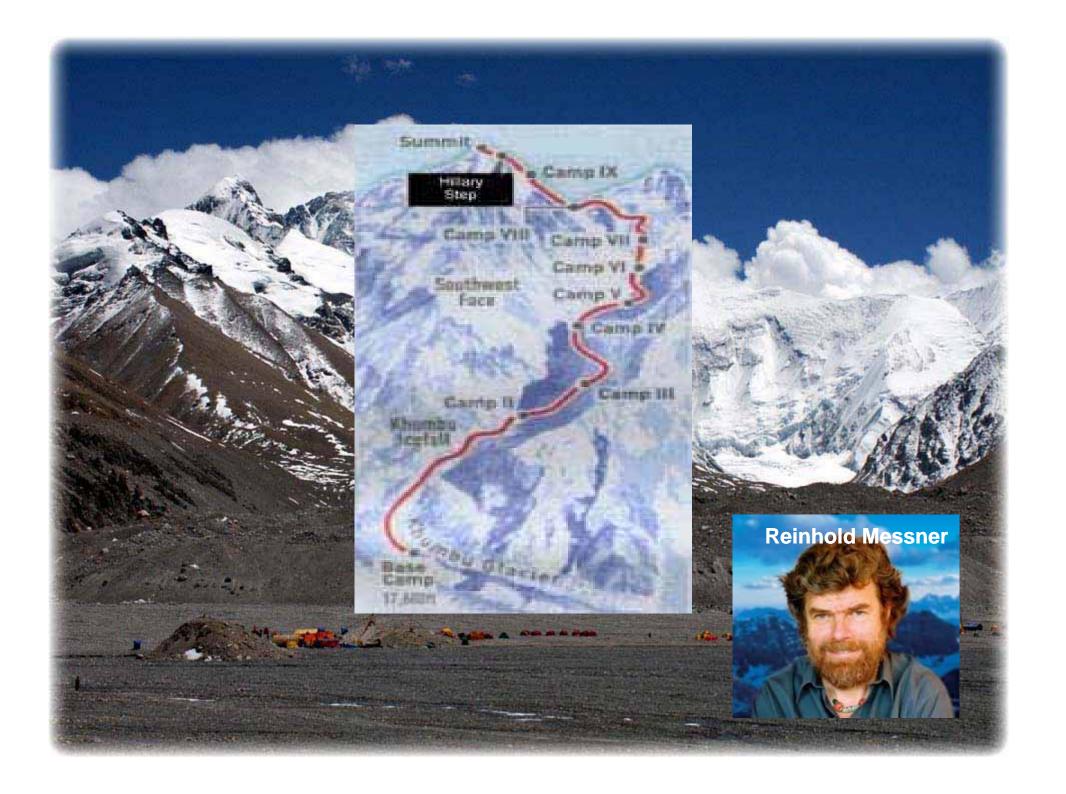














## UK approach to R&I



one team. one mission. best prepared for 2012













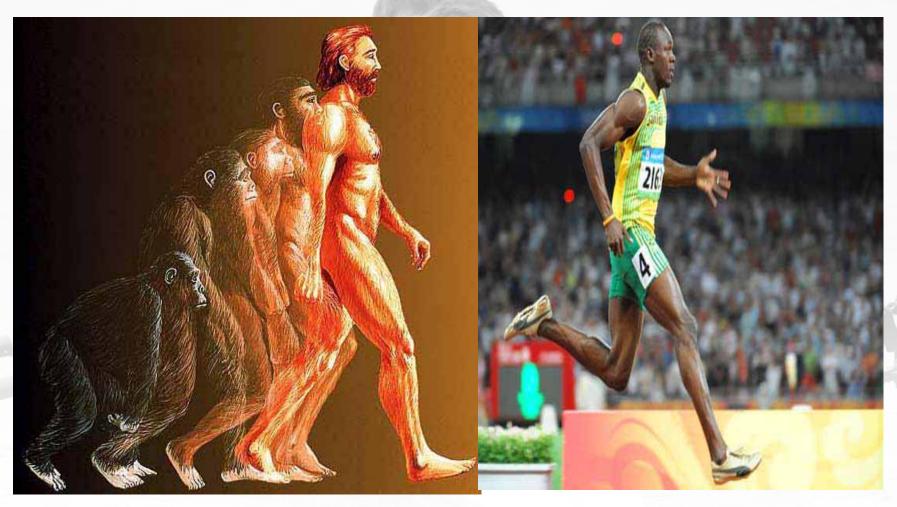






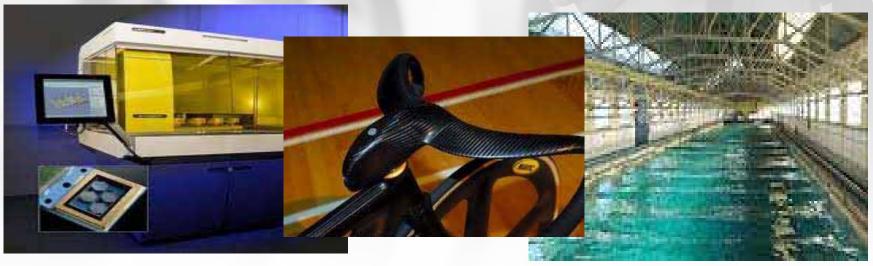


## Time motion of athlete's life

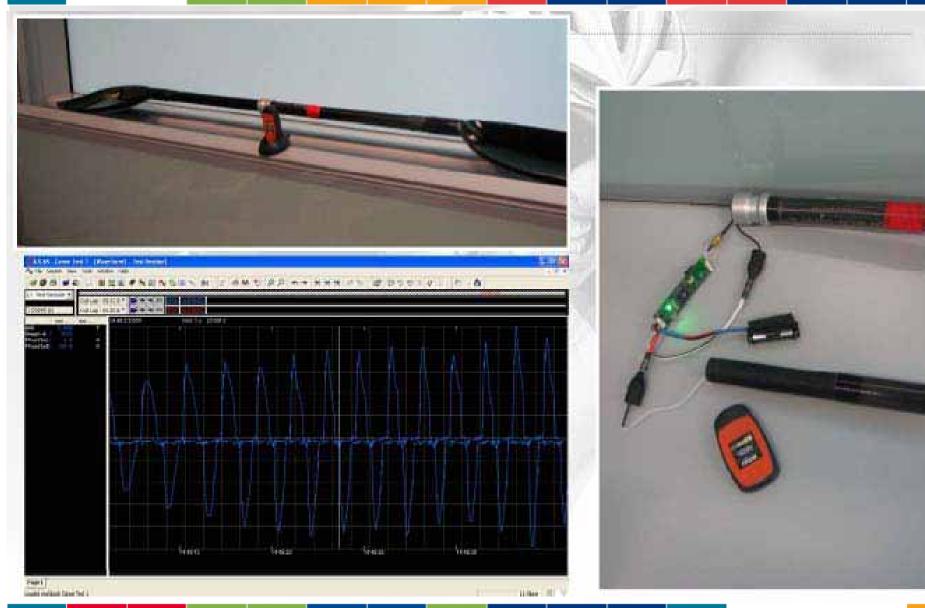




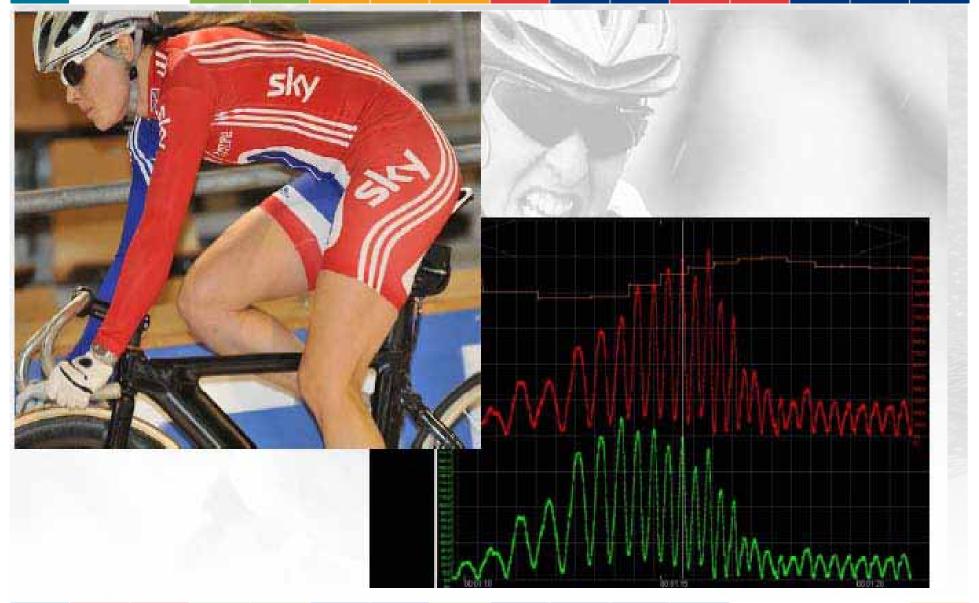




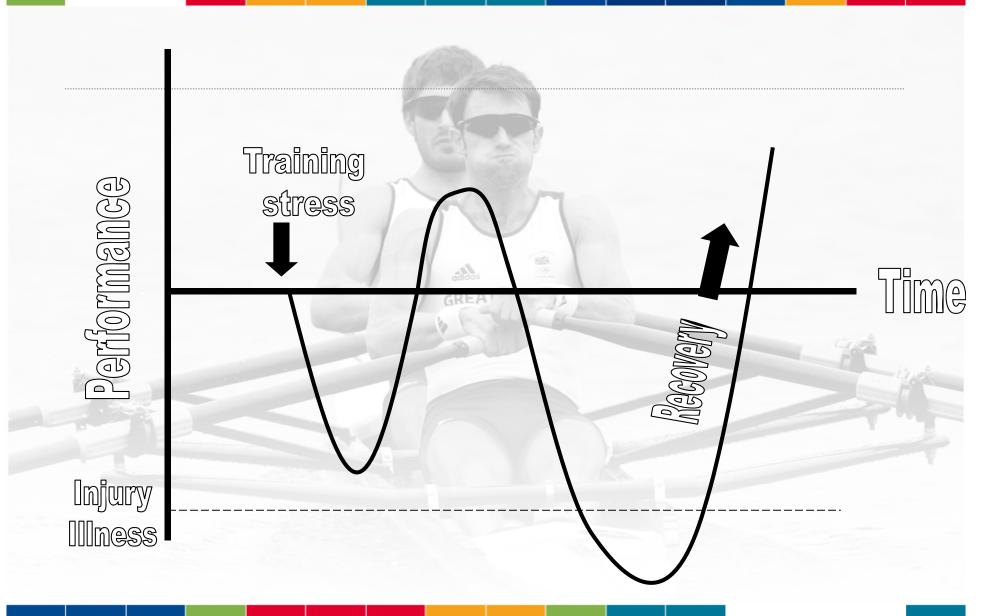












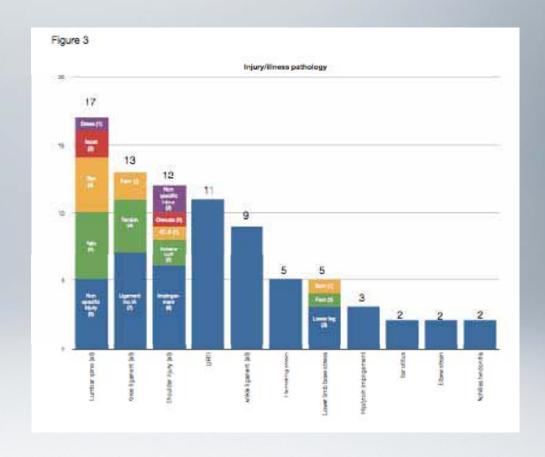
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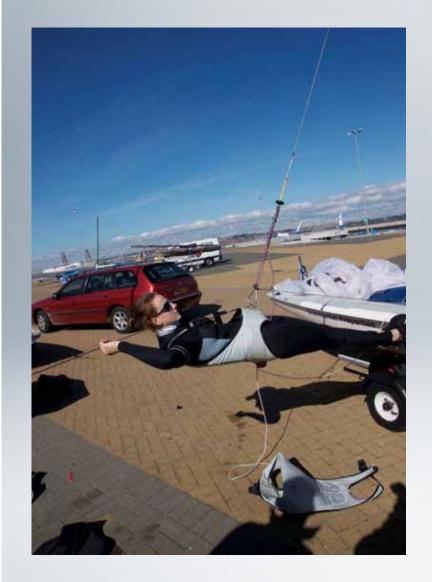












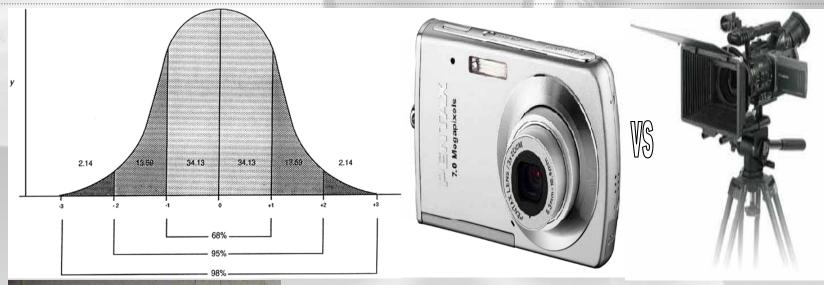






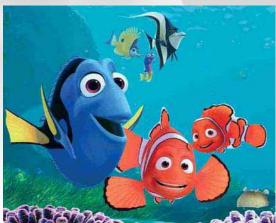


## Science & engineering in sport



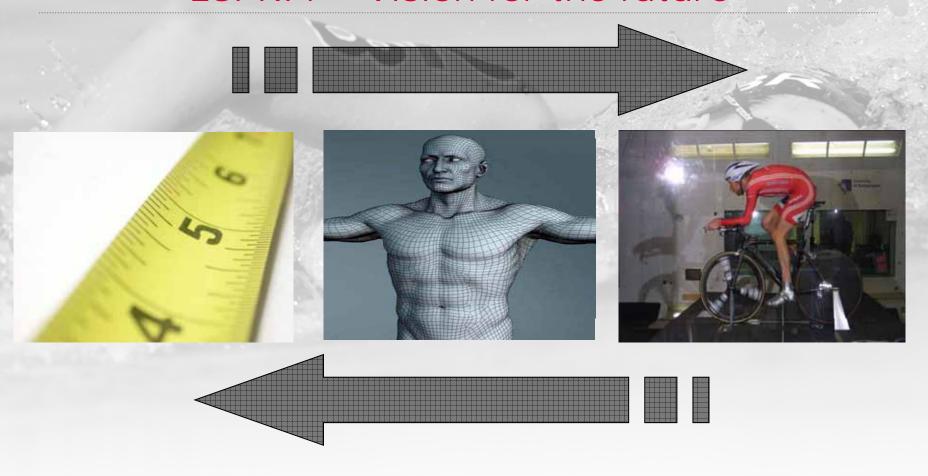








### ESPRIT – Vision for the future

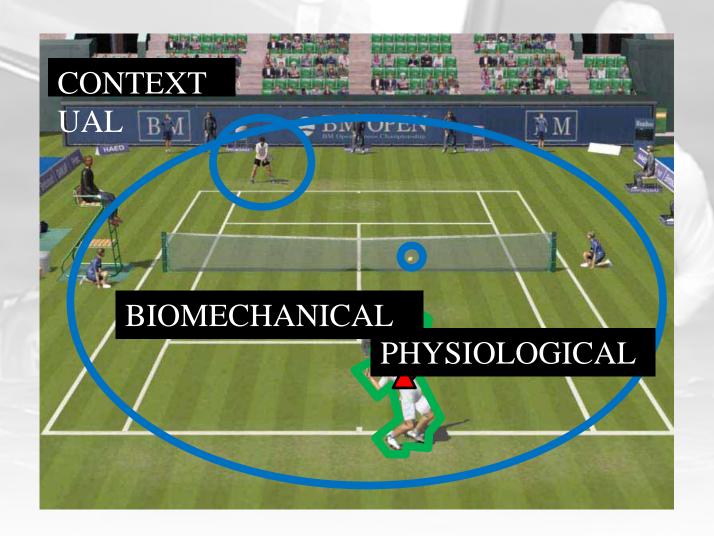




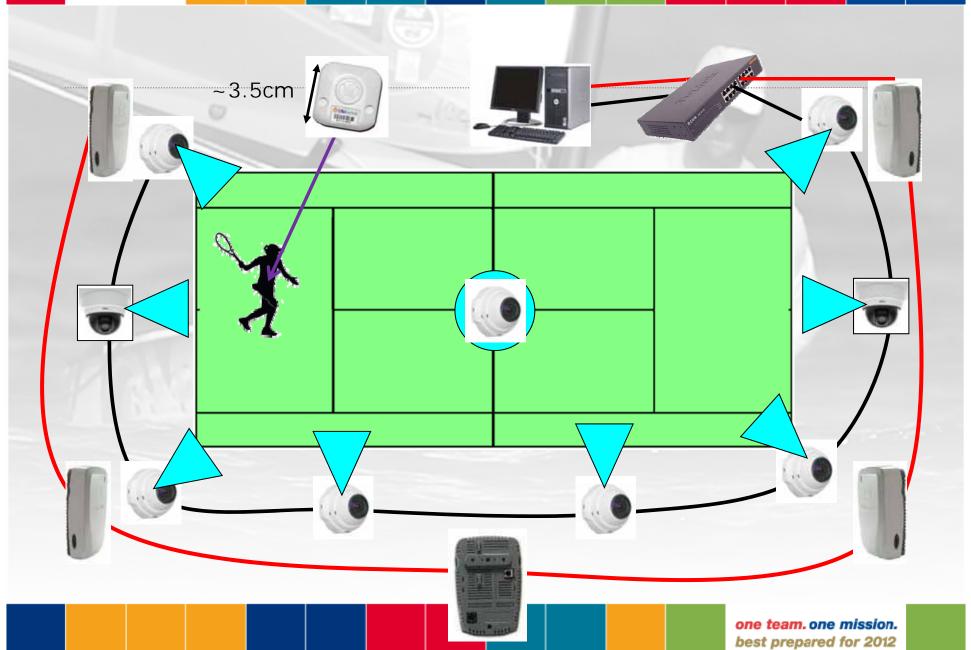
## What is ESPRIT?

- A £8.5M (£2.5M from UKS) research programme funded by EPSRC (www.esprit-sport.org)
- The purpose of the programme is to develop the 'tools' that increase the
  probability of the right coaching decision at the right time in the athlete
  development timeline.
- High performance sport is the model being used to test and prototype the technologies with a view to cross transfer to health, wellness and aging populations.
- The philosophy and novelty behind the programme is to provide a systems based approach to performance science (measure – model – manipulate).











#### Biomechanical Data

Wireless Inertial Measurement Units (WIMUs)

#### Features:

3-axis Accelerometers

3-axis Gyroscopes

3-axis magnetometers

ADC: analog-digital converter

Microprocessor

Serial Wireless Link

