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The Future is Now



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Title The Future is Now
Subtitle With David Hurtman
Description ABC show about the future of technology
Subject Performance Analysis
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Synopsis

Dr. Gideon Arielle, an ex-Olympic athlete with doctorates in computer and exercise sciences, based in Laguna Hills, California, has made some controversial conclusions about exercise and sports. He believes that aerobic dancing and running can be harmful if not properly prepared for, and that certain sports equipment, like cleats and football helmets, can be more harmful than helpful.



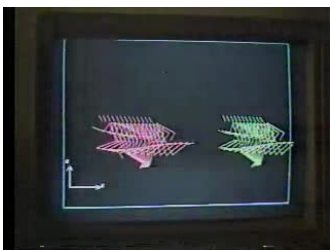



At his secluded Kodadekaza Research Center, loved by Olympic athletes, Dr. Arielle uses computers to study movement and improve performance. His innovative exercise machines, used in rehabilitation centers and gyms, use computers to determine how much weight a person can lift, rather than relying on an instructor.

Dr. Arielle envisions a future where high-tech machines can determine what sports children can safely play. This concept is already being tested at a clinic at Jack Murphy Stadium in San Diego.

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Audio transcription

Frame	#	Time	Spoken text
	0.	00:00:00	What if I told you the most women doing aerobic dancing shouldn't?
	1.	00:00:05	And you jump in the room and try to duplicate what Jane Fonda does.
	2.	00:00:09	You're going to hurt yourself.
	3.	00:00:11	Or that most people who run shouldn't.
	4.	00:00:14	Many of these people that run into the today, they're not prepared.
	5.	00:00:17	The anatomy is too weak.
	6.	00:00:19	Or that cleats should be taken off youngster's athletic shoes.
	7.	00:00:22	If cleats would be very efficient, God would put cleats on our feet.
	8.	00:00:25	Or that football players would play more safely without helmets.
	9.	00:00:29	Today, they use the helmet as a weapon.
	10.	00:00:32	Well, I can't say those things.
	11.	00:00:34	But there's a man here in Laguna Hills, California, Dr. Gideon Arielle.

Frame	#	Time	Spoken text
	12.	00:00:38	Who does?
	13.	00:00:39	Dr. Arielle's an ex-Olympic athlete with doctorates in computer and exercise sciences.
	14.	00:00:44	His research has led him to these controversial conclusions.
	15.	00:00:48	The place is really secluded.
	16.	00:00:50	Olympic athletes love it.
	17.	00:00:51	Gideon runs it.
	18.	00:00:52	The Kodadekaza Research Center.
	19.	00:00:54	We can compare any two.
	20.	00:00:56	Here, by computer, he studies movement.
	21.	00:00:58	What makes us run faster?
	22.	00:01:00	Jump higher.
	23.	00:01:01	Throw farther.
	24.	00:01:02	I made it harder on purpose.
	25.	00:01:04	Keep going.
	26.	00:01:05	Keep going.
	27.	00:01:06	Keep going yourself.
	28.	00:01:07	His exercise machines are used in rehabilitation centers as well as gymnasiums.
	29.	00:01:12	There are no conventional weights.
	30.	00:01:14	A computer decides how much you can lift, not your instructor.
	31.	00:01:18	I've had enough of this area.
	32.	00:01:22	Okay.
	33.	00:01:23	Anything harder?
	34.	00:01:24	Gideon believes that someday a high-tech machine will even determine what sports our children can safely play.
	35.	00:01:31	The idea is already being tried out in a clinic here at Jack Murphy Stadium in San Diego.

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