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Research Note :

Enhancing sports excellence through feedback

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ABSTRACT

One of the challenges of the physical education programmes faced is how to use feedback and bio-feedback effectively as an important tool in competitive sports while at the same time coaching to athletes and to incorporate feedback into their own physical education programme which should be encouraged to take into account other factors to improve the learning style and executing skills in various sports and games and master in various styles by a combination of peer teaching unit as well as it is important to continue modulation for further achievement. The athlete can have intermediate success to maintain his interest and motivate further achievement. The bio-feedback access should be in both the teaching and coaching version. Watching different learning style and analysis what they see and enhancement the skill, "Inside your mind" Activity - nodule allows athletes to reflect and form plans to what they have learned through their practice style into their profession and Biofeedback integrating technology as tools in different learning. Through this fact athlete can finds innumerable opportunities to develop a solid foundation of competent and proficient skills to improve their ability to perform them at high level. Biofeedback not only improves the assessment of the work performance but it also acquires information and receive about their effective performance in order to enhance performance.

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