

## Filming and Viewing with Time Delay in Physical Education

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### Abstract

*Video analysis is one of the most beneficial ICT tools in learning and perfecting certain techniques and tactics in sports. It can also be used in physical education. Filming and viewing with time delay is one of the ways to use video analysis. The students get visual feedback on their own performance of a certain technical element immediately. The tool can be used for giving new information as well as for refreshing knowledge. This type of use of the video analysis requires setting up a projector (screen) and a camera (tablet, smartphone). The video is shown in real speed with a short delay. An optional delay for viewing can be set, which is usually about 5 to 10 seconds. Because of its special characteristics, it is reasonable to use this type of video analysis for motion which is short and followed by a break which enables the viewing of the video. For example, to exercise technical elements such as: two-step in basketball, leading and kicking the ball in football or jumping on mini trampoline in gymnastics ... The students correct their own mistakes based on the visual feedback, and the professor is a mentor who overlooks practice and gives additional information if necessary. The aim of such work is: teaching independency, faster mastering of techniques, diversification, motivation, and developing of certain competences such as critical thinking, problem solving, digital competences ... It was found that students learn new knowledge and correct mistakes much faster.*

**Keywords:** Video analysis, ICT, physical education, filming with time delay