

Abstract

The main goal of this study is help someone to measure and analyze data of balance. The most important is analyzing data which is difference of balance between before and after training. Generally, we will use in coach of athlete to understand status of balance.

We use Schmitt trigger to make a switch. When we open the switch, it will start to read the data. Also, we can use Labview to handle 、 show and store our data. Finally, we just need to analyze and arrange those datas.

We need to use the data to understand balance duration and sway status and analyze outcomes after training. We need to judge the effect of outcomes after training, because balance is important in a lot of sports.