

Computer assisted analysis of women performance in competition handball

Leon Gomboș, Gheorghe Zamfir

Faculty of Physical Education and Sport, University of „Babeș-Bolyai” Cluj-Napoca

Abstract

The reason of choosing this theme and its actuality is coming from the gap between the expansion of modern technical tools of instruction used in world sport performance and the low level of their usage in the area of sport games in Romania.

Considering this, breakthrough of computers in sport training is imminent. The longer we delay the promoting and using it, the more neglecting the training of specialists for this way of practicing the occupation, the larger will be the gap between performances.

This study acquaints the trainers of handball teams for National League, and the future specialists in this area in computer assisted analysis, programming and conducting sport training as a necessary condition for increasing sport performance.

The technologies of analysis and instruction assisted by computers, realized by conceiving and applying the program INFO SPORT in training and competitions, lead to quality improving proved by the values of individual and collective efficiency and the specific parameters of handball game.

Keywords: performance, competition, analysis, programming, planning, computer.