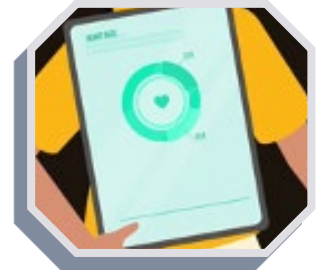


Katie and Tex Explore Wearable Tech in Sports Tech File



Technical sports equipment, or wearables, are a way for athletes to get better at their sport. They can also help to protect athletes from injury. Athletes and coaches can look at the data recorded by wearables and use it to spot weaknesses, track performance and plan future training.



Wearables use high-tech sensors and GPS trackers to measure things such as heart rate, running speed and distance covered.

Wearable tech, such as this technical sports vest, measures what an athlete does when they exercise and records the information as readings.



Technology can also be built into sports helmets and even glasses.

The readings are made in real time, tracking activity and sharing it with mobile devices, such as smart watches, smartphones or tablets and laptops.

Sports shoes and socks have been designed to record how athletes place their feet when they run.

Did You Know...?

Technicians, scientists, designers and entrepreneurs are all involved in creating wearables, meaning that you don't need to be an athlete to work in the sports industry.

What Can You Do?

Use this link to design your own **technical sports kit**. Label each of the parts to explain the data it collects and how this might help the athlete wearing it.

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