OPTIMIZE LEARNING TECHNIQUES SAMPLES ATHLETIC EVENTS

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Teaching is defined in the Encyclopedia as the action of transmitting knowledge, in a systematic way within an institution. Today at the beginning of the new millennium, the definition is still similar but it's augmented by the relation with technology and especially with multimedia.

The special importance of the teaching is defined by the unique relation between the teacher and the student, the open channel that links the two. The more performing and well organized the channel is the longer lasting and in depth the learning is.

We believe that the lesson needs to be captivating and interesting. The student must be flooded with the most relevant information on both audio and visual channels. On the side of the teacher, the art is selecting the most relevant information and reducing the redundant one in such a way that in the limited time available, the most critical information can be transmitted optimally. The motto here is: "non multa sed multum" (latin for "less is more"). Once the information is carefully selected and outlined, the technology can step in with it's countless arsenal of computers, software, photo and video cameras, video-projection, etc.

Out of the most vastly used modern technologies that successfully made their way in the mainstream, and can be routinely seen from elementary schools to congress halls, shows and government functions, are PowerPoint presentations and HTML.

Our innovation in adopting these technologies is the incorporation of multimedia players with images of several techniques used by world class athletes in competitions such as World Championships, Olympics, European Championships etc. Also the techniques are broken down and explained step by step, in writing, on audio and on video. The sequence of moves is analyzed in detail and the student can stop and fast forward or rewind both the video and the audio. The media for this high tech course is CD or DVD.

The message of our thesis, which is based on more than two years of teaching Track & Field Methodology based on this technology, is to encourage the usage of technology in the class. It will bring a multiple remarkable advantages. First and foremost advantage is an optimization of the teaching process; then an increased interest from the students, and an increased prestige of the discipline that you are teaching and indirectly more respect for the teacher.

We did not invent anything here. There are no new spectacular technologies that we implemented. All we did was to implement widely available technologies such as html pages embedded with Windows Media Players and QuickTime player video clips, and jpeg images. This technology is there for a couple of years already. Our students know it, most likely better than us.

But the incorporation of this technology in the mainstream teaching is something that we did among the first, and we did very well. And we are here, a couple of years later, with the testimonial that is does work very well to the benefit of everybody.

We realized an implementation of the high-technologies based on the knowledges of two books: *Track and field - technically and methodically* (e-courses), which we will present during the Congress.

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