

Developing attractive and dynamic societies via sports

VIDEO ANALYSIS OF SPORTS MOVEMENTS

SEMINAR FOR COACHES AND VIDEO ANALYSIS SPECIALISTS

Tallinn, December 7 to 8 2012

THURSDAY, DECEMBER 6

Arrival of participants. Participants are accommodated in Nordic Hotel Forum, Viru Väljak 3 (opposite to Hotel Viru), 5 minutes drive from the harbour and 10 minutes from the airport.

More information: <http://www.nordichotels.eu/en>

FRIDAY, DECEMBER 7

Video analysis of technical elements of sport movements in training and analysis competition performances

Lecturers: Rein Haljand and Indrek Rannama

Venue: Tallinn University, Institute of Health Sciences and Sports, Tondi Str. 55, Tallinn

Timetable: The seminar starts at 10.00 and ends at 17.00

Introduction to hardware & software for video analysis in sport

Video analysis of technical elements of sport movements,

- Testing of technical elements, training exercises
- Feedback sessions of video analysis for athletes
- Planning of video analysis and testing for annual technical preparation

Video analysis of competition performances

- Video recording during individual events in competitions
- Analysis of an athlete's performance, comparison with all athletes, trends and tendencies

Discussion

Prof. Rein Haljand – internationally renowned lecturer (currently in 94 countries) in kinesiology of movement with emphasis on swimming technique. Read more at

<http://www.swim.ee/biography/index.html>

Indrek Rannama – UCI elite level cyclist turned researcher with interest in analysis of complex muscle employment during physical effort using 3D video analysis, EMG and functional testing of isolated muscle groups.



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SATURDAY, DECEMBER 8

Advanced camera work

Did you know how to use a camera? You will probably learn that you did not. But do not despair. Arvo Iho will help you get to grips with the secrets of getting the most out of modern video cameras. So you can start collecting and/or archiving visual information for your profession (and your life).

Lecturer: Arvo Iho

Venue: Tallinn University, Baltic Film and Media School, Narva Rd. 27, Tallinn

Timetable: The seminar starts at 10.00 and ends at 17.00

1. Theoretical part 2 x 45 minutes

- The object and background
- Recording of fast moving objects
- Shooting frequency depends on the speed of movements and the requirements to the movement analysis
- Selection of camera viewpoint depends on the needs for analyzing the movement
- The scale of the image and the basics of editing

Break 10 minutes

Lighting Equipment

- Spotlight, flood, soft lights
- Basics of 3-D lighting
- Drawing light, fill light, background light
- 1, 2, 3-spot lighting design

Lunch time 30 minutes

2. Practical training in the film studio. 2 x 45 minutes

- Selection of physical exercises to be recorded
- Selection of the viewpoint & scale of the images
- Shooting speed selection
- Practical arranging of lights
- Practical shooting

Break 20 minutes.

3. Editing. 2 x 45 minutes

- Watching the material & selecting the best takes
- Editing of the images and adding the titles

The end of the workshop 17.00



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Arvo Iho is a well-known Estonian cinematographer and winner of several film awards

Tallinn University, Baltic Film and Media School - With over 400 students from more than 20 countries worldwide, BFM is one of Europe's largest – and Northern Europe's only – English-language film and media school.

More information: <http://www.bfm.ee>

