Sports Bio-Mechanics

**Dr. Suhel Raza**  
(Ph.D., M.Phil.)  
**President**  
Biomechanical Researcher & Video Analyst

**Dr. Joseph Singh**  
(Ph.D., M.Phil.)  
**Executive Manager**  
Sr. Biomechanical Analyst

**Dr. Upendra Pandey**  
(PhD, M.Phil.)  
**Expert**  
Computer Simulation

Address:  
112/351 Swaroop Nagar  
Kanpur U.P India

Email:  
suhel.raza@sportsbiomech.com  
info@sportsbiomech.com

website:  
www.sportsbiomech.com

Reg. No.: AAOPQ0723CSD001  
Central Board of Excise & Custom
The continuous scientific advancement in sporting arena has made sports training more purposive, factual and very specific then ever. Sports scientists are leaving nothing to enhance in order to find out the performance enhancing and affecting factor as well as the best result oriented training systems for every sports.

Biomechanics is an applied form of mechanics and consequently the method used to investigate, it must be derived from those of mechanics. However, bio mechanics have not developed in the wake of mechanics but as bordering science in other scientific discipline such as anatomy physiology and technique of sports.

We can look at biomechanics as a combination of several different areas of study. This would include anatomy and physiology, kinematics (the study of motion without regard to its causes), kinesiology (the study of human movement) and kinetics (the study of forces acting on a system).

Understanding biomechanics, human moment and joint function allows the fitness trainer and wellness professional to have a deeper understanding of how to train an athlete or fitness training client.

Objectives

1. To analyze the biomechanical aspects of different sports
2. To evaluate various sporting techniques and changing the technique by biomechanical analysis
3. To develop the criteria of talent selection and development in sports
4. Improvement, Modification, Amendment and Adjustment in Skills and Techniques

Why use video?

- Visual Medium of Teaching
- Repetitive viewing of skills
- Slow motion possible
- Development of models for comparisons
- Ability to keep records of improvement

Evolution of Video analysis

Integrated analysis

Process in Video analysis

www.sportsbiomech.com
PhD, M.Phi, He is an assistant professor in the Physical Education Department. Received his Professional Education from LNUPE Gwalior in 2005 and his Research Project was in the field of Biomechanics Analysis & Video Analysis. He currently teacher physical education courses and graduate courses in the P.P.N College Kanpur. He has also developed an inquiry based Biomechanical program that focus on pedagogical issues and technical aspects of different games and sports. He held a position of video analyst in various sports academies for the improvement of techniques and skills of players.

Dr. Suhel Raza
Assistant Professor
Dept of Physical Education
P.P.N. College, Kanpur U.P. India

Dr. Joseph Singh
Associate Professor
Dept of Physical Education
L.C.C. Lucknow U.P. India

He is presently working in Sports Authority of India as a senior cricket coach. Having a experience of more than 20 years of coaching and teaching Cricket. He has produced more than a dozen of Ranji trophy Cricket Players, including few internationals like Naman Ojha, Arundhati Kirkire and Bindeshwari Goel. Ankit and Amit Sharma trained by him and they are performing well in IPL. Apart from all this he is accredited level A in coaching from BCCI and actively involved in research and designing performance enhancing programes for cricketers.

Dr. Upendra Pandey
Assistant Professor
Dept. of Physical Education
C.S.J.M. University Kanpur U.P. India

He has expertise in operating various softwares like motion analysis Software Silicon Coach, match analysis software Analyzer, Score mate and Twenty-Twenty. He was associated with Cricket Association of Bengal Ranji team & NCA for last three years as a video analyst.

Mr. Prakash Raja
(Executive Technical Expert)
Video Analyst
Cricket Association of Bengal Ranji team & NCA
Our systems process a full 60 to 1200 frames per second which means you see video images with NO blurring and NO missed movements.

**Electronic chalkboard**

Our Facilities gives the Coach an electronic chalkboard feature which provides unlimited drawing directly on video frames to help illustrate motion problems. Draw shapes, lines, freehand, get line angles displayed and even find out velocity of body and object automatically. There's we have a notepad feature that allows us to enter and store notes along with each video frame being analyzed.

**Direct movement analysis**

Direct movement analysis is based on the simple option for image by image navigation in the video sequence. For most sports skills its certain position that's important which leaves this feature as the first step in skill analysis.

**Video overlay movement analysis**

Video overlay movement analysis gives the option to compare current movements with earlier executed movements. Hopefully it will show improved effect of the training.

**Kinematic movement analysis**

Kinematic movement analysis is a thorough analysis of positions, angles, velocity and so on. All analysis can be made in the relation of body joints, segments and centre of gravity.
VIDEO ANALYSIS

Pre Test
6. High Speed Video Capture with 300 F/s to 1200 F/s
7. Two Camera Placed at two Different Angle for getting 2D or 3D effect
8. Attempt to find out the positive and negative aspect of performed Skill/Technique with the help of captured video
9. Available Expert draw a guideline for deleting negative part of

Post Test
1. High Speed Video Capture with 300 F/s to 1200 F/s of same Individual.
2. Two Camera Placed at two Different Angle for getting 2D or 3D effect.
3. Compare current performance video with previous captured video of same Individual.
4. Authenticity of training Program will be evaluated easily.
**PLANS & PACKAGES**

**BASIC PACKAGE**

1. High speed video capture with various frame rates (30FPS, 60FPS, 300FPS, 600FPS & 1200FPS) according to the requirement of skill/technique.
2. Two cameras placed at two different angles for getting better view of skill/technique.
3. With the help of software we analyse any skill/technique frame by frame.
4. From the captured slow motion video we attempt to find out positive and negative aspects of performed skill/technique in front of players and coach.
5. Coach/Expert draw a guideline for remedy of mistakes which is obstruction for optimal performance of the players.

**Asking Price**
- Per Individual: ₹ 5,000
- Entire team of one game: ₹ 30,000
- For 7 days: ₹ 50,000

**STANDARD PACKAGE (pre and post analysis)**

1. High speed video capture with various frame rates (30FPS, 60FPS, 300FPS, 600FPS & 1200FPS) according to the requirement of skill/technique.
2. Two cameras placed at two different angles for getting better view of skill/technique.
3. With the help of software we analyse any skill/technique frame by frame.
4. From the captured slow motion video we attempt to find out positive and negative aspects of performed skill/technique in front of players and coach.
5. Coach/Expert draw a guideline for remedy of mistakes which is obstruction for optimal performance of the players.
6. Training should be designed according to his/her result.

**Asking Price**
- Per Individual: ₹ 10,000
- Entire team of one game: ₹ 50,000
- For 7 days: ₹ 75,000

**TOTALLY CUSTOMIZED PACKAGE (pre and post biomechanical analysis)**

1. High speed video capture with various frame rates (30FPS, 60FPS, 300FPS, 600FPS & 1200FPS) according to the requirement of skill/technique.
2. Two cameras placed at two different angles for getting better view of skill/technique.
3. With the help of software we analyse any skill/technique frame by frame.
4. Draw angles of body segments, find out velocity and other biomechanical variables to observe performed skill/technique minutely.
5. If required then data will obtained in different condition i.e practice and competition settings.
6. Research could take place for better performance by comparing initial data with data obtained after prescribed suggestion or training.
7. Results can be displayed in graphical manner.
8. Training should be designed according to his/her result.

**Asking Price**
- Per Individual: ₹ 15,000/-
- Entire team of one game: ₹ 60,000/-
- For 7 days: ₹ 1,00,000/-

*Conditions apply

Cater according to your need
SPORTS BIOMECHANICS

SMALL TOUR OF OUR WORK WHICH WAS ALREADY APPRECIATE

APPRECIATE