

## TABLE OF CONTENTS

|                               | <b>Page</b>                         |
|-------------------------------|-------------------------------------|
| Certificate by the Supervisor | ii                                  |
| Declaration by the Scholar    | iii                                 |
| Dedication                    | iv                                  |
| Acknowledgement               | v                                   |
| List of Tables                | xvi                                 |
| List of Illustrations         | xix                                 |
| List of Appendices            | xxi                                 |
| <b>CHAPTER I</b>              |                                     |
| <b>INTRODUCTION</b>           | <b>1-35</b>                         |
| 1.1                           | Method of Running Race 2            |
| 1.2                           | Sprints 3                           |
| 1.3                           | Start 3                             |
| 1.3.1                         | Types of Starts 4                   |
| 1.3.1.1                       | Bunch Start 4                       |
| 1.3.1.2                       | Medium Start 4                      |
| 1.3.1.3                       | Elongated Start 5                   |
| 1.4                           | False Start 5                       |
| 1.5                           | Reaction Time in Sprinting Events 6 |
| 1.5.1                         | Types of Reaction Time 7            |
| 1.5.1.1                       | Simple Reaction Time 7              |
| 1.5.1.2                       | Choice Reaction Time 7              |
| 1.6                           | Factors Influencing Reaction Time 8 |
| 1.6.1                         | Arousal 9                           |

## TABLE OF CONTENTS (Continued)

| <b>CHAPTER I</b> |   | <b>Page</b> |
|------------------|---|-------------|
| 1.6.2            | Age                                       | 9           |
| 1.6.3            | Gender                                    | 9           |
| 1.6.4            | Left and Right Hand                       | 10          |
| 1.6.5            | Direct and Peripheral Vision              | 10          |
| 1.6.6            | Fatigue                                   | 11          |
| 1.6.7            | Breathing Cycle                           | 11          |
| 1.6.8            | Personality Type                          | 11          |
| 1.6.9            | Exercise                                  | 12          |
| 1.6.10           | Intelligence                              | 12          |
| 1.7              | Acceleration in Sprinting Events          | 12          |
| 1.7.1            | Biomechanics of Acceleration Phase        | 13          |
| 1.7.2            | Acceleration Mechanics and Considerations | 15          |
| 1.7.2.1          | Stride Length                             | 15          |
| 1.7.2.2          | Ground Contact Time                       | 15          |
| 1.7.2.3          | Shin Angle with Ground                    | 15          |
| 1.7.2.4          | Velocity                                  | 15          |
| 1.7.2.5          | Stride Frequency                          | 15          |
| 1.7.2.6          | Heel Recovery                             | 16          |
| 1.8              | Maximum Speed Phase                       | 16          |
| 1.9              | Stride Length                             | 17          |
| 1.10             | Stride Frequency                          | 18          |
| 1.11             | The Finish                                | 18          |

## TABLE OF CONTENTS (Continued)

| <b>CHAPTER I</b> |  | <b>Page</b> |
|------------------|--|-------------|
| 1.12             | Speed Performance  | 18          |
| 1.12.1           | Factors Influencing Speed  | 18          |
| 1.13             | Speed Performance Measuring Techniques                                     | 20          |
| 1.13.1           | Assessing the Performance of Sprinting Events<br>Using Stopwatches         | 20          |
| 1.13.2           | Assessing the Performance of Sprinting Events<br>Using Advanced Technology | 21          |
| 1.13.3           | Assessing the Performance of Long Distance<br>Events Using RFID            | 23          |
| 1.14             | 100 Meters Performance Assed by Advance<br>Technology                      | 24          |
| 1.14.1           | International 100 meters Sprinting Performance<br>Analysis                 | 25          |
| 1.14.2           | Evaluation of Speed  | 26          |
| 1.15             | The Techniques to Crack 100 Meters within<br>10 Seconds                    | 27          |
| 1.16             | Olympic Timing History   | 27          |
| 1.17             | Need of The Study  | 28          |
| 1.18             | Objectives of the Study  | 29          |
| 1.19             | Statement of the Problem   | 29          |
| 1.20             | Hypothesis   | 30          |
| 1.21             | Significance of the Problem  | 30          |

## TABLE OF CONTENTS (Continued)

| <b>CHAPTER I</b>  |   | <b>Page</b>  |
|-------------------|---|--------------|
| 1.22              | Delimitations                                   | 32           |
| 1.23              | Limitations                                     | 32           |
| 1.24              | Meaning and Definition of the Terms             | 33           |
| 1.24.1            | Reaction Time                                   | 33           |
| 1.24.2            | Reaction Time of Sprinters                      | 33           |
| 1.24.3            | 20m Split Time of Various Phases                | 33           |
| 1.24.4            | Speed   | 33           |
| 1.24.5            | Condenser Microphone                            | 34           |
| 1.24.6            | Micro Switches                                  | 34           |
| 1.24.7            | IR Transmitters                                 | 34           |
| 1.24.8            | IR Receivers                                    | 34           |
| 1.24.9            | Peripheral Integrated Circuits                  | 35           |
| 1.24.10           | Interfacing Unit                                | 35           |
| 1.24.11           | Computer  | 35           |
| <b>CHAPTER II</b> | <b>REVIEW OF RELATED LITERATURE</b>             | <b>36-57</b> |
| 2.1               | Studies Related to Automatic Timing Assessments | 36           |
| 2.2               | Studies on Photo Finishing Technology           | 40           |
| 2.3               | Studies Pertaining to Standardizing the Device  | 44           |

## TABLE OF CONTENTS (Continued)

| <b>CHAPTER II</b>  |  | <b>Page</b>  |
|--------------------|--|--------------|
| 2.4                | Studies on Assessing the Long Distance Events Using Advanced Technology      | 46           |
| 2.5                | Studies Related to Assessing the Long Distance Events Using Laser Technology | 48           |
| 2.6                | Studies on Radar Technology in Sports Field                                  | 50           |
| 2.7                | Studies Associated with Advance Technology Devices in Sports Field           | 51           |
| 2.8                | Study Related to Infrared Technology in Sports Field                         | 56           |
| 2.9                | Summary of Related Literature  | 57           |
| <b>CHAPTER III</b> | <b>METHODOLOGY</b>   | <b>58-86</b> |
| 3.1                | Selection of the Subjects  | 58           |
| 3.1.1              | Rationale Used for the Selection of Subjects                                 | 58           |
| 3.2                | Selection of the Variables   | 59           |
| 3.2.1              | Justification of the Variables Selection                                     | 59           |
| 3.2.2              | Reaction Time of Sprinters   | 60           |
| 3.2.3              | 20m Split Time at Different Phases   | 60           |
| 3.2.4              | Speed  | 61           |
| 3.3                | Experimental Design  | 61           |
| 3.4                | Orientation of the Subjects  | 61           |
| 3.5                | Steps Involved in Construction of the Computer Oriented Electronic Device    | 62           |

## TABLE OF CONTENTS (Continued)

| <b>CHAPTER III</b> |  | <b>Page</b> |
|--------------------|--|-------------|
| 3.5.1              | Condenser Microphone   | 62          |
| 3.5.2              | Micro Switch   | 63          |
| 3.5.3              | Infrared Sensors   | 65          |
| 3.5.3.1            | Infrared Transmitter   | 65          |
| 3.5.3.2            | Infrared Receiver  | 67          |
| 3.5.4              | Total Infrared Module Circuit  | 68          |
| 3.5.5              | Power Supply Unit  | 71          |
| 3.5.6              | Peripheral Integrated Circuits   | 73          |
| 3.5.6.1            | Concepts of Microcontroller  | 73          |
| 3.5.6.2            | Special Features of Microcontrollers   | 73          |
| 3.5.6.3            | Pic 16f877 Microcontrollers  | 74          |
| 3.5.6.4            | Architecture of Pic 16 F877  | 74          |
| 3.5.6.5            | Architecture   | 75          |
| 3.5.6.6            | Pin Diagram  | 76          |
| 3.5.7              | Interfacing Unit   | 77          |
| 3.5.8              | Personal Computer  | 77          |
| 3.6                | Administration of the Test   | 78          |
| 3.6.1              | Assessing the Reaction Time of 100m Sprinters<br>from Starting Position on the Track | 78          |
| 3.6.2              | Assessing 20m Split Time of 100m Sprint at<br>Different Five Phases                  | 80          |
| 3.6.3              | Assessing the Speed of 100m Sprint   | 82          |

## TABLE OF CONTENTS (Continued)

| <b>CHAPTER III</b> |  | <b>Page</b>   |
|--------------------|--|---------------|
| 3.6.4              | Colletion of Data                                    | 84            |
| 3.7                | Stastical Techniques                                 | 85            |
| <b>CHAPTER IV</b>  | <b>RESULTS AND DISCUSSIONS</b>                       | <b>87-121</b> |
| 4.1                | Computation of Descriptive Statistics                | 87            |
| 4.2                | Establishing the Reliability                         | 89            |
| 4.2.1              | Reliability of Reaction Time                         | 89            |
| 4.2.2              | Reliability of Split Time from Starting Point to 20m | 91            |
| 4.2.3              | Reliability of Split Time from 20m to 40m            | 92            |
| 4.2.4              | Reliability of Split Time from 40m to 60m            | 94            |
| 4.2.5              | Reliability of Split Time from 60m to 80m            | 96            |
| 4.2.6              | Reliability of Split Time from 80m to 100m           | 97            |
| 4.2.7              | Reliability of 100m Speed Performance                | 99            |
| 4.3                | Establishing the Validity                            | 101           |
| 4.3.1              | Validity of Split Time from Starting Point to 20m    | 101           |
| 4.3.2              | Validity of Split Time from 20m To 40m               | 102           |
| 4.3.3              | Validity of Split Time from 40m To 60m               | 103           |
| 4.3.4              | Validity of Split Time from 60m To 80m               | 104           |
| 4.3.5              | Validity of Split Time from 80m To 100m              | 105           |
| 4.3.6              | Validity of 100m Speed Performances                  | 105           |
| 4.4                | Establishing the Objectivity                         | 106           |

## TABLE OF CONTENTS (Continued)

| <b>CHAPTER IV</b> |   | <b>Page</b>    |
|-------------------|---|----------------|
| 4.4.1             | Objectivity of Reaction Time                            | 107            |
| 4.4.2             | Objectivity of Split Time from Starting Point to 20m    | 109            |
| 4.4.3             | Objectivity of Split Time from 20m To 40m               | 110            |
| 4.4.4             | Objectivity of Split Time from 40m To 60m               | 112            |
| 4.4.5             | Objectivity of Split Time from 60m To 80m               | 113            |
| 4.4.6             | Objectivity of Split Time from 80m To 100m              | 115            |
| 4.4.7             | Objectivity of 100m Speed Performance                   | 116            |
| 4.5               | Administrative Feasibility of the New Device            | 118            |
| 4.6               | Educational and Research Applications of the New Device | 118            |
| 4.7               | Discussion on Findings                                  | 119            |
| 4.7.1             | Discussion on Reaction Time                             | 119            |
| 4.7.2             | Discussion on 20m Split Time at Different five Phases   | 119            |
| 4.7.3             | Discussion on Speed Performance                         | 120            |
| 4.8               | Discussion on Hypotheses                                | 121            |
| <b>CHAPTER V</b>  | <b>SUMMARY CONCLUSIONS AND RECOMMENDATIONS</b>          | <b>122-133</b> |
| 5.1               | Summary   | 122            |
| 5.2               | Conclusions   | 130            |
| 5.3               | Recommendations   | 132            |
| 5.4               | Suggestions for Further Research                        | 133            |