

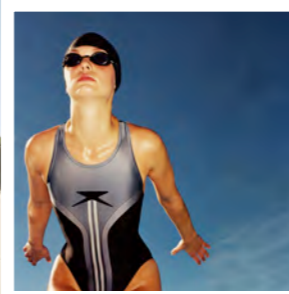


User Guide



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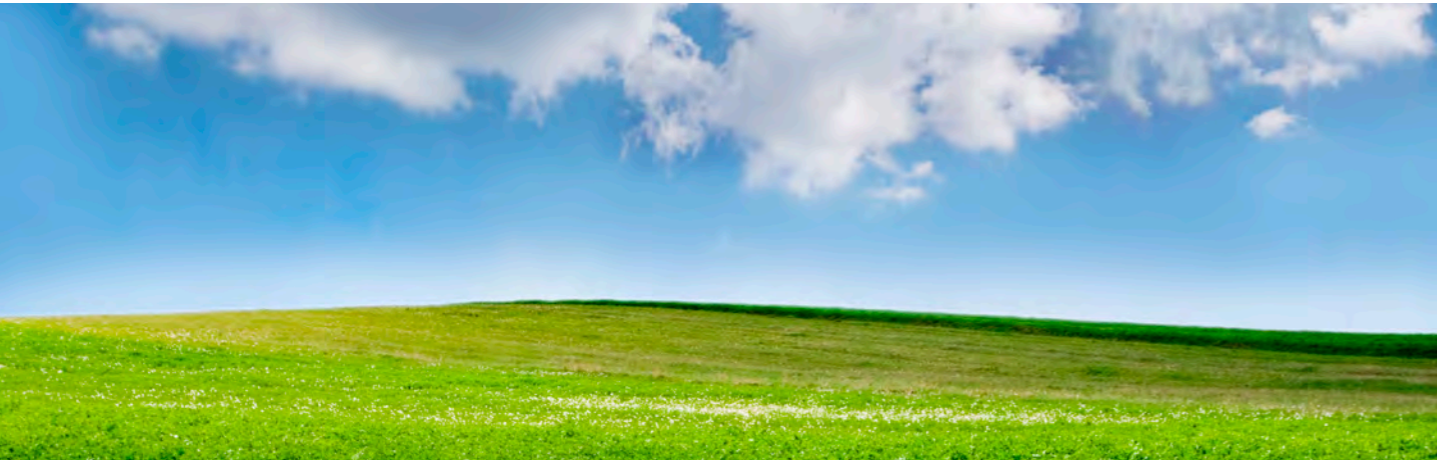
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Introduction

Welcome to Siliconcoach – the science of motion

Founded in 1997 by New Zealand bio-mechanist, Joe Morrison – Siliconcoach has grown to one of the world's most successful video analysis software companies. A company based on a passion for sport and a firm belief that video analysis can assist in improving and assessing physical performance, rehabilitation, professional development and learning.



What is Video Analysis?

If a picture paints a thousand words – then what does 50 pictures per second give you?

It gives you a lot of data, and with the right video analysis software it can be used to provide visual feedback that helps in the analysis of movement.

Video analysis allows you to: capture video; watch and review; analyse; save present and share; and provide feedback and accelerate learning.

With the help of Siliconcoach software, every user can see the little things that make the big difference.

What is Siliconcoach 'live'?

SC is a provider of movement analysis and communications solutions for athletes, coaches and sporting organisations.

SC products allow you to analyse movement and then convey the results effectively to someone else. For example between

- Coaches
- Athletes
- Umpires/Referees
- Coaches and athletes
- Sporting Organisations and coaches
- Sporting Organisations and Umpires/Referees

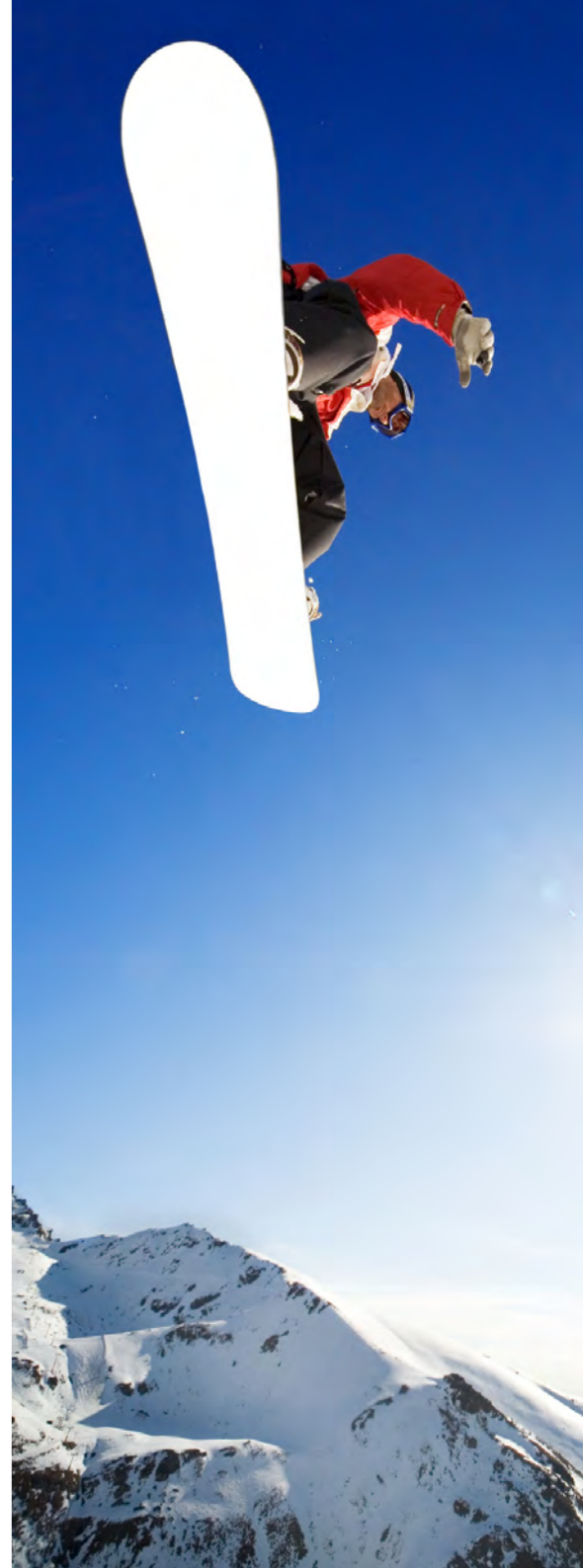
Accurate and non-threatening communication between stakeholders is the key:

Converting a movement into words effectively is incredibly hard and can lead to errors and misunderstandings.

Misunderstandings can lead to mistakes and conflict. It is better to capture the action and everyone review it.

SC provides the tools to do this easily and effectively.

With SC products 'movement analysis' can range from just watching the action in super slow motion through to full 2D biomechanical analysis using the angle, distance and speed tools.



What is The Zone?

Movement analysis in a simple online environment!

The Zone is a place where the latest in video analysis technology from Siliconcoach is combined with online discussion forums and movement related content.

The Zone is a web based engine that provides an ideal environment for:

- the teaching/assessment of gait analysis;
- improving and assessing physical performance;
- rehabilitation; reporting clinical outcomes;
- professional development;
- sharing expert knowledge.

Join our Zone or create your own Zone.

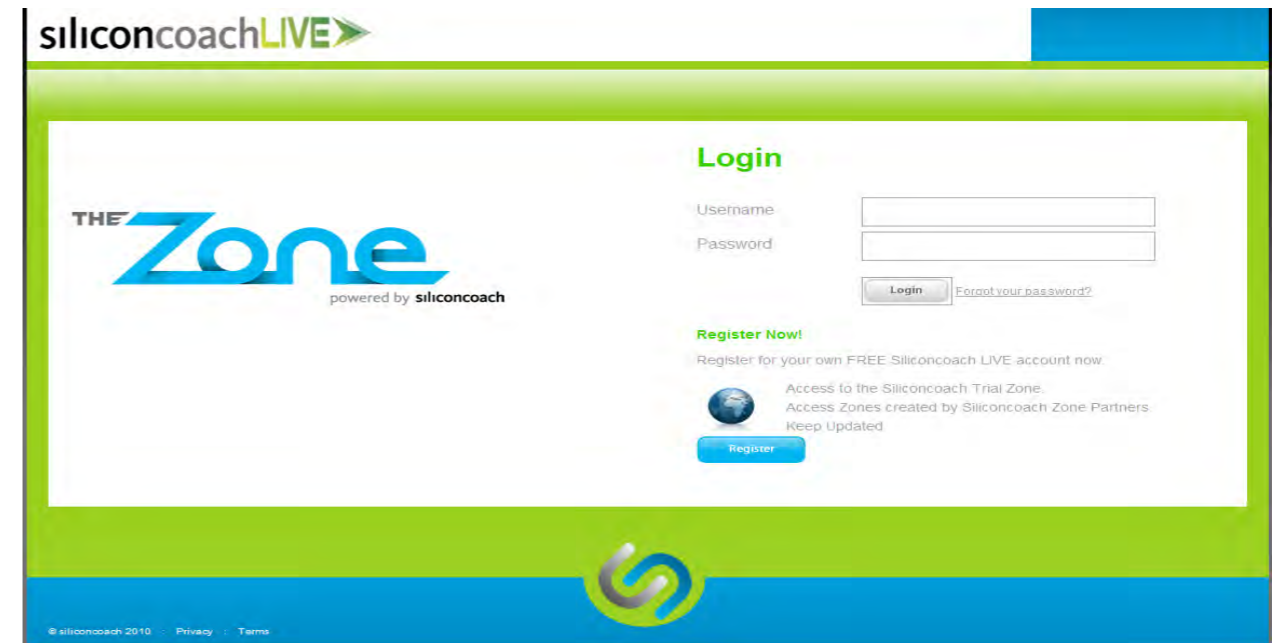
The Zone is your place on the internet to upload, analyse and share video analysis.



Welcome to Siliconcoach Live

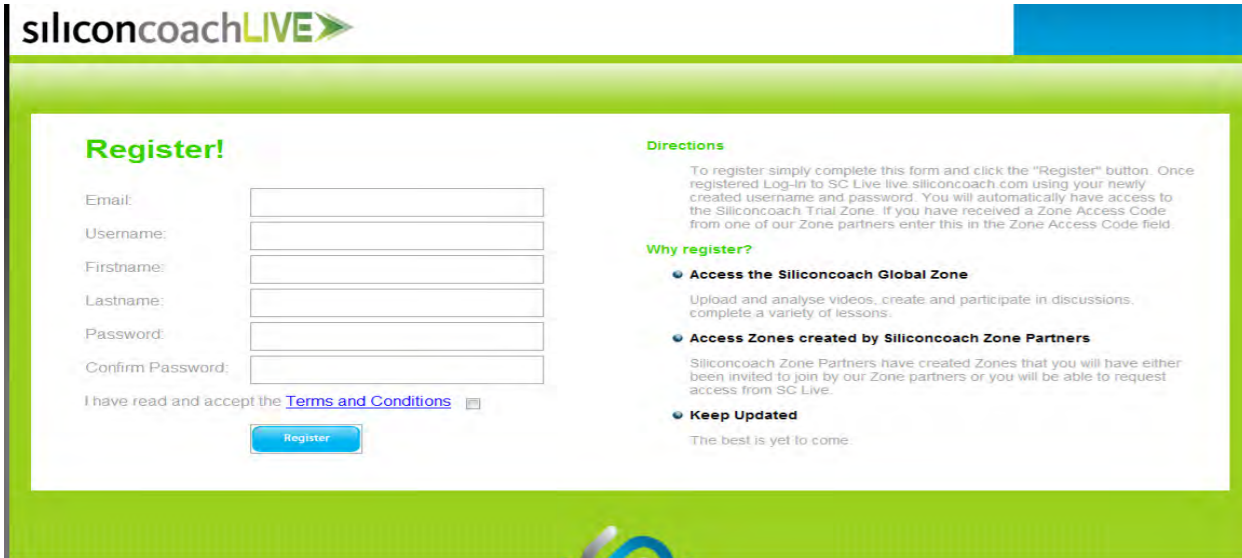
You will need to create an account for yourself in Siliconcoach Live.

Can you surf to <http://live.siliconcoach.com/Default.aspx>

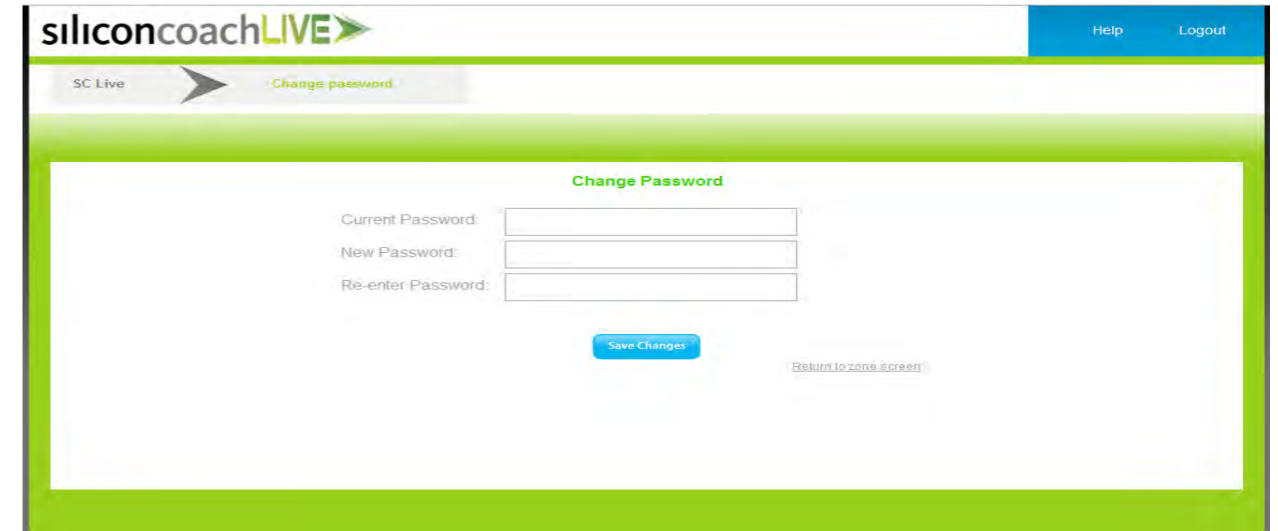


Please enter your details and click [register](#).

Once the registration is complete access to your Zone(s) will be through this login page.



This will then take you to your own home page.



From your own home page you have the ability to [Change your Password](#).

Please follow the steps and then click on [Save the Changes](#).

Followed by [Return to the Zone](#) screen.



You can edit your profile on your home page.

- You can't change your username but you can update your email address.
- Upload a profile picture to personalise the page by browsing your computer to find a profile picture.
- Then [Save the Changes](#).

There is a lot of functionality on your home page that will assist you while using a Zone account under 'siliconcoach live'

These areas are under 3 headings:

- My Stuff
- My Zone(s)
- New Zone options

My Stuff:

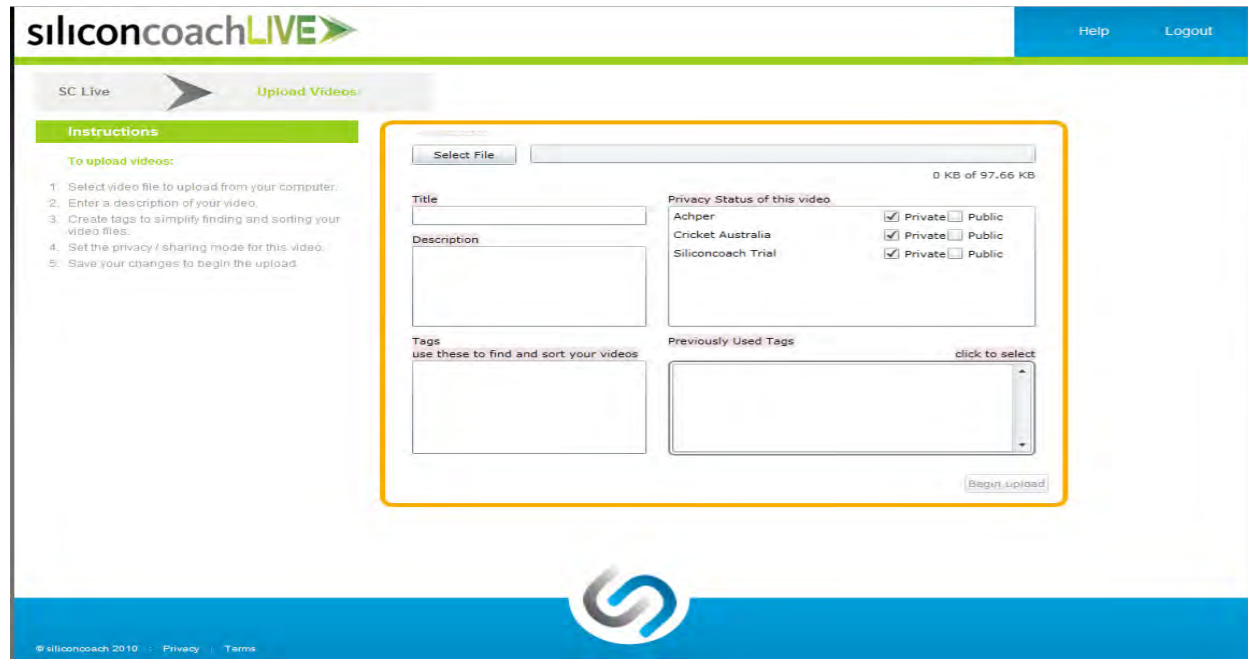
My stuff has 3 sub headings

- Manage Videos
- Upload Videos
- New Alerts



Upload Videos:

We will deal with Uploading of video first. Along the left hand side of the screen there are some instructions to assist you through the process.



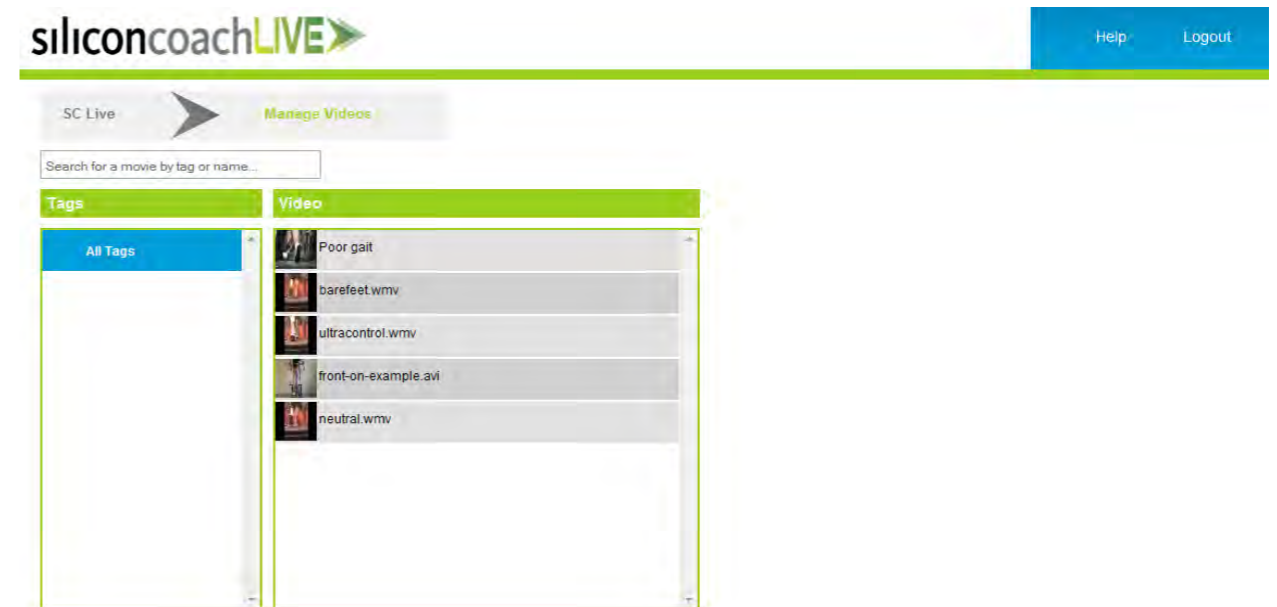
Select video file to upload from your computer.

1. Give the video a Title and add a Description.
2. Create tags to simplify finding and sorting your video files.
3. Set the privacy / sharing mode for this video. If you are a member of a number of Zones then you can decide which video clips you wish to appear in which Zone account.
4. Save your changes to begin the upload.
5. You will get notification when the upload is complete

NB. You must remain on the page until the upload is complete

Manage Videos:

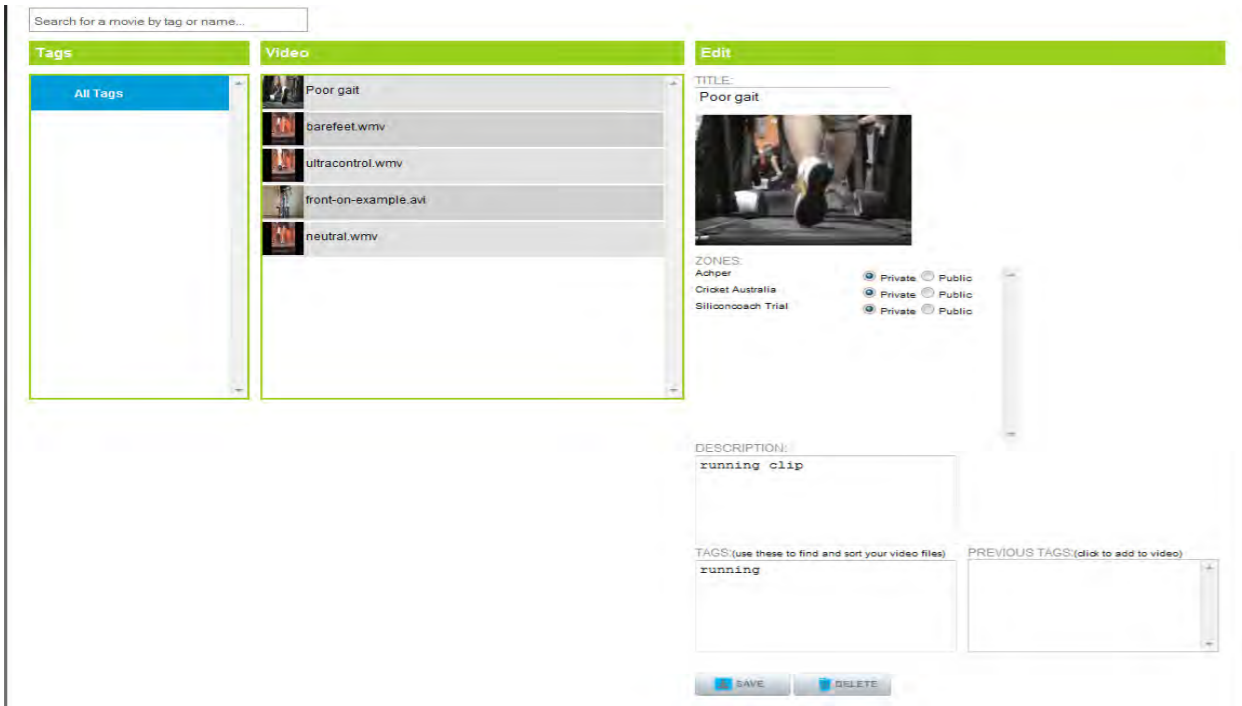
When the file has uploaded it will appear in your available video files under the Manage Videos Section.



As your video library grows the use of the Tags will become important as you can filter video clips by those Tags. If you have not 'Tagged' the video clip correctly or wish to change the settings for the clip you can do that now.



Double left click on the video and the Video Editor appears.



Once you have completed the changes then select save. Here you can also delete any video that is no longer relevant to you or your accounts.

New Alerts:

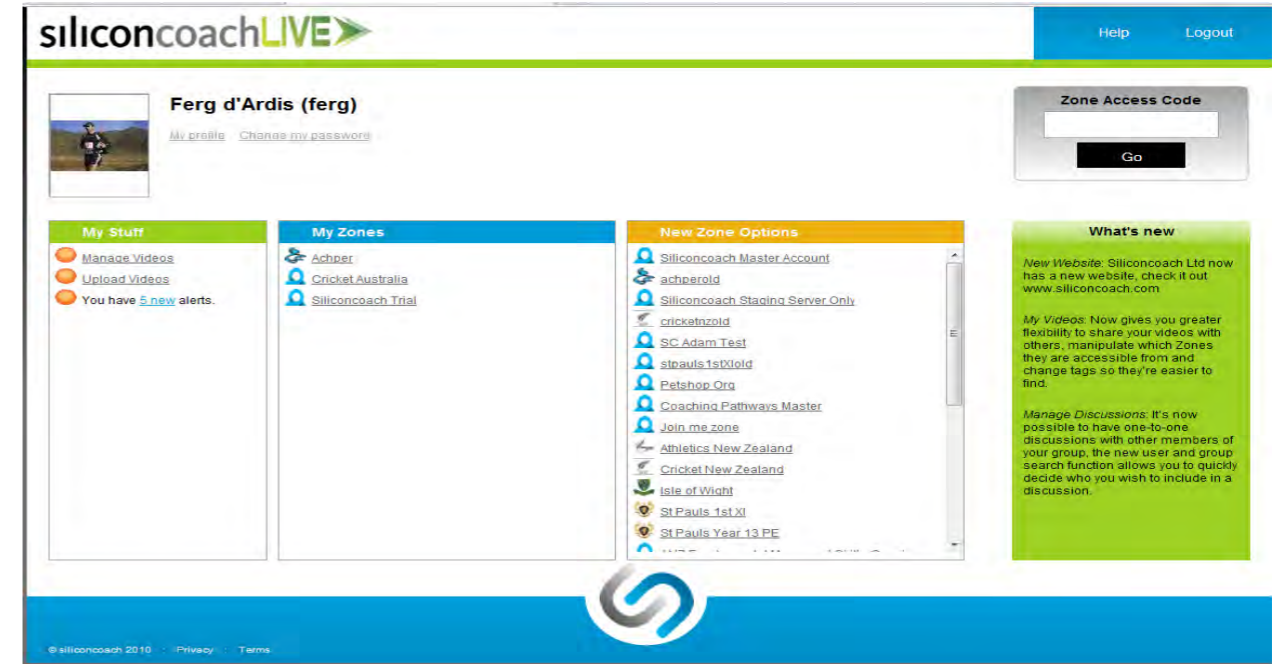
This section deals with new alerts to your discussions in The Zones that you are a member of.

It quickly highlights that there are area to check!

My Zones

As you begin to use the Zone platform on SC Live you may only be a member of one Zone account.

Access to this account is through an access code that is supplied to you. This eight digit code is unique to each Zone account. You can type or copy and paste it into the Zone Access Code Tab.



The Zone of which you are now a member will appear under the banner My Zone(s)

Zone account Administrator/Facilitators will have the added feature to see this code when then log into their Zone.

They would then email this to authorised members of their Zone to grant them access.

New Zone Options:

This is a major advancement with access to Zone(s) on siliconcoach live. Previously if you were a member of more than one Zone you would have to login separately into each account.

From the siliconcoach live platform you can login once and each Zone you are a member of will appear in My Zones.

The New Zone Options are other Zone account that maybe of interest to you. Access may be free or restricted. Once you click on a Zone that is of interest it will inform you of how to gain access.

Using the Zone on 'siliconcoach live'

The Zone - Analyse

The Zone "Analyse" tab is the area of The Zone where you can select a file to analyse and explore and use the video analysis tools available.

Analyse

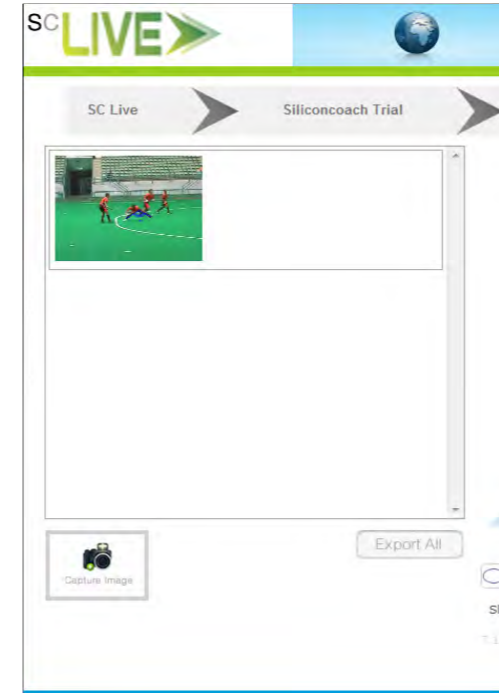


The screenshot displays the 'Trial Zone' interface on the Siliconcoach Live platform. At the top, there is a navigation bar with 'SC LIVE' and 'Trial Zone' tabs, along with 'Help' and 'Logout' links. Below the navigation bar, there is a search bar and a list of video files under the 'Video' tab. The video list includes titles like 'Down Hill Drill.avi', 'Drag Flick.avi', 'front foot extra cover drive with follow', 'volts-bat1.MOV', 'Bowling from one step.mpg', 'Tumbling Side1.avi', 'Baseball Bat.avi', 'Spiral Pass Carter.avi', and 'underpronator run.avi'. A 'Next' button is visible at the bottom right of the interface.

To select a video file to analyse - click on it from the thumbnail list. It will load on the screen and select [Next](#).

The system will take you to the analyses screen with the tools present.



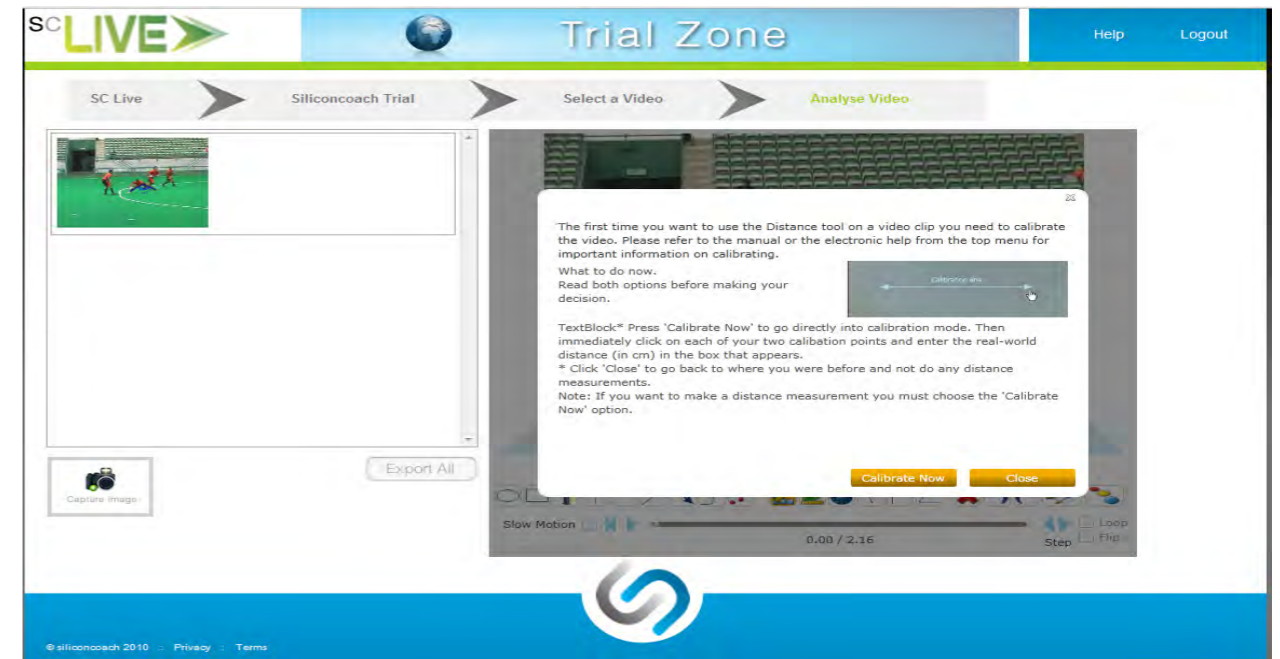
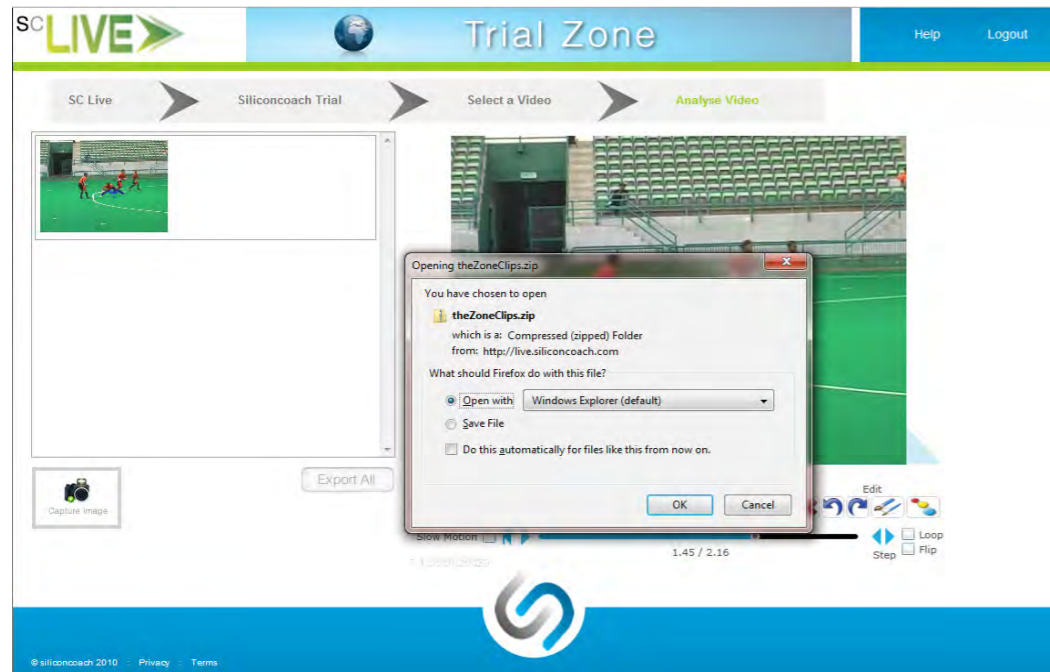


You can now advance the footage to the part you want to use. There are a number of options to advance the footage (as per screen above)

You can:

1. Play at full speed;
2. Slow motion;
3. Use the stepping tools to move the video frame by frame; or
4. Draw on the video using the analysis tools on the left hand side
5. Once you have done your analysis you can save your work by capturing Capture Image

- The images are saved as jpegs alongside the analysis screen.
- They can be exported and are saved to the downloads folder: (TheZone.Clips-Compressed [Zipped])
- They are available to be copied and pasted for future use in creating documents etc.




Calibration:


You can measure distance off the video but you need to tell the software the “real world” measurement of something else in the video.

Doing this will calibrate the screen and allow you to measure other things on the same screen. If you change videos you will need to recalibrate.

To calibrate the screen:

1. Click in the Calibrate icon 
2. Read all these instructions and then click on “Calibrate Now”
3. Click/release on each end of your known distance
4. Enter the “real world” distance in centimetres and press “Enter”

To measure a distance:

1. Select the “Distance Tool” 
2. Click/release on each end of your object

NOTE:

The object you use to calibrate the screen must be in the same plane as the object you want to finally measure. For example, say you wanted to find out how far a ball goes between one video frame and the next and you are using two cones 2 metres apart as your “real world” distance for calibration. The cones need to be right next to the thrower, they cannot be behind or in front of the thrower.

The Zone - Discuss

The Zone Discuss tab is the area of The Zone where you can participate in a discussion and use video to enhance your explanation.

It is divided into 3 areas;

- Create a discussion
- Select a discussion
- Manage a discussion

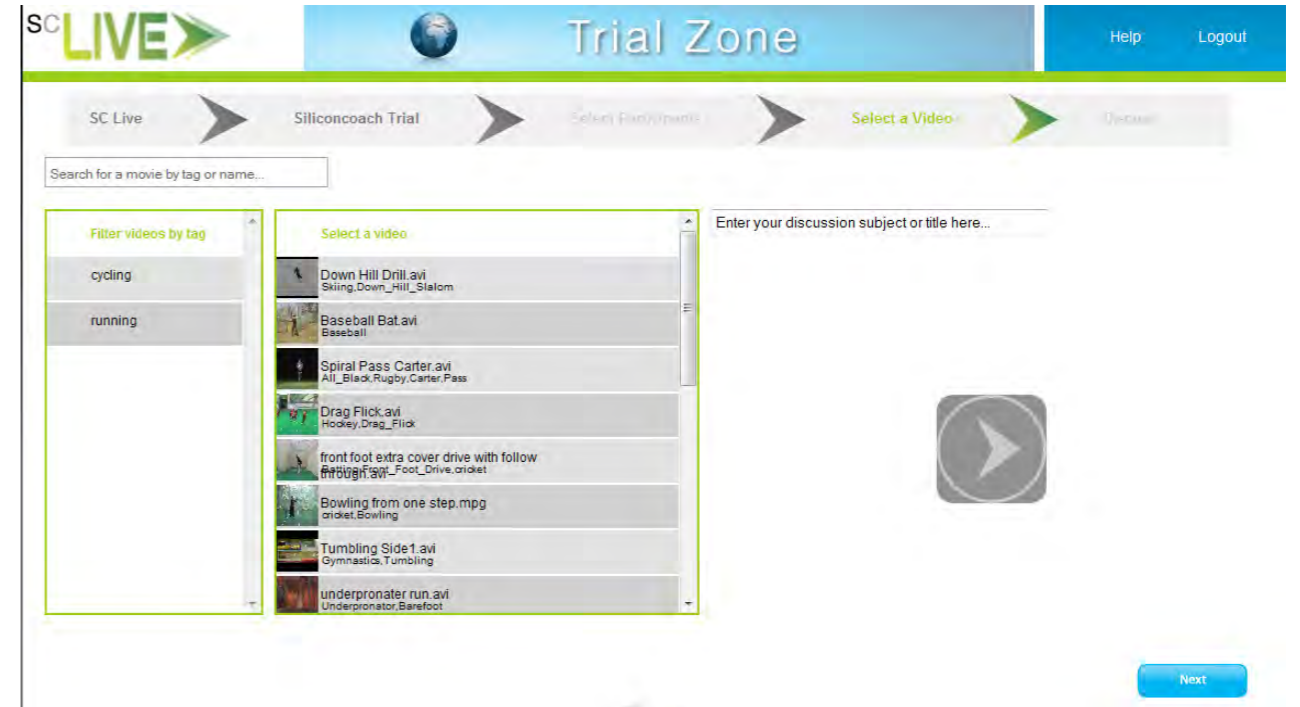
Create a discussion

Allows you to start a new Discussion thread based around a video clip.



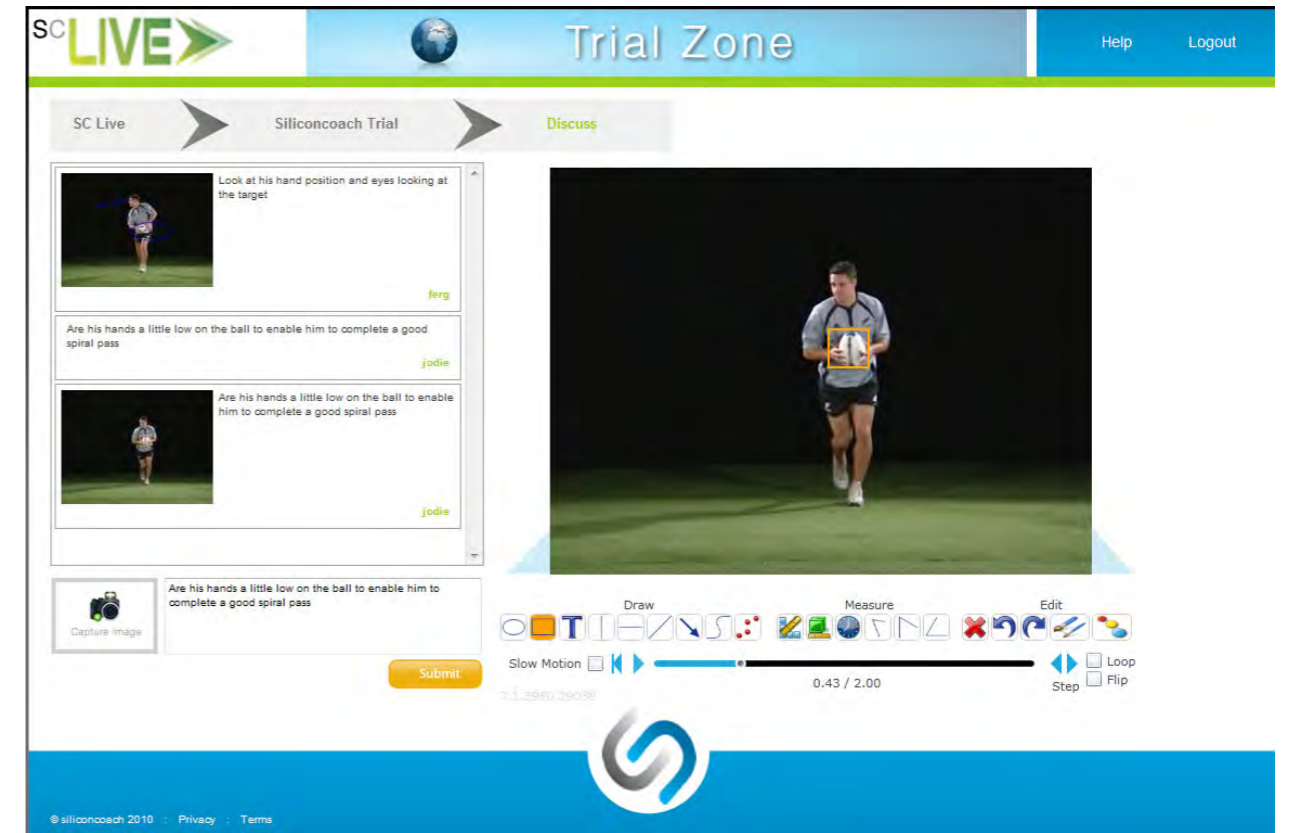
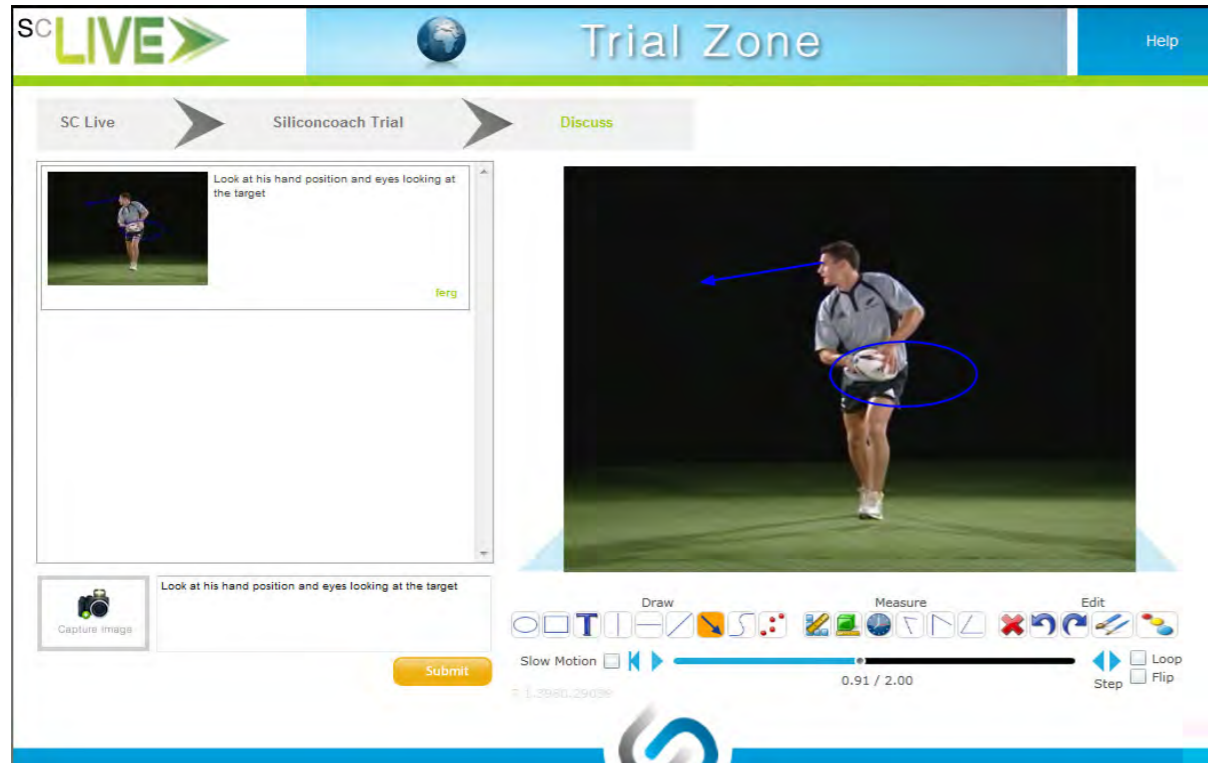
Press the Create button, (the process is now very similar to using the analyse screen)

1. You need to select with whom you wish to have the discussion
2. It can be to all in your Zone, a select number of users or on a one to one basis



3. Once you have included the participants click next
4. Now select the video you wish to use in the discussion. Give the discussion a title and click next
5. When it has loaded, advance the video to the point you wish to highlight
6. Use the analysis tools to draw on the video to heighten your point of view. Type your comments, capture the image and then click on submit

Your comments will now appear in the video list and will have the video attached to that discussion. It can now be reviewed and critiqued by other members of your Zone



If you forget to capture an image then only your text will be saved as illustrated above.

Select a Discussion

Discussions that you have created and are involved in appear in the list.

- Select the discussion you want to be involved in and click on it.
- The discussion thread will appear
- You can use the video and analysis tool to take part in the discussion and the image and text will form part of the thread

Manage a Discussion

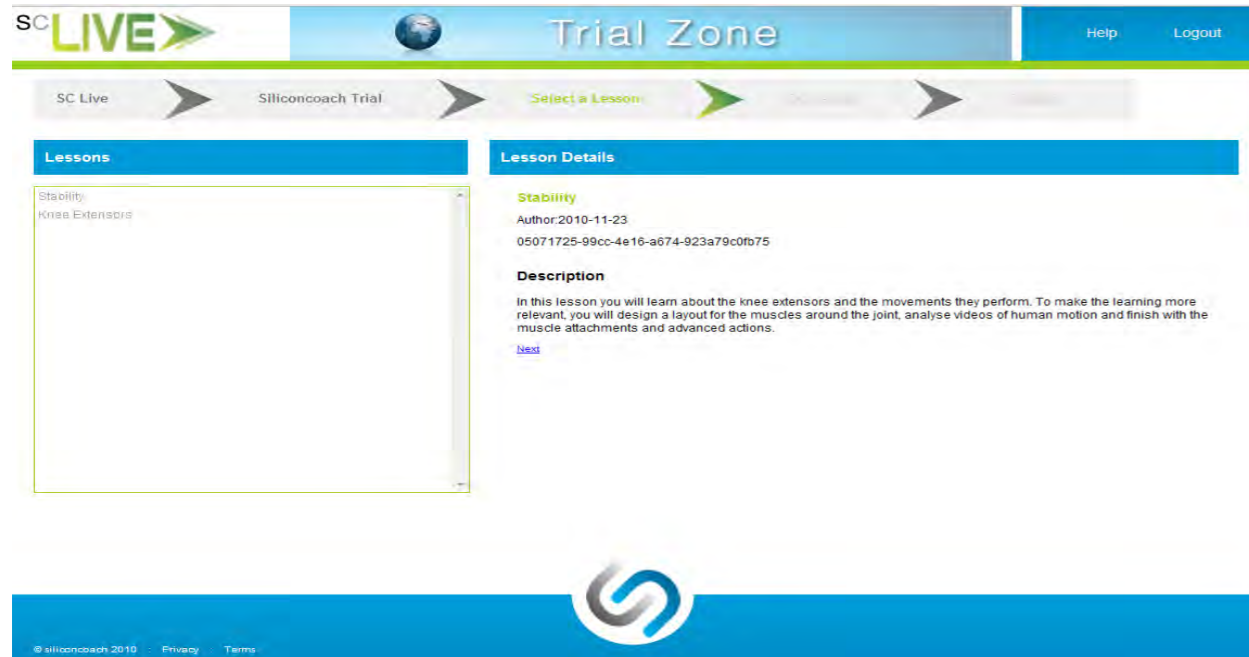
This area will allow you to edit or delete a discussion that you have created.

The Zone - Lessons

The Zone lesson tab is the area of The Zone where you can participate in online training with the lessons provided: anatomy; and biomechanics. Here you can: complete a series of lessons; provide your answers in the comment box; and publish your answers in a final report.

Learn

- Click on the lessons tab. It will take you to the Lessons – Table of Contents
- Click on the lesson you wish to take and read through the content



SC LIVE Trial Zone

SC Live Siliconcoach Trial **Select a Lesson** Do Lesson Publish

Lessons

Stability
Knee Extensors

Lesson Details

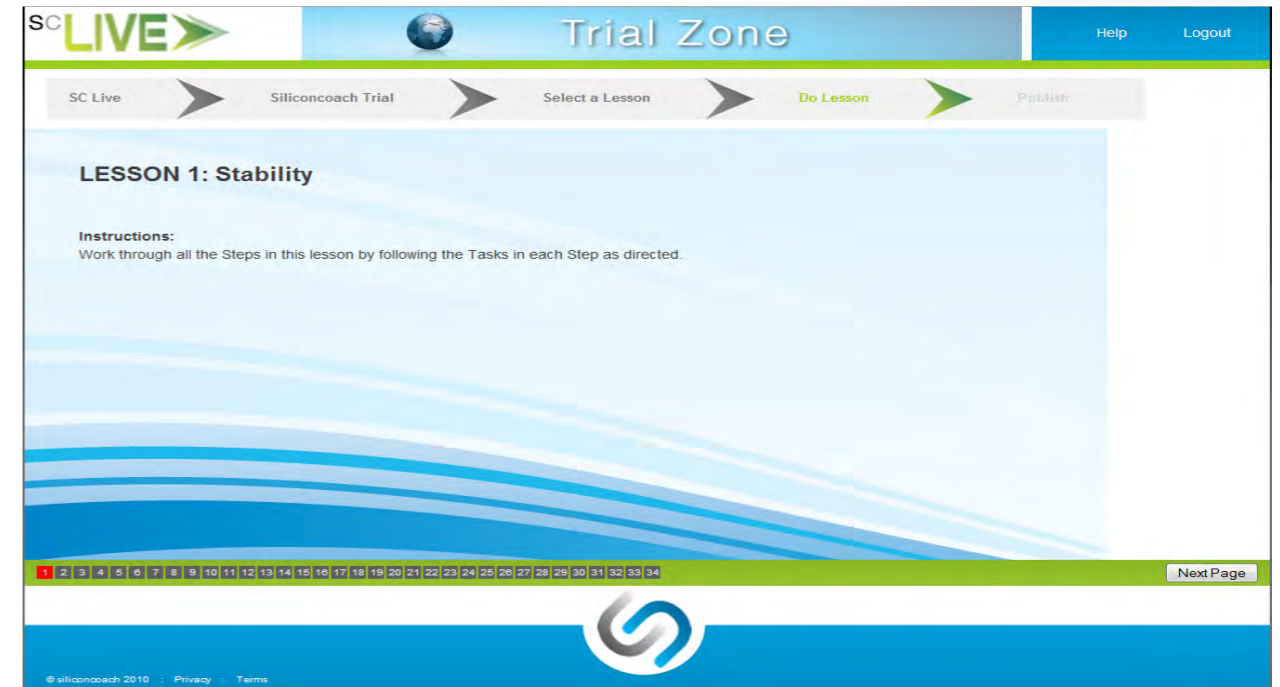
Stability
Author: 2010-11-23
05071725-99cc-4e16-a674-923a79c0fb75

Description

In this lesson you will learn about the knee extensors and the movements they perform. To make the learning more relevant, you will design a layout for the muscles around the joint, analyse videos of human motion and finish with the muscle attachments and advanced actions.

[Next](#)

- Use the navigation to work through the lesson



SC LIVE Trial Zone

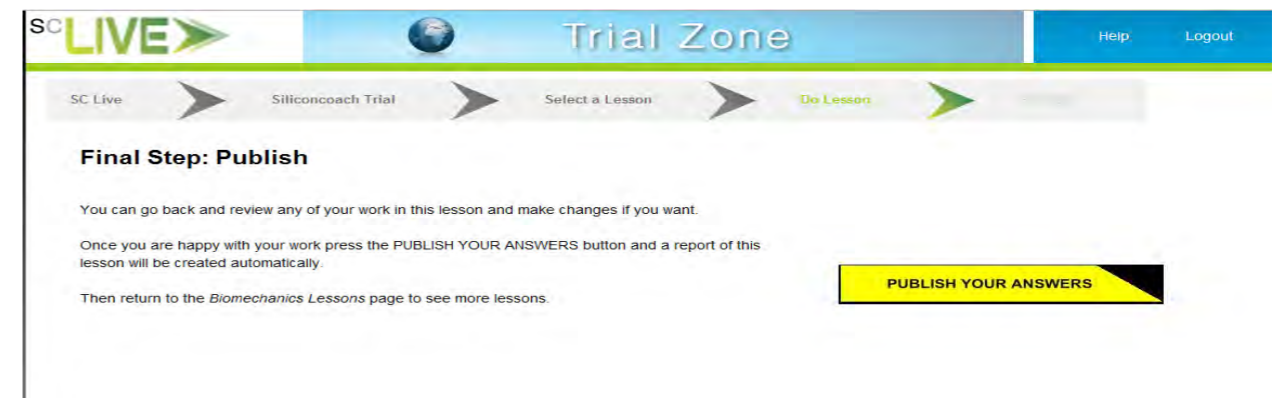
SC Live Siliconcoach Trial Select a Lesson **Do Lesson** Publish

LESSON 1: Stability

Instructions:
Work through all the Steps in this lesson by following the Tasks in each Step as directed.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 Next Page

- Complete the tasks
- Type your answers to the questions in the comment box
- When you have finished this lesson click [Publish your answers](#)



SC LIVE Trial Zone

SC Live Siliconcoach Trial Select a Lesson Do Lesson Publish

Final Step: Publish

You can go back and review any of your work in this lesson and make changes if you want.

Once you are happy with your work press the PUBLISH YOUR ANSWERS button and a report of this lesson will be created automatically.

Then return to the *Biomechanics Lessons* page to see more lessons.


PUBLISH YOUR ANSWERS

Administrator Features for your Zone on SC live

When you have logged into SC Live and are in your Zone you are able to edit some of the information as an administrator.



The screenshot shows the SC LIVE Trial Zone administrator interface. The top navigation bar includes the SC LIVE logo, a globe icon, the text 'Trial Zone', and 'Help' and 'Logout' links. Below the navigation bar, there are several tool categories: 'Tools', 'Analyze' (with links for 'Analyze a Video'), 'Discuss' (with links for 'Select a discussion', 'Create a discussion', and 'Manage a discussion'), 'Learn' (with links for 'Select a lesson' and 'View a lesson report'), and 'Admin' (with links for 'Teaching resources', 'Manage users', and 'Edit Zone details'). A large green box on the right contains a 'Welcome to the Siliconcoach Trial Zone!' message, detailing the 30-day trial period and providing contact information for support.



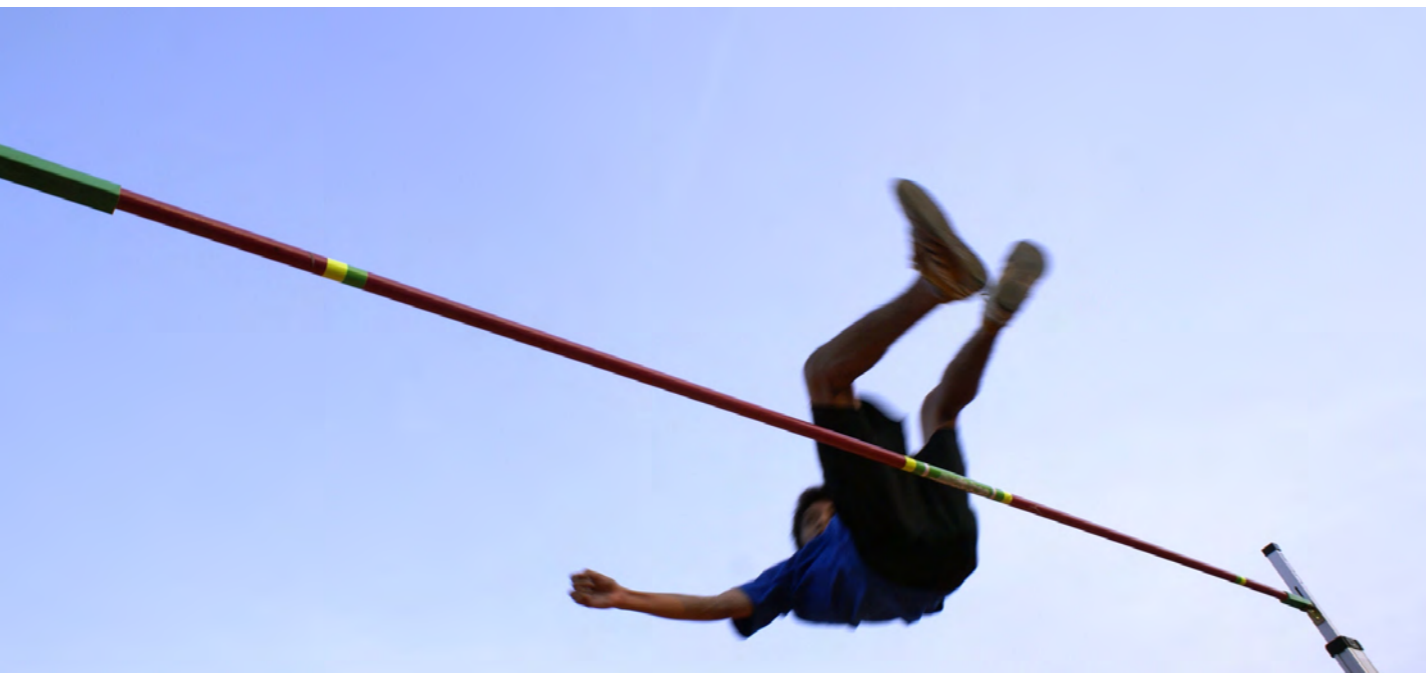
The screenshot shows the 'View and Change Zone Details Here' section of the SC LIVE Trial Zone administrator interface. It features a 'Browse' button for selecting a new Zone banner. Below this, there are two text editors for modifying the pre-joining and main zone descriptions. The pre-joining description includes HTML tags for a heading, paragraph, and membership information. The main description includes HTML tags for a heading, paragraph, and a list of features. A 'Change Details' button is located at the bottom of the text editors.

Upload a Zone banner:

Uploading a banner is straight forward once you have created one.

1. Click on browse
2. Select the location of the banner on your pc
3. Click on open in the dropdown list and the file will load and is ready to upload

There is a restriction on the banner size which is .61" x 6.5".



Modify pre-joining description:

You can type in some information that will appear to new users who see the Zone as an option from the list of available Zones on their home page.

You can put in contact information etc. or inform interested parties that this is a Private Zone only for use by members of Ware Cricket Club.

Modify description:

The information that you insert here is what authorized members of your Zone will see once they have logged in.

Use it as a notice board for the club! Post major events or whatever you feel is pertinent to your Users currently.

You can update this as often as you wish.

Once you have complete your changes on this page then you will need to click on 'change details' for the information to be saved

[Change Details](#)





siliconcoach

video analysis solutions