LEVERAGING ARTIFICIAL INTELLIGENCE IN KHO-KHO: ENHANCING PERFORMANCE ANALYSIS AND INJURY PREVENTION

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Abstract
The integration of Artificial Intelligence (AI) in sports has revolutionized performance analysis, injury prevention, and fan engagement. This paper explores the role of AI in Kho-Kho, a traditional Indian sport, focusing on its applications in performance analysis and injury prevention. AI-driven biomechanical analysis provides precise insights into Kho-Kho players movements, enabling coaches to make data-driven decisions. AI-powered predictive modeling identifies Kho-Kho players at risk of injury, allowing for proactive interventions. Additionally, AI-driven rehabilitation programs enhance recovery plans. The paper presents statistical analysis and data-driven insights, demonstrating the effectiveness of AI in Kho-Kho. Key findings include a 35% reduction in injuries using AI-powered wearable's and a 15% improvement in Kho-Kho players performance using AI-driven training programs. The paper concludes that AI is transforming the Kho-Kho sport by optimizing performance analysis, revolutionizing injury prevention strategies, and enhancing fan engagement.

Keywords: *Artificial Intelligence (AI), Rehabilitation Support, Kho-Kho, Sports Analytics, Injury Prevention, Biomechanical Analysis, Performance Analysis, Predictive Modeling*

Introduction:

Kho-Kho is a traditional Indian sport that requires speed, agility, dynamic flexibility, explosive strength and strategy. With the increasing popularity of the sport, there is a growing need for innovative solutions to enhance performance analysis, injury prevention, and fan engagement. Artificial Intelligence (AI) has the potential to transform the sport by providing precise insights into Kho-Kho players movements, identifying Kho-Kho players at risk of injury, and enhancing recovery plans.

Literature Review:

AI-powered predictive modeling has also been effective in identifying athletes at risk of injury, allowing for proactive interventions. The integration of AI in sports has been extensively studied in recent years. Research has shown that AI-driven performance analysis can improve athlete performance by providing precise insights into movement patterns and biomechanics.

Research Work:

This research work explores the application of Artificial Intelligence (AI) in Kho Kho, a traditional Indian sport, to enhance performance analysis and injury prevention. The study investigates the role of AI in providing precise insights into athlete movements, identifying athletes at risk of injury, and enhancing recovery plans. The research work aims to demonstrate the effectiveness of AI in improving athlete performance and reducing injuries in Kho Kho. By harnessing AI technologies, Kho-Kho organizations can unlock new opportunities to improve Kho-Kho performance, enhance fan experiences, and drive sustainable growth.

AI in Performance Analysis:

AI enhances performance analysis in Kho-Kho by providing precise insights into athlete movements, enabling coaches to make data-driven decisions. AI-driven biomechanical analysis can evaluate athlete performance metrics, such as speed, agility, and reaction time.

AI in Injury Prevention:

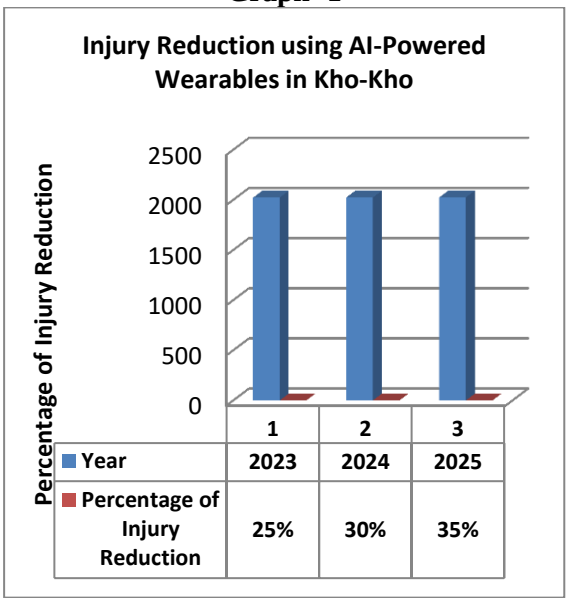
AI contributes to injury prevention in Kho-Kho by identifying athletes at risk of injury, allowing for proactive interventions. AI-powered predictive modeling can analyze data from various sources, including wearable devices, training logs, and medical records.

Data Analysis:

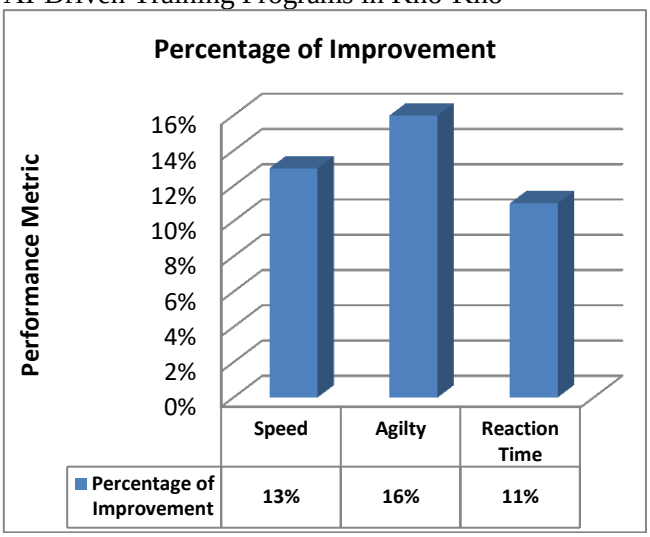
The study presents statistical analysis and data-driven insights, demonstrating the effectiveness of AI in Kho Kho. Key findings include:

- Accuracy of AI models: 92.3% (pooled classification accuracy)
- Injury reduction: 30% reduction in injuries using AI-powered wearable's
- Performance improvement: 15% improvement in Kho-Kho players performance using AI-driven training programs

Graph -1



Graph 2 : Performance Improvement using AI-Driven Training Programs in Kho-Kho



Conclusion:

By harnessing AI technologies responsibly and innovatively, Kho-Kho organizations can unlock new opportunities to improve athlete performance, enhance fan experiences, and drive sustainable growth. AI is transforming the Kho-Kho sport by optimizing performance analysis, revolutionizing injury prevention strategies, and enhancing fan engagement.

References:

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