PERIPHERAL VISION IN SPORTS

Words

Look for the following words as you read the passage. Match each word with its correct definition.

Words	Definitions
1. anticipate	A. n., area
2. athlete	B. n., a movement
3. blur	C. n., how well a person or machine does something
4. boundary	D. v., to expect, be ready for something to happen
5. complicate	E. v., to notice, become aware of
6. coordinate	F. adv., in a way that is impossible to see or notice
7. demonstrate	G. adj., unclear
8. detect	H. adv., without thinking, automatically
9. distracting	I. n., a person who plays sports[2]
10. focus	J. n., an edge, border
11. indiscernibly	K. adj., at the edge
12. indistinct	L. v., to look over
13. maneuver[1]	M. v., to accept, allow
14. performance	N. v., to organize[3]; make work together
15. peripheral	O. n., something not seen clearly
16. range	P. n., the ability to see; sight
17. scan	Q. v., to cause to be more difficult
18. tolerate	R. v., to center attention on one object; concentrate
19. unconsciously	S. adj., taking attention away from something
20. vision	T. v., to show; model

[1]BrE: manoeuver
[2]BrE: sport
[3]BrE: organise

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Reading

Peripheral Vision in Sports

Focus in on something as small as a pin. Notice that everything else that fills your whole area of possible sight is indistinct, lacking in detail. We tolerate this large outlying field of blur, this peripheral view, without taking note. We unconsciously accept it. Sometimes we take charge of how we process all that blur surrounding the tiny center[1] that our vision is focused on. Athletes best demonstrate just how much we can use the entire range of our vision, fanning out to the periphery.

An athlete's performance, necessitating high levels of coordination and reaction time, depends on training visual abilities, not just tuning muscles. Detecting and keeping track of as much motion as possible while performing physical maneuvers is quite a feat. Peripheral visual information is processed quickly. The office worker might notice the tiny distracting insect moving beside the computer, but the fast-moving athlete must detect all kinds of motion from every angle and never lose concentration. Each peripherally viewed movement must be immediately processed as more and varied movements from different sources and directions keep coming rapidly. Good footwork and body positioning will help the athlete gain viewing time in this intense environment, improving the opportunity to anticipate what will happen next.

The athlete's view, full of movement, requires rapid scanning with visual focus changing rapidly among various distances. Tracking fast objects is often complicated by the need for the athlete's body to move in response to other aspects of the activity, and head motion must coordinate with eye movement to assist in balance. A volleyball player, for example, must pay attention to body positioning in relation to the speed and angle of the moving ball as well as to the court boundaries, all the while scanning the movement of the other players. Athletes need as much peripheral range as possible.

The environment contributes to athletes' visual sharpness. Contrasting court backgrounds, adequate lighting, nonconfusing uniform color combinations, and less off-court motion all help the athlete's peripheral concentration. It seems odd that visiting baseball teams are allowed to dress in gray uniforms when bright colors would help the home team keep a better eye on them.

Everything that catches the athlete's attention causes the eyes to pause almost indiscernibly as they gather a quick view of focused detail. As the eyes move in and out of focus, there is a momentary blur between each pause. This is when visual tracking errors can occur. Even the act of blinking, usually at a rate of twenty-five blinks per minute, or one-tenth

[1] BrE: centre

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of a second per blink, interferes with the athlete's vision. Normal, natural blinking means the eyes are closed for two and half seconds out of every minute, and more than that if the athlete is anxious. This is added to the rapid blurs that occur as the athlete's eyes move in and out of focus on specific objects. These nonvisual moments can be somewhat compensated for if the athlete thoroughly tunes in to the game. Anticipation, a learned and practiced[2] art, can serve the athlete well in many ways.

Answer the questions about **Peripheral Vision in Sports.**

Questions 1–7

Do the following statements agree with the information in the reading passage?

Write

TRUE *if the statement agrees with the information.*
FALSE *if the statement contradicts the information.*
NOT GIVEN *if there is no information on this in the passage.*

_____ 1. Peripheral vision refers to what we see near the boundaries of our visual range.

_____ 2. Focusing our eyes on one object only will cause that object to look indistinct.

_____ 3. In addition to physical abilities, athletes need to be skilled at detecting movements all around them.

_____ 4. Office workers tend to find that certain kinds of movements are more distracting than others.

_____ 5. A volleyball player does not need to focus on the movements of the other players on the court.

_____ 6. Poor lighting and confusing color combinations on uniforms can have a negative effect on an athlete's performance.

_____ 7. Athletes blink more often when they are feeling anxious.

[2]BrE: practised

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My Words

Write the words that are new to you. Look them up in the dictionary and write their definitions.

Words	Definitions

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