INTRODUCTION

Visual performance is an important requirement for excellence in sport (1,2,3). Sporting activities are significantly less successful with poor vision (4).

Sports vision aims to train the athlete’s visual coordination and to improve knowledge of one’s motor responses. It is claimed that, if athletes can improve their levels of performance through sports vision exercises, they will have great advantage over their rivals (5).

The aim of this research was to determine if sport vision training contributes to improved peripheral vision (awareness), hand-eye coordination, anticipation, and the ability to concentrate.

DOES VISION = EXCELLENCE?

MATERIALS AND METHODS

- Sample: 26 Rugby players aged 18-26 years. Each player served as his own control.
- Pre- and post-tests: All players were subjected to a Sports Vision Battery of 3 different pre- and post- hand-eye coordination tests
  - Day 1: Alternative hand-wall toss
  - Day 2: Passing for accuracy
  - Day 3: Simultaneous ball throw (see Figures 1, 2 and 3)
- Intervention: Between the pre- and post-tests, sports vision exercises were carried out

RESULTS

<table>
<thead>
<tr>
<th>Sports Vision Test</th>
<th>Group Results</th>
<th>% Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1: Coordination test</td>
<td>31</td>
<td>35</td>
</tr>
<tr>
<td>Day 2: Accurate passing</td>
<td>3.13</td>
<td>3.37</td>
</tr>
<tr>
<td>Right</td>
<td>2.81</td>
<td>2.87</td>
</tr>
<tr>
<td>Day 3: Simultaneous ball throw</td>
<td>70</td>
<td>86</td>
</tr>
</tbody>
</table>

There was improvement in performance after the exercises.

DISCUSSION & CONCLUSION

With the improvements in performance after specific sports vision exercises, it can be said that these exercises enhance visual coordination in areas such as peripheral vision, hand-eye coordination, anticipation and concentration (5). Applying this knowledge to training programs for athletes could see sportsmen of tomorrow achieving even greater potentials.

REFERENCES

5. du Toit PJ, Neves R, de Wet KB, Steinmann CM, Kruger E (1) Exercise, performance and sport vision testing