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Augmented reality (AR) in teaching and developing judo techniques – project assumptions

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Abstract

This paper describes the role and meaning of AR technology in teaching and developing judo techniques. The aim of this research is an model of a AR implement in judo teaching techniques – perspective of biomechanics of movement, psychology and sports pedagogics. The subject of this research is the process of judo techniques teaching and the AR system functionality.

The material of research are children learning judo and adults improving themselves individually (master level). We verify the hypothesis that “illustrating reality” with the use of AR increases learning attractiveness, deepens the effect of mental and imagination training.

Key words: fighting sport • injuries • male and female competitors

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