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Sports Extra

Code	**adi-vid-01023**
Title	Sports Extra
Subtitle	The Perfect Athlete
Description	And even if we have the greatest coaches in the world, humans have a tendency to screw up good data.
Subject	Performance Analysis;Sports
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Sports Extra: The Perfect Athlete

In the 1980s, the Koto Research Center in Orange County began using state-of-the-art computers to build the perfect athlete. Vic Braden, a renowned tennis teacher, believed that with the aid of a computer, one could decipher why a person hits a tennis ball right or wrong. This concept was then applied to various sports.

The research center uses film and computer analysis to identify and improve an athlete's skills. For instance, tennis player Jimmy Connors was having trouble with his game. After analyzing his technique, they found that he was jumping in too soon during his serve, causing him to lose strength. After adjusting his technique, his serve speed increased by 15 to 20 miles.

World-class hurdler Edwin Moses also sought the help of the research center. Computer research showed a similarity between his racing style and that of a thoroughbred horse, with their heads remaining constant on a straight line while their bodies moved up and down. This information, invisible to the human eye, was then taught to future hurdlers.

After seven years and 10,000 hours of research, Dr. Gideon Ariel, a former Olympian and computer whiz, can create the perfect athlete using high-speed film and computers. However, he warns that while computers can help maximize human performance, the human body has a tendency to "screw up good data". Therefore, hard work and training remain essential components of athletic success.

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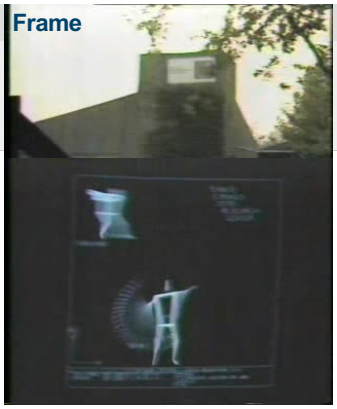
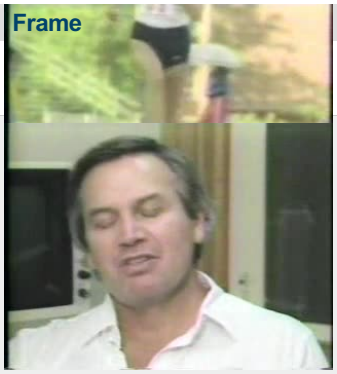
Audio transcription

Frame	#	Time	Spoken text
	0.	00:00:00	*It's a welcome to the 1980s is all I can say it is time now for sports extra*
	1.	00:00:05	*It's the time in our sports cast where we go beyond the highlights and the scores*
	2.	00:00:08	*And you know I used to believe that the perfect athlete was carved out of hard work and training*
	3.	00:00:12	*But this week I found out it's actually made out of computer chips and micro data*
	4.	00:00:18	*Tucked away deep in Orange County since the Koto Research Center*
	5.	00:00:21	*Inside these walls they are building the perfect athlete using state-of-the-art computers*
	6.	00:00:26	*Vic Braden long associated with tennis and the teacher of many a pro decided seven years ago*
	7.	00:00:32	*That with the aid of a computer you could decipher why a person hits a tennis ball right or wrong*

Frame	#	Time	Spoken text
	8.	00:00:38	*And he thought if it applies to tennis it could apply to any sport*
	9.	00:00:42	*We can put a guy go out and film him and know exactly where he or she gets the power*
	10.	00:00:47	*We can tell what the secrets are now we don't know all the things that are inside the brain*
	11.	00:00:51	*The adrenaline the motivation but from a biomechanical physical side of the thing*
	12.	00:00:56	*We can now really take a look at who the six million dollar man or woman really is*
	13.	00:01:01	*And if they're not how can we make them a twenty million dollar man?*
	14.	00:01:04	*So Vic Braden joined forces with former Olympian and current computer whiz Dr. Gideon Ariel*
	15.	00:01:10	*Now athletes both pro and amateur come to the research center to sharpen or improve their skills*
	16.	00:01:15	*Take Jimmy Connors. Well sure a while ago he was having trouble with his game*
	17.	00:01:19	*They transferred film of Jimmy Connors to computer and guess what?*
	18.	00:01:23	*They found the problem*
	19.	00:01:25	*We found out that he had a very deficient method of serving*
	20.	00:01:29	*For example he used to jump in there too soon and by doing it you lose a lot of strength*
	21.	00:01:35	*Like you cannot as you know you cannot shoot the cannon out of a canoe*
	22.	00:01:38	*So we changed his technique he walked on it and according to our calculation he increased his serve*
	23.	00:01:44	*By about 15 to 20 miles now which giving him a 90 miles now so his good serve*
	24.	00:01:50	*Which is a tremendous advantage for him*
	25.	00:01:52	*Edwin Moses the best hurdler in the world wanted to be better*
	26.	00:01:56	*He came to the Cody Kaza research center and computer research showed an amazing similarity*
	27.	00:02:01	*Between him and a great thoroughbred spectacular bid*
	28.	00:02:04	*When both raced there was body motion of course up and down*
	29.	00:02:08	*But the head remained constant on a straight line*
	30.	00:02:12	*This is information that a human eye could not see but a computer could*
	31.	00:02:16	*And now it's being taught to future hoodlers*
	32.	00:02:18	*So after 10,000 hours and seven years of research Dr. Ariel can create the perfect athlete*
	33.	00:02:25	*Using a high technology high speed film and computers to maximize the human body*
	34.	00:02:31	*Let's save a lot of time for the coach because we might find that an athlete doesn't have the derivatives of making me great athletes*
	35.	00:02:37	*The day is going to come in one of the Olympics where we have to be very careful*
	36.	00:02:40	*Maybe somebody is sitting in the stands with the computer*
	37.	00:02:43	*And the guy is running to do the high jump he hits the right buttons*
	38.	00:02:46	*It contracts the right muscles the guy jumps all the way over the building*
	39.	00:02:49	*Not just over the bar*
	40.	00:02:51	*Well that's not that far out and then it may happen one day*
	41.	00:02:55	*We have to guard against that what we really want to do is use science to maximize human performance*
	42.	00:03:08	*I said to Dr. Ariel I could foresee the day when competition would place your computer against my computer*
	43.	00:03:17	*But the good doctor even had an answer for that one*

Frame	#	Time	Spoken text
	44.	**00:03:19**	*And even if we have the greatest coaches in the world and the greatest computers in the world*
	45.	**00:03:25**	*The human body always have a tremendous tendency to screw up a good data*
	46.	**00:03:30**	*Yeah, could you understand the good doctor?*
	47.	**00:03:33**	*The humans will screw up good data*
	48.	**00:03:35**	*And I think you were right, there still is a measure of hard work in there*
	49.	**00:03:38**	*Even when the computer figures it out*

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