What is Sports Vision?

- Elements of Sports Vision

  • Facts about eye injuries

  • How do I get started in Sports Vision

    - What type of education do I need?

    - What Specific Aspects of Sports Vision Will I Participate In?

    - What level of athlete?

    - How do I market my services?

    - What equipment do I need?

  • What Can The Athlete Wear

    - Protective Eye Wear

    - Contact lenses

  • Vision Skills Task Analysis: Preparation, Execution, Follow-through

  • What is a part of a Sports Vision Evaluation? Case History

  • Sports Vision Pyramid

  - 15 Vision Skills important for sports performance
• Eye Tracking

• Eye Coordination at Distance and Near

• Depth Perception

• Peripheral Awareness

• Fixation Accuracy

• Eye Tracking

• Color Perception

• Gross visuo-motor control

• Fine visuo-motor control

• Sustained focus at distance/near

• Visual recognition

• Visual perception

• Visual localization

- Sports Vision Pyramid

- Types of Testing

• Screening

• Comprehensive

- Skills to test in evaluation
• Most important test: Case History

• Visual acuity

• Contrast sensitivity

• Color perception

• Refractive status

• Eye movements

• Dist/Near Accommodation

• Binocularity

• Depth perception/Stereopsis (dist vs near)

• Vision Adaptation

• Eye-Hand (Foot) coordination

• Ocular dominance

• Balance

- Technology in Sports Vision

  • Senaptec

  • Binovi Touch

  • Neurotracker

  • Fitlights
• Right Eye

• Posturography

• Cognivue

- Low Tech in sports vision
  • Marsden ball
  • Heco Stix/Tennis balls
  • McDonald Charts
  • Howell Balls
  • Bernell distance stereo
  • Rotator
  • Brock string
  • Lifesaver cards
  • Pointer in a straw

- Concussion in Sports Vision- The basics
  • Commonality
  • Clinical trajectories
  • Vision Symptoms
  • Concept of focal binding
• Types of treatment
  - Passive therapies
  - Active therapies

• The treatment team

• Demos/Hands On - Split participants into groups to try out several sports vision activities

• Q and A