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## Future Sport 3



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## Future Sport with Kate Schmidt and Dr. Gideon Ariel

In this episode of Future Sport, former world record holder in javelin, Kate Schmidt, and world-renowned biomechanist, Dr. Gideon Ariel, discuss the intersection of science and sport. Dr. Ariel, who heads the Kota Research Center, uses advanced computer technology to enhance athletic performance.



The episode features a demonstration of the first intelligent computerized exercise machine, invented by Dr. Ariel. This machine, designed for future athletes, allows users to select a program that best suits their needs and tracks their performance over time.

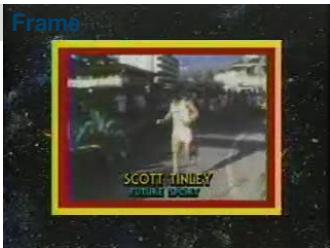





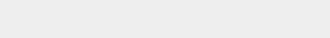
The discussion also covers the controversial topic of drug use in sports. Schmidt shares her concerns about the increasing use of steroids and human growth hormones by athletes. Dr. Ariel suggests that technology and science, like his computerized exercise machine, could potentially replace the need for performance-enhancing drugs.

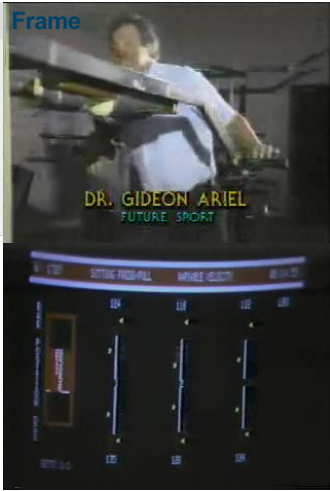

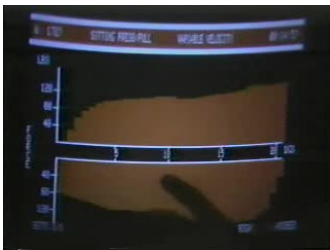




The episode concludes with a call to action for the scientific community to focus on solving the drug problem in sports while enhancing the natural performance of athletes.

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## Audio transcription

Frame	#	Time	Spoken text
	0.	00:00:00	Hi, I'm Kate Schmidt, former world record holder in the javelin, and today on Future
	1.	00:00:08	Sport we're going to be discussing a very controversial subject.
	2.	00:00:11	Welcome to Kota Takaka and Future Sport, where science and sport are interfaced to help superstars
	3.	00:00:18	and hopeful athletes like you and me achieve maximum performance levels.
	4.	00:00:22	Dr. Gideon Ariel, world famous biomechanist, heads the Kota Research Center.
	5.	00:00:27	He utilizes sophisticated computer technology to resolve the mystery of sport.
	6.	00:00:47	Athletes from every corner of the world visit the center to improve their skills as they vie for major championships.
	7.	00:00:57	On today's show, former world record holder in the javelin, Kate Schmidt.
	8.	00:01:24	You'll be discussing drugs that are effective on athletes.
	9.	00:01:27	And we'll travel to Hawaii to watch Scott Turnley win the grueling Iron Man competition,
	10.	00:01:33	where they swim for 2.4 miles, ride a bicycle 112 miles, and then run 26 miles.



	#	Time	Spoken text
	11.	00:01:40	You'll be with us today.
	12.	00:01:41	And we'll visit with Dr. Gideon Ariel and his sports equipment designed for the 21st century, all today on Future Sport.
	13.	00:01:54	Music.
	14.	00:02:22	The first intelligent computerized exercise machine and the inventor, Dr. Gideon Ariel.
	15.	00:02:36	You ready for some more interesting points on sports?
	16.	00:02:39	Let's check in with the Ariel Ville.
	17.	00:02:41	Well, Vic, this is the old exercise equipment.
	18.	00:02:45	This is before the time of computers.
	19.	00:02:48	These machines do not have intelligence in them.
	20.	00:02:51	They depend on gravity only.
	21.	00:02:53	And let me tell you what I mean by that.
	22.	00:02:55	If I try to lift in the sitting press 150 pounds, let's look what happens.
	23.	00:03:00	It's easy in the beginning, and I get stuck here.
	24.	00:03:03	I cannot do it anymore.
	25.	00:03:04	I have to put it back.
	26.	00:03:06	Why?
	27.	00:03:07	The reason is that my arm will set an angle which is biomechanically inefficient.
	28.	00:03:13	Everybody knows that it's harder to keep weight on the side than to keep it close to the body.
	29.	00:03:18	So I'm getting farther from the body, and I get stuck because of a mechanical reason.
	30.	00:03:23	The machine does not.
	31.	00:03:24	The machine does not have a brain.
	32.	00:03:26	Now let's put 100 pounds here and see what happens with 100 pounds.
	33.	00:03:30	When I'm lifting 100 pounds, it's too easy in the beginning, hard in the middle, and too easy in the end.
	34.	00:03:35	In fact, if I'm doing it fast enough, it flies.
	35.	00:03:38	It has zero weight in the end because the machine is dumb.
	36.	00:03:42	Now let's go and see the 21st century machine, the computerized exercise machine.
	37.	00:03:49	This is the 21st century machine.
	38.	00:03:51	This is the computerized machine of the future athletes.
	39.	00:03:54	The future athletes will select their number here on the machine, will select the proper program,
	40.	00:04:01	and from this program will try to do what they're doing the best.
	41.	00:04:04	Well, I'll select the sitting press, the same exercise that I did there.
	42.	00:04:08	The computer allow me to select all kind of variable.
	43.	00:04:11	In this case, I will select the variable velocity.
	44.	00:04:14	Try to simulate a shot-putter.
	45.	00:04:17	In my first repetition, this will simulate the actual shot-putter thing.
	46.	00:04:21	And I push as hard as I can all the way.

Frame	#	Time	Spoken text
	47.	00:04:24	I did 124 pounds.
	48.	00:04:26	And the second repetition, let's see, 110 pounds.
	49.	00:04:29	And the third repetition, it accelerates like the shot, 112.
	50.	00:04:34	Now I will look on my force curve and see where my deficiency is.
	51.	00:04:38	Let's understand the force curve.
	52.	00:04:40	These are the angle here.
	53.	00:04:42	That's when I extend my arm, it's going up, and then when I pull my arm down, it's going down.
	54.	00:04:47	That's 5 degrees, 10 degrees, 15 degrees.
	55.	00:04:49	Here is the force, 40 pounds, 84, 80 pounds, 120 pounds.
	56.	00:04:54	Look what happened.
	57.	00:04:55	In the beginning, when I start to extend my elbow, I'm getting to 120 pounds.
	58.	00:05:00	I keep to 140 and maybe 150 in the end.
	59.	00:05:03	On the way down, in this case, it's not so important.
	60.	00:05:06	I have a deficiency, and the reason is that I cannot accelerate the bar to about 240 pounds,
	61.	00:05:12	250 pounds that guys like Brian Alfield can do.
	62.	00:05:16	This is the intelligent machine of the future.
	63.	00:05:19	All my information that you see here is going to be stored in the computer, never being forgotten.
	64.	00:05:25	Always compare me to the best in the world and to myself.
	65.	00:05:29	This machine, which has a computer in it, will allow Future Sport athletes
	66.	00:05:35	to tune their practice perfectly for their own condition and achieve optimum.
	67.	00:05:41	With us now, former world record holder in the javelin, 1977 through 1979, Kate Schmidt.
	68.	00:05:47	Tickled to death to have you here, Kate.
	69.	00:05:49	It's a pleasure to be here.
	70.	00:05:50	And also, we have the resident genius, computer scientist, Dr. Gideon Ariel.
	71.	00:05:55	Can I ask Gideon a question?
	72.	00:05:57	Go.
	73.	00:05:58	Do you think that the women can throw a javelin further if it weighs more?
	74.	00:06:02	Because I think our javelins are too light.
	75.	00:06:04	Yeah, in fact, that's one of the critical things.
	76.	00:06:06	If you give, for example, the men shot-putters a lighter shot, like, let's say, 8 pounds,
	77.	00:06:12	you will not be able to throw it with the same technique.
	78.	00:06:15	So lighter javelin not necessarily helping to throw farther.
	79.	00:06:20	And it could be that if you add 50 or 100 grams to your javelin, it will go even farther.
	80.	00:06:24	And people don't understand it, but that's the real truth.
	81.	00:06:27	Do you think that the Federation's about to sanction a change like that
	82.	00:06:30	because the stadiums are getting smaller and smaller as far as the javelins go?



Frame	#	Time	Spoken text
	83.	00:06:34	<i>Well, at some point, they will have to do something</i>
	84.	00:06:36	<i>because now you know the world record with the men is 315 feet,</i>
	85.	00:06:39	<i>and pretty soon you will not have any room in the stadium to throw the javelin,</i>
	86.	00:06:43	<i>so they will have to do something about it.</i>
	87.	00:06:45	<i>Kate, you say that you're not too scientific, but I'm not so sure I buy off on all of that</i>
	88.	00:06:50	<i>because I've heard some pretty strong opinions coming out of you</i>
	89.	00:06:52	<i>as to what's happening with drugs in our society and with athletes especially,</i>
	90.	00:06:57	<i>and I think we have an obligation on Future Sport to discuss it a little bit.</i>
	91.	00:07:01	<i>I made a comment.</i>
	92.	00:07:03	<i>I think it was before one of the Olympics, probably Montreal,</i>
	93.	00:07:07	<i>that in following Olympic games, the team or the country with the best pharmacist</i>
	94.	00:07:14	<i>was going to have the most gold medals.</i>
	95.	00:07:17	<i>And it's turning out to be pretty true, I think,</i>
	96.	00:07:20	<i>and I think everybody understands about the use of steroids.</i>
	97.	00:07:25	<i>Most people are using steroids.</i>
	98.	00:07:26	<i>There's more knowledge about them.</i>
	99.	00:07:28	<i>They still say on the prescriptions that the use of anabolic steroids</i>
	100.	00:07:32	<i>does not enhance athletic performance, but if that was true,</i>
	101.	00:07:36	<i>then why is all of Eastern Europe using them, most of the West?</i>
	102.	00:07:40	<i>There's a great abundance of steroid usage,</i>
	103.	00:07:42	<i>but there's another thing happening right now that's involving the use</i>
	104.	00:07:48	<i>of what's called somatropo and the human growth hormone.</i>
	105.	00:07:51	<i>This really bothers me because this is growth.</i>
	106.	00:07:54	<i>The entire adult body growing when it shouldn't be.</i>
	107.	00:07:57	<i>This drug is used for dwarfism in children.</i>
	108.	00:08:00	<i>There's not a lot known about this.</i>
	109.	00:08:02	<i>Some of your organs can grow, your heart can grow,</i>
	110.	00:08:04	<i>and if one of your ventricles makes a wrong turn,</i>
	111.	00:08:07	<i>you can shut off a major supply of blood, things like that.</i>
	112.	00:08:11	<i>There's not enough known about it, and people are abusing it.</i>
	113.	00:08:13	<i>So it's something that needs to be looked at and controlled partially.</i>
	114.	00:08:17	<i>You're never going to get drugs out of sport,</i>
	115.	00:08:19	<i>but we need to be educated about their use.</i>
	116.	00:08:22	<i>Vic, you know, one of the most dangerous things in Future Sports is the drug scene</i>
	117.	00:08:27	<i>because I'm working with some athletes that they don't say anymore,</i>
	118.	00:08:31	<i>let's see who is better, me or the Russians.</i>

Frame	#	Time	Spoken text
	119.	<b>00:08:33</b>	<i>They say, let's see who is better, my steroids or his steroids.</i>
	120.	<b>00:08:37</b>	<i>So it's case said, I mean, it starts to become a Pharmaceutical Olympics.</i>
	121.	<b>00:08:41</b>	<i>It's a chemical warfare.</i>
	122.	<b>00:08:43</b>	<i>However, what are the solutions? Are we coming to the end?</i>
	123.	<b>00:08:46</b>	<i>Well, I don't think so because we show in Future Sports that with high technology,</i>
	124.	<b>00:08:50</b>	<i>with computers, with biomechanics, and with other sciences,</i>
	125.	<b>00:08:54</b>	<i>maybe we can replace steroids with other technologies so people will not have to take it</i>
	126.	<b>00:08:59</b>	<i>because we're talking about anabolic steroids, we talk about growth hormone.</i>
	127.	<b>00:09:03</b>	<i>I hear now horror stories where people start taking from a pituitary glands hormones</i>
	128.	<b>00:09:09</b>	<i>and their face starts changing.</i>
	129.	<b>00:09:11</b>	<i>I mean, some people took it from a monkey's pituitary glands</i>
	130.	<b>00:09:15</b>	<i>and they start getting characteristics of a monkey.</i>
	131.	<b>00:09:17</b>	<i>I mean, there is no end to that.</i>
	132.	<b>00:09:19</b>	<i>Well, Gideon and Kate, it is time, I guess, for action.</i>
	133.	<b>00:09:21</b>	<i>Let's hope that the scientific community can place all their interest in solving the drug problem</i>
	134.	<b>00:09:25</b>	<i>while enhancing the normal performance of the human brain.</i>
	135.	<b>00:09:28</b>	<i>You know, you can't keep good athletes around forever.</i>
	136.	<b>00:09:30</b>	<i>This guy's got a lot of stories to tell us, but unfortunately our time is up.</i>
	137.	<b>00:09:34</b>	<i>So, Scott, great having you with us.</i>
	138.	<b>00:09:35</b>	<i>Thank you.</i>
	139.	<b>00:09:36</b>	<i>I hope you'll come back.</i>
	140.	<b>00:09:37</b>	<i>It's a pleasure.</i>
	141.	<b>00:09:38</b>	<i>Anyway, we sent the car for you.</i>
	142.	<b>00:09:39</b>	<i>Be here any second.</i>
	143.	<b>00:09:40</b>	<i>Vic, I won't need a car.</i>
	144.	<b>00:09:41</b>	<i>I'm going to ride my bike home.</i>
	145.	<b>00:09:42</b>	<i>I need a little exercise.</i>
	146.	<b>00:09:44</b>	<i>Thanks a lot.</i>
	147.	<b>00:09:45</b>	<i>We'll see you now.</i>
	148.	<b>00:09:46</b>	<i>This guy lives in San Diego.</i>
	149.	<b>00:09:49</b>	<i>From Cota de Casa to San Diego is about 75 miles.</i>
	150.	<b>00:09:54</b>	<i>And that really brings us to the end of the road of this edition of Future Sport.</i>
	151.	<b>00:09:59</b>	<i>I'm Vic Braden for Gideon Ariel.</i>
	152.	<b>00:10:01</b>	<i>See you next time.</i>
	153.	<b>00:10:08</b>	<i>Our executive producer of Future Sport is Jim Willman.</i>

Frame	#	Time	Spoken text
 	154.	<b>00:10:24</b>	<i>Produced by Jim Cross.</i>
	155.	<b>00:10:54</b>	<i>We'll be right back.</i>

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