INTEGRATED KINEMATIC DATA ANALYSIS OF AMERICAN ELITE HURDLERS

Alfred Finch\textsuperscript{1}, Gideon Ariel\textsuperscript{2}, and John McNichols\textsuperscript{1}

\textsuperscript{1}Indiana State University, Terre Haute, Indiana  USA
\textsuperscript{2}Ariel Dynamics, Inc., San Diego, California  USA
This project consisted of collecting video records of the third hurdle clearance by elite high and low hurdlers while performing a maximal practice run at an Elite Hurdler development camp at the USOC training facility.

Temporal & kinematic variables were calculated for their performances.

The results were presented using an integrated data/video analysis format which were reviewed the next day with the athlete and coach.
METHODS

Video records were taken with Sony Hi8 camcorder at 60 Hz from front & side views of 6 Elite High & 3 Low Hurdlers while clearing the 3rd (High) & 5th (Low) hurdle during a maximal practice run at USTAF Hurdling Development.

- 14 body points & 3 hurdle points were digitized, transformed, and smoothed using a quintic spline.
Temporal variables calculated were:
- Contact time
- Flight time

Kinematic variables calculated were:
- CM horizontal velocity at stride contact prior to take-off,
- CM horizontal velocity at take-off,
- CM horizontal velocity at hurdle landing
Other kinematic variables calculated were:

- CM Horizontal displacement of CM apex in comparison to hurdle clearance
- Vertical CM elevation from take-off to hurdle clearance
Kinematic Hurdle Phases & Variables

- Landing
- Hurdle Clearance
- Peak
- Takeoff
- Foot Contact Prior to Takeoff
Hurdle Phases with Integrated Data
Simultaneous data integration of video records, stick figure reconstruction, and kinematic data graphs of each hurdle trial were presented the next day to the athlete and coach for analysis.
INTEGRATED DATA ANALYSIS
INTEGRATED DATA MOVIE
## RESULTS

### Temporal Data for High & Low Elite Hurdlers

<table>
<thead>
<tr>
<th>Variable</th>
<th>High Hurdlers Mean±SD</th>
<th>Low Hurdlers Mean±SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact Time sec</td>
<td>.122±.023</td>
<td>.127±.001</td>
</tr>
<tr>
<td>Flight Time sec</td>
<td>.366±.032</td>
<td>.367±.014</td>
</tr>
</tbody>
</table>
## RESULTS

**CM Horizontal Velocities for High & Low Elite Hurdlers**

<table>
<thead>
<tr>
<th>Variable</th>
<th>Low Hurdlers Mean±SD</th>
<th>High Hurdlers Mean±SD</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Takeoff CM Hor. Velocity cm sec⁻¹</td>
<td>26.6±68.5</td>
<td>26.6±47.0</td>
<td></td>
</tr>
<tr>
<td>Landing CM Hor. Velocity cm sec⁻¹</td>
<td>85.5±54.6</td>
<td>5.2±54.7</td>
<td></td>
</tr>
</tbody>
</table>
## RESULTS

### CM Displacements for High & Low Elite Hurdlers

<table>
<thead>
<tr>
<th>Variable</th>
<th>Low Hurdlers</th>
<th>Mean ± SD</th>
<th>High Hurdlers</th>
<th>Mean ± SD</th>
<th>Standard Deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>CM Elevation At Hurdle Clearance cm</td>
<td>14.4 ± 9.5</td>
<td>18.7 ± 9.0</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CM Vertical Displacement at Landing cm</td>
<td>5.6 ± 13.8</td>
<td>3.8 ± 15.1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CM Apex Horizontal Displacement cm</td>
<td>23.6 ± 23.3</td>
<td>53.5 ± 24.7</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Foot ground times reported were slightly faster than 0.135 s times found in previous Elite Hurdler project by R. Mann (1993).

Flight times of .37 s were similar to those found for lesser skilled hurdlers in 1993 report but slower than .31s found for good hurdlers.
CONCLUSIONS 2a

- At takeoff the High hurdlers’ CM slowed down 18 cm•sec\(^{-1}\) while the Low hurdlers increased their CM velocity by 26 cm•sec\(^{-1}\).

- The deceleration seen at takeoff would be indicative of an overstride prior to takeoff.
At landing the High hurdlers experienced a slight increase in CM horizontal velocity 5 cm\cdot sec^{-1} and the Low hurdlers slowed down significantly -85 cm\cdot sec^{-1} at contact because of their early takeoff.
CONCLUSIONS 3a

- High hurdlers elevated their CM 18 cm and Low hurdlers’ CM rose 14 cm at hurdle clearance from takeoff position, while hurdle height difference is 8 cm.

- High hurdlers found a more effective method to negotiate the taller hurdles than Low hurdlers.
CONCLUSIONS 3b

- High hurdler’s CM peaked 23 cm before the hurdle while Low hurdlers peaked 66 cm prior to the hurdle.
- Both groups of hurdlers need to develop better CM flight trajectories so that the apex coincides with the hurdle, resulting in less elevation and shorter flight times.
Simultaneous integration of video, stick figures and data was found to be an effective visual coaching tool for hurdling technique analysis for the providing immediate feedback to the athlete and coach.
SIMULTANEOUS INTEGRATION OF VIDEO, PATHWAY TRAJECTORIES & DATA
COMPARATIVE TECHNIQUE ANALYSIS
TECHNIQUE ANALYSIS FROM MULTIPLE PERSPECTIVES
INSTRUCTIONAL TECHNIQUE
DEMONSTRATIONS
Acknowledgements

We would like to thank the United States Track and Field Association for their support of this project for the Elite Hurdler Development program and the USOC training facility at San Diego.
Thank you for your attention.