ARTIFICIAL INTELLIGENCE IN SPORTS TRAINING AND PERFORMANCE ANALYSIS

SRI. MALLIKARJUN SHARANAPPA.
Physical Education Director.
Chand Bi Bi College Of Education for Women, Kalburgi.

ABSTRACT

In contemporary sports training and performance analysis, artificial intelligence (AI) is becoming a significant technological advancement. Coaches, athletes, and sports scientists can use it to analyse performance data, track physical activity, assess skills, create individualized training plans, and spot possible injury risks. Evidence-based decisions in sports are increasingly being supported by technologies like wearable sensors, computer vision, machine learning, and predictive analytics. AI can assist in assessing speed, tactical performance, endurance, agility, and movement patterns. However, data quality, cost, privacy, technical know-how, and suitable human oversight are necessary for its successful implementation. The main uses, advantages, difficulties, and potential applications of artificial intelligence in sports training and performance analysis are discussed in this artic

Keywords: athlete monitoring, sports science, machine learning, artificial intelligence, sports Training, performance analysis, and injury prevention.

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1. INTRODUCTION

Sports' training has undergone significant changes with the development of modern technology. Traditionally, coaches evaluated athletes through observation, physical fitness tests, competition results, and personal experience. Although these methods remain important, they may not always provide detailed information about an athlete's movements, workload, technical efficiency, and performance trends.

Applications of AI in performance enhancement, biomechanics, injury prevention, rehabilitation, and tactical decision-making have all been studied recently. AI-based tools can help trainers determine each athlete's strengths and shortcomings and create training plans that work for them. However, rather than taking the role of expert coaching judgment, AI should enhance it.

2. OBJECTIVES OF THE STUDY

1. To examine the applications of Artificial Intelligence in sports training and athletic performance analysis.
2. To analyse the benefits and challenges associated with the use of Artificial Intelligence in sports training and performance evaluation.
3. To explore the future scope of Artificial Intelligence in improving sports performance, training efficiency, and injury prevention.

3. REVIEW OF LITERATURE

Gajendra K. (2023), in the article "Artificial Intelligence in Sports," discussed the growing importance of AI in modern sports. The study highlighted applications such as Coach's Eye, Dartfish, Hawk-Eye, and SMART Replay for performance analysis and decision-making. It explained how AI supports personalised training, biomechanical analysis, tactical planning, and immediate feedback.

Shyam and Jadhav (2025), in their article "The Impact of Artificial Intelligence on Physical Education and Sports Performance: A Revolutionizing Transformation," examined the role of AI in physical education and sports. The authors explained that AI supports personalised training, real-time

performance assessment, and adaptive learning programmes.They highlighted the use of wearable technology, computer vision, and predictive analytics for performance improvement and injury prevention.

4. RESEARCH METHODOLOGY

A descriptive and literature-based method is used in this piece. It makes use of review studies, published research articles, and pertinent instances of AI applications in sports. Training personalization, performance evaluation, injury prevention, tactical analysis, implementation obstacles, and future improvements are the main topics of the thematic review of the literature. The paper does not claim to have tested a novel intervention or provide original experimental results; rather, it is a conceptual review.

4.1 Nature of the Study

The research is exploratory, analytical, and descriptive.

• Descriptive: It explains how AI is used in performance analysis and sports training.

•Analytical: It looks at the possible advantages, restrictions, difficulties with implementation, And ramifications of AI technologies.

• Exploratory: It finds new uses and prospects for further study in physical education and Sports science.

4.2 Sources of Data

The study makes use of secondary data gathered from books, periodicals, papers, and online resources.

5. APPLICATIONS OF ARTIFICIAL INTELLIGENCE IN SPORTS TRAINING

5.1 Personalised Training Programmes

An athlete's fitness status, training history, workload, recuperation, and performance objectives can all be analysed by AI. AI-supported systems can assist coaches in organizing individual training sessions based on these inputs.For instance, a long-distance runner could need to concentrate on endurance, but a sprinter might need to train for speed and explosive force. AI-supported analysis can help determine which areas need more focus and help modify training intensity.

5.2 Performance Analysis

One of the key uses of AI in sports is performance analysis. Movements, activities, and performance patterns can be recognized from video footage by computer vision and machine learning. AI-powered tools can help with the analysis of:

• Acceleration and running speed.

• Explosive power and leaping height.

• Body alignment and movement effectiveness.

• Making tactical and accurate decisions.

• Reaction time, agility, and talents unique to a given sport.

Coaches can use these data to evaluate players' progress, pinpoint technical flaws, and provide Appropriate corrective workouts.

5.3 Biomechanical Analysis

The study of bodily motions and the forces exerted on the human body during exercise is known as biomechanics. AI-based motion analysis can look at technique, balance, movement patterns, and joint locations. AI-assisted video analysis, for instance, might be used in sports to find ineffective running techniques. It might be useful for assessing shooting motions in basketball. Movement analysis could help analyse agility, acceleration, evading, and direction changes in Kho-Kho.

5.4 Monitoring Training Load and Recovery

A proper balance between training, recuperation, and relaxation is essential for athletes. Fatigue and poor performance can result from overtraining without enough recovery.Heart rate, movement, distance travelled, and training length are just a few of the data that wearable sensors and monitoring systems can gather. These measures and other data may be analysed by AI models to find patterns in workload and possible indicators of insufficient recuperation.

6. ROLE OF AI IN SPORTS PERFORMANCE EVALUATION

6.1 Real-Time Feedback

During training, AI-supported systems can offer instantaneous or almost real-time feedback. While wearable technology may show data on heart rate, speed, distance, or workload, video analysis apps may detect movement issues.Athletes who receive immediate feedback are better able to comprehend their performance and make the necessary technical corrections under the guidance of a coach.

6.2 Talent Identification

Identifying athletes with the potential to succeed in a specific sport is known as talent identification. AI can help analyse developmental trends, skill performance, fitness test results, and physical measurements.But algorithms shouldn't be the only method used to find talent. Age, training opportunities, facility access, diet, motivation, and personal growth patterns can all have an impact on an athlete's performance. Therefore, it is important to interpret AI-based judgments carefully to prevent unjust exclusion.

6.3 Tactical Analysis

AI can help analyse player movements, team formations, passing patterns, and opponents' tactics in team sports. Coaches can identify tactical strengths and flaws with the use of tracking data and video.Football analysis systems, for example, can help with passing networks and player positioning. Depending on the data and analytical tools available, similar strategies could be applied to volleyball, basketball, handball, and other team sports.

One example of how AI is being used for tactical insight generation and football match analysis is FIFA's AI Pro program.

7. BENEFITS OF ARTIFICIAL INTELLIGENCE IN SPORTS

The following are some of the main advantages of AI in sports training and performance analysis:

1. Increased accuracy: Conventional performance measurements and visual observation can Be enhanced by data-based analysis.
2. Tailored coaching: Training suggestions can be modified to meet specific needs.
3. Effective performance monitoring: It is possible to process a lot of performance data faster.
4. Technical improvement: Sports technique flaws can be found with the use of video and Movement analysis.
5. Injury-risk management: Data on movement and workload can help identify possible risk Factors.
6. Improved decision-making: Coaches can plan training and competitive tactics using Analytical data.
7. Continuous evaluation: Performance trends can be compared across training sessions and Competitions.

8. CHALLENGES IN IMPLEMENTING AI IN SPORTS

The application of AI poses a number of difficulties despite its potential.

8.1 High Cost of Technology

Tracking systems, wearable sensors, sophisticated cameras, and specialized software can be costly. This may restrict their accessibility in smaller sports organizations, rural schools, and government colleges.

8.2 Data Privacy and Security

Sensitive data regarding athletes' health, physical state, movements, and performance may be gathered by AI systems. It is crucial to get appropriate consent, store data securely, limit access, and utilize it responsibly.

8.3 Dependence on Data Quality

Incomplete, erroneous, or unrepresentative data can lead to untrustworthy findings from AI systems. It's possible that a model created with elite athletes won't work as well with schoolchildren, leisure athletes, or athletes from other sports.

8.4 Limited Technical Knowledge

To properly comprehend AI-generated reports and analyse performance metrics, coaches and physical education instructors might need training.

8.5 Risk of Overdependence on Technology

Motivation, experience, communication, self-assurance, and human judgment are additional factors that affect sports success. Over-reliance on AI could ignore these crucial aspects. Therefore, rather than taking the place of professional experience, AI should enhance it.

9. FUTURE SCOPE OF AI IN PHYSICAL EDUCATION AND SPORTS

More integration of wearable technologies, computer vision, predictive analytics, and customized coaching systems is probably in store for the future of artificial intelligence in sports. Athletes and educational institutions with low funding may be able to obtain performance analysis through more reasonably priced smartphone-based software.

Additionally, AI provides study possibilities in women's sports, traditional Indian games, school physical education, and university athletics. For instance, researchers could investigate if female Kho-Kho players' agility or movement skill is enhanced by AI-assisted video feedback.Long-term performance monitoring, pre-test and post-test comparisons, and controlled trials should all be used in future research to assess the efficacy of AI-assisted training. Investigate should also Examine data privacy, affordability, fairness, and the suitability of AI systems for various age groups and skill levels.

10. RECOMMENDATIONS

The following suggestions could encourage the ethical application of AI in sports:

1. Basic instruction in sports analytics and AI tools should be offered by physical education Institutions.
2. Coaches ought to integrate established fitness evaluations and direct observation with AI-Generated suggestions.
3. Government colleges and rural sports programs could look at inexpensive AI-based Applications.
4. Before endorsing the general use of AI systems, researchers should validate them through Sport-specific studies.

11. CONCLUSION

Artificial intelligence is opening up new possibilities for performance analysis and sports training. AI may help with athletic performance evaluation, training program personalization, workload monitoring, technique analysis, and tactical decision assistance through machine learning, computer vision, wearable sensors, and predictive analytics.

At the same time, issues with cost, data privacy, algorithmic dependability, and technical know-how need to be resolved. The expertise, discretion, and interpersonal communication that coaches and physical education specialists offer cannot be entirely replaced by AI. Combining technical analysis with scientific training concepts and human competence is where its greatest value is found.

In conclusion, the ethical application of AI in sports training has the potential to enhance athlete growth and performance evaluation quality. To ascertain its efficacy across various sports, age groups, institutions, and competitive levels, more empirical study is needed.

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