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Effects Of Leveraging Fuzzy Logic And Artificial Intelligence On Sports Coaching Efficacy: The Mediating Role Of Adaptive Training Models

Roshan Sarwar[1], Dr. Noor Muhammad[2], Mehwish Sajjad[3], Le Thi Minh Dao[4] & Bilal Ahmad Qureshi[5]

ABSTRACT

This study explores the integration of fuzzy logic and artificial intelligence into sports coaching, focusing on their effects on enhancing coaching efficacy. As sports continue to evolve into data-driven domains, the application of intelligent systems offers significant potential to revolutionize coaching strategies. The study hypothesizes that AI-powered adaptive[1] models enable coaches to tailor training programs dynamically based on real-time data and athlete performance, increasing coaching effectiveness. By analyzing coaching interventions across range of sports, investigation evaluates impact of AI on decision-making, strategy formulation and athlete feedback mechanism.

The population of study includes all male athletes from higher education institutions of central Punjab, Pakistan. The results confirm that artificial intelligence and fuzzy logic pointedly enhance coaching efficacy and data-informed decision-making. The study concludes that integrating these technologies in coaching not only improves performance outcomes but also fosters more efficient and flexible training environments. Practical implications include the need for coaches to develop technical expertise in AI systems and standing of continuous technological innovation in sports coaching. The research underline's transformative role of AI in advancing coaching methodologies in the digital age.

Keywords: *Leveraging Fuzzy Logic, Artificial Intelligence, Sports Coaching Efficacy and Adaptive Training Models, Mediation.*

INTRODUCTION

The application of artificial intelligence in sports has gained considerable attention to seek and optimize performance, prevent injuries, and enhance athlete well-being. The artificial intelligence systems can process vast amounts of data generated by athletes during training and competition, transforming raw metrics into actionable insights [1]. When integrated into coaching, AI systems enable more accurate and adaptive decision-making, allowing coaches to fine-tune their strategies based on real-time analysis [2]. This real-time adjustment is especially important in team sports, where split-second decisions dramatically impact the outcome of a game. The supervised learning algorithms are used to train models using labeled data, such as the historical performance records, biomechanical data, and training parameters [3]. These models can then make the predictions and classify new data points. In general, the

[1]PhD Scholar, Department of Sports Sciences & Physical Education, Gomal University, Pakistan.
[2]Department of Sports Sciences & Physical Education, Gomal University, D. I. Khan, Pakistan.
[3]PhD Scholar, Department of Sports Sciences & Physical Education, Gomal University, Pakistan.
[4]Lecturer, Faculty of Sports Science, University of TON DUC THANG, Vietnam.
[5]Lecturer, Department of Sports Sciences, University of Sargodha, Pakistan.

fuzzy logic concept involves the idea of the vague rather than exact probabilistic reasoning with different degrees of truth [4]. Basic ideas on many-valued logic systems were investigated proposed use of three-valued logic by adding the indeterminate diverse conditions.

In recent years, sports coaching has undergone significant transformations due to advancements in technology, data analytics, and artificial intelligence. As complexity of modern sports continues to increase, the demand for more sophisticated training approaches has driven innovation in coaching practices [5]. Artificial intelligence and fuzzy logic, in precise, have emerged as powerful tools capable of revolutionizing how coaches design and implement training programs. By mixing these technologies, coaches can make informed decisions, adapt to real-time changes, and provide personalized feedback to athletes, thereby improving performance outcomes and fostering a more efficient training environment [6]. The fuzzy logic, the form of AI designed to handle uncertainty and imprecise information, has shown significant promise in the sports coaching. In contrast to traditional binary logic systems, which deal with clear-cut true or false values, fuzzy logic allows for nuanced interpretations of data [7]. The integration of these two technologies, fuzzy logic and AI, can thus greatly enhance coaching efficacy in order to find innovative solutions towards the problem under study.

Objective & Hypothesis

1. To examine the association between leveraging fuzzy logic, artificial intelligence, adaptive training models and sports coaching efficacy (H_1).
2. To examine the mediating role of adaptive training models in linking the leveraging fuzzy logic and sports coaching efficacy (H_2).
3. To examine the mediating role of adaptive training models in linking artificial intelligence and sports coaching efficacy (H_3).

LITERATURE REVIEW

The planning and control of team sport training activities is an extremely important aspect of the athletic development and team performance. This research introduces novel system leverages techniques from the fields of control system theory and artificial intelligence to construct optimal future training plans when unexpected disturbances and deviations from the training plan goal occur [8]. This flexibility is crucial in sports, where variables such as an athlete's performance, physiological condition, and psychological state are rarely black and white. AI-driven adaptive training models, which adjust training regimens based on real-time data, complement this system by ensuring that athletes receive dynamic, personalized guidance that evolves with their needs and progress [9]. The integration of artificial intelligence in the sports training has emerged as a transformative approach to enhancing individual performance, optimizing the training strategies, and providing personalized insights for athletes and coaches [10]. Thus, this article presents a comprehensive review of the applications, algorithms, challenges, and future directions of AI in individual sports training.

The study explores the utilization of AI algorithms and technique, including the machine learning, deep learning, and computer vision, in sports apps to personalize the training programs, analyze performance, provide feedback, assess injury risks, and optimize training methodologies [11]. The article examines scientific foundations of AI-enhanced sports training, discussing personalization and customization of individual training, performance analysis and feedback using AI-powered tools, injury prevention and risk assessment through AI models, user experience and interface design considerations, ethical implications and data privacy, case studies and empirical evidence, challenges, and recommendations for further research [12]. We highlight the potential of AI in transforming the way athletes train, providing tailored interventions and optimizing performance outcomes [13]. The article concludes by identifying areas for future research, including advanced data analytics, explainable AI models, ethical considerations, collaboration, longitudinal studies, and optimization of the training programs, human-AI interaction, and generalization to diverse people and outcome.

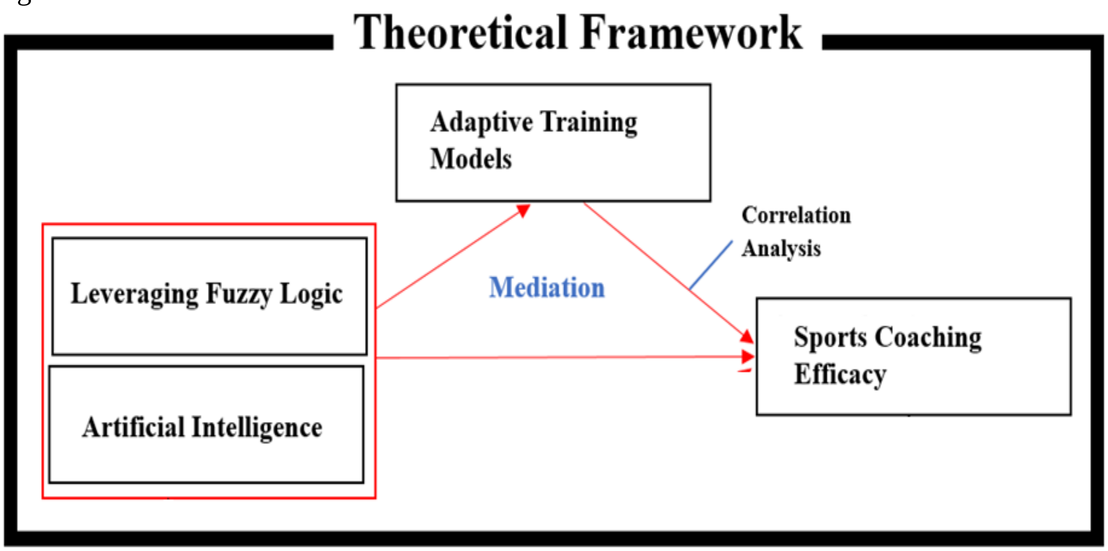
By addressing these research avenues, field of AI-enhanced sports training can continue to evolve, supporting athletes and coaches in achieving goals and unlocking new dimensions of performance optimization [14]. As a special form of probabilistic reasoning, the fuzzy logic concept allows the effective realization of approximate, vague, uncertain, dynamic, and continuous and, at the same time, more realistic conditions, which are closer to the actual physical world and human thinking [15]. This many-valued idea involves the definition of fuzzy sets and rules as well membership functions. These techniques allow the mapping of classes of objects not only according to the binary logic to false (0) and true (1) but to intermediate values in between. Based on this theorem, the particular purpose of this research will to propose a fuzzy logic approach for the evaluation of strength training exercises [16]. The motivation for present study arose from previous research done in the area of artificial intelligence (AI) in sports, the effective number of multidisciplinary solutions integrating fuzzy logic practices and lack of applications in fields of sport and specially strength training.

The conception takes into account gathered data from sensor-equipped machines and suggested suggestions and criteria regarding a proper execution. The final aim will be to integrate designed procedures into computer-based coaching framework, returning robotic feedback on performed technique [17]. The history of artificial intelligence is filled with hype and inflated expectations. Notwithstanding, AI is finding its way into numerous aspects of humanity including the fast-growing helping profession of coaching [18]. Coaching has been shown to be efficacious in variety of human development facets. The application of AI in a narrow, specific area of coaching has also been shown to work. What remains uncertain, is how two compares. It compares two equivalent longitudinal randomized control trial studies that measured increase in clients' goal attainment as a result of having received coaching over a 10-month period [19]. The first study involved human coaches and the replication study used an AI chatbot coach. In both studies, human coaches and the AI coach were significantly more effective in helping clients reach their goals compared to the two control groups.

Surprisingly however, the AI coach was as effective as human coaches at the end of the trials. We interpret this results in using AI and goal theory and present three significant implications: AI coaching could be scaled to democratize coaching; AI coaching could grow the demand for human coaching; and artificial intelligence could replace human coaches who use simplistic, model-based coaching approaches [20]. At present, AI's lack of empathy and emotional intelligence make the human coaches irreplaceable. Still, understanding the efficacy of AI coaching relative to human coaching may promote the focused use of AI, to the significant benefit of society [21]. The planning and control of team sports training is an important aspect in the development of athletes and the enhancement of performance. Team sports typically present a greater challenge than individual sports for coaches, scientists and support staff, as multiple training goals need to be accounted for and satisfied [22]. The quantity or volume of training load accumulated during the training session is primary variable that requires considered manipulation to attain long-term adaptations and reduce the risks.

The prescription of training load is therefore prioritized as a higher-level goal in the preparation and development of athletes by coaches and support staff. Training load has also shown to be a key factor in the regulation of fatigue and is routinely manipulated in a training plan to achieve desired adaptions across a training phase [23]. The construction of training plans and prescription of training loads across a training phase have largely been guided by instinct and experience [24]. While this is suitable for simple higher-level goals, research has shown that when the complexity of a planning task starts to increase, our performance at constructing an optimal policy over the medium to long term duration exponentially decreases [25]. This many-valued idea involves the definition of fuzzy sets and rules as well membership functions. It is common for planned training goals to not be realized during a training session, week or phase. These unplanned deviations can accumulate disrupting the complex balance between fatigue, adaption and athlete performance. In this linking, this study aims to examine the diverse relationships among research variables for contributing knowledge.

Figure 1 Theoretical Framework



RESEARCH METHODOLOGY

The aims to examine hypothesized relationship among research variables to reach conclusion and making suitable decisions about research variables likewise the leveraging fuzzy logic, artificial intelligence, adaptive training models and sports coaching efficacy due to its quantitative nature of study. This research utilized cross-sectional survey that was used for collection of the desired data. The population includes all male athletes from the higher education institutions of central Punjab, Pakistan wherein total population includes 1600 whereas sample of 320 was selected by using sampling formula. Similarly, simple random technique was used to access the population of study which comes under non-probability technique to ensure the required data from different dimensions. The secondary and primary data were used to collect data from the respondents and from existing knowledge databased to analyze data to reach desired conclusion. The scales were adopted from previous research studies and 5-point Likert scale was used to record the responses of respondents about research issues in particular context to access the respondents and attaining the desired outcomes. Thus, 320 questionnaires were distributed wherein 304 were recollected and used for analysis.

RESULTS OF STUDY

The results of study are presented in this section that are mainly the outcomes of the statistical procedures that are used to examine relationships among the research variables of study in order to extract the desired information and making the required decisions about relationships among research variables.

Table 1 Descriptive Statistics

	N	Minimum	Maximum	Mean	SD
Leveraging Fuzzy Logic	304	2.47	6.36	4.4852	.75188

Artificial Intelligence	304	1.25	5.47	3.2624	.65289
Adaptive Training Models	304	1.25	6.44	3.8875	1.13943
Sports Coaching Efficacy	304	1.25	4.54	3.2165	.55904
Valid N (listwise)	304				

About describing the variable, the descriptive statistics provides the important information with respect to sample-size, minimum and maximum response rates, mean and standard deviation, and the results revealed that all the variables have sufficient values in describing the research issues regarding the required threshold values in determining the research variables to obtain desired leading information.

H1: To examine association between leveraging fuzzy logic, artificial intelligence, adaptive training models and sports coaching efficacy (H1).

Table 2 Correlation Analysis

		[1]	[2]	[3]	[4]
Leveraging Fuzzy Logic [1]	Pearson Correlation	1	.110	.463**	.569**
	Sig. (2-tailed)		.055	.000	.000
	N	304	304	304	304
Artificial Intelligence [2]	Pearson Correlation	.110	1	.124*	.127*
	Sig. (2-tailed)	.055		.031	.026
	N	304	304	304	304
Adaptive Training Models [3]	Pearson Correlation	.463**	.124*	1	.196**
	Sig. (2-tailed)	.000	.031		.001
	N	304	304	304	304
Sports Coaching Efficacy [4]	Pearson Correlation	.569**	.127*	.196**	1
	Sig. (2-tailed)	.000	.026	.001	
	N	304	304	304	304
**. Correlation is significant at the 0.01 level (2-tailed).					
*. Correlation is significant at the 0.05 level (2-tailed).					

To obtain outcomes about association among research variables, the results of correlation revealed important information that was hypothesized through first hypothesis with the aim to examine association among predicting variables, mediating variable and criterion variable of current study. The results provide information about the association and reaching decisions where leveraging fuzzy logic has significant association with sports coaching efficacy ($R = 0.569$ & $P = .000$), and artificial intelligence with sports coaching efficacy ($R = 0.127$ & $P = .000$), and adaptive training models with sports coaching efficacy ($R = 0.196$ & $P = .000$). Thus, results provide significant information about association and hypothesis is accepted based upon the result obtained through correlation procedure.

H2: To examine the mediating role of adaptive training models in linking leveraging fuzzy logic and sports coaching efficacy (H2).

Table 3 Mediation Analysis

Criterion	Predictors	R	R^2	Coefficient	P-Value
Model 1 (Path a)					
Adaptive Training Models	Constant	. 4630	. 2144		
	Leveraging Fuzzy Logic			. 7016	.0000
Model 2-3 (Path b & ć)					
Sports Coaching Efficacy	Constant	.5737	.3291		
	Leveraging Fuzzy Logic			.4224	.0000
	Adaptive Training Models			-.0423	.1261
Model 4 (Path c)					
Sports Coaching Efficacy	Constant	.5686	.3233		
	Leveraging Fuzzy Logic			.4528	.0000

The mediation model was about the role of adaptive training models in linking leveraging fuzzy logic and sports coaching efficacy, using Hayes Process Macro procedure. The path-a revealed that adaptive training models was predicted over leveraging fuzzy logic where 21.44% change occurred in adaptive training models through leveraging fuzzy logic with significant impact (β = .7016 & P-value = .0000). The second and third paths provides the details about the indirect relationships among research issues wherein 32.91% variance occurred in sports coaching efficacy through the adaptive training models in linking leveraging fuzzy with significant impact through coefficient of regarrison wherein leveraging fuzzy logic (β = .4524 & P-value = .0000) and adaptive training models (β = -.0423 & P-value = .1261). The fourth path revealed information that there is 32.33% variance occurred in sports coaching efficacy over leveraging fuzzy logic with significant impact (β = .4228 & P-value = .0000). The results revealed that the adaptive training models partially mediated relationship amid leveraging fuzzy logic and sports coaching efficacy due to decrease in coefficient values from (.4528) in direct relationship to (.4224) in indirect relationship which confirmed partial mediation and from these results of mediation, hypothesis is therefore accepted from mediation outcomes.

H3: To examine mediating role of adaptive training models in linking artificial intelligence and sports coaching efficacy (H3).

Table 4 Mediation Analysis

Criterion	Predictors	R	R^2	Coefficient	P-Value
Model 1 (Path a)					
Adaptive Training Models	Constant	. 1236	. 1053		
	Artificial Intelligence			. 2158	.0371
Model 2-3 (Path b & ć)					
Sports Coaching Efficacy	Constant	.2215	.0490		
	Artificial Intelligence			.0898	.0952
	Adaptive Training Models			.0896	.0098
Model 4 (Path c)					
Sports Coaching Efficacy	Constant	.1274	.1062		
	Artificial Intelligence			.1091	.0491

The mediation model was about role of adaptive training models in linking artificial intelligence and sports coaching efficacy, using Hayes Process Macro procedure. The path-a revealed that adaptive training models was predicted over artificial intelligence where 10.53% change occurred in adaptive training models through artificial intelligence with significant impact (β = .2158 & P-value = .0371). The second and third paths provides the details about the indirect relationships among research issues wherein 04.90% variance occurred in sports coaching efficacy through the adaptive training models and artificial intelligence with significant impact through coefficient of regarrison wherein artificial intelligence (β = .0898 & P-value = .0952) and adaptive training models (β = -.0896 & P-value = .0098). The fourth path revealed information that there is 10.60% variance occurred in sports coaching efficacy over artificial intelligence with significant impact (β = .1091 & P-value = .0491). The results revealed that the adaptive training models partially mediated relationship amid artificial intelligence and sports coaching efficacy due to decrease in coefficient values from (.1091) in direct relationship to (.0898) in the indirect relationship which confirmed partial mediation and from these results of the mediation, hypothesis is therefore accepted from mediation outcomes.

DISCUSSION

Previous work has sought to address the problem of planning training prescriptions and several contributions have been made which have leveraged the utility of mathematical optimization to produce optimal training plans [11]. While methods detailed in earlier research have contributed to addressing the problem of the optimally planning training sessions, these approaches do not include any provisions to account for the disturbances and deviations away from an optimal or desired planning policy [17]. In control system theory this approach is described as an open-loop control system, where the system does not adapt its control actions based on the system's outputs [22]. In an open-loop control system, once an optimal training plan has been designed it cannot be adjusted based on an athlete's response or external factors, which disrupt the realization of a training plan goal [26]. This type of approach may be suitable to prescribe the training loads to athletes when there is limited feedback available. However, currently, it is common practice in elite sport to have extensive athlete monitoring data available pre, during and post-training. This information can be effectively utilized to dynamically inform the future training plans and load prescriptions of athletes.

To utilize the vast quantity of athlete training data currently available and address the problem of minimizing deviations from optimal training plans, we have sought to design and implement an intelligent control system [27]. The intelligent control refers to approaches that use artificial intelligence techniques such as fuzzy logic, neural networks and genetic algorithms in the design and operation of a control system [28]. The aim of these systems is to produce rational control actions to achieve a goal or maintain a goal state, typically in an autonomous fashion or as part of a man–machine interface [29]. The intelligent control systems have shown to be more effective at controlling complex dynamical systems compared to the conventional methods and have been deployed in the several real-world applications including autonomous driving, utility power and health care [30]. This paper introduces a new method to assist coaches, scientists and support staff in planning and control of training load prescriptions to their athletes [31]. This new method seeks to address problem of constructing optimal training plans medium to long term durations and the requirement to adapt those plans when real world disturbances force deviation away from the optimal policy.

CONCLUSION

This study has explored the profound impact of integrating fuzzy logic and artificial intelligence in enhancing sports coaching efficacy, with a particular focus on the mediating role of adaptive training models. Through a combination of real-time data processing, nuanced decision-making, and personalized training regimes, fuzzy logic and AI proven be instrumental in revolutionizing traditional coaching methods. The findings demonstrate that use of fuzzy logic in sports coaching allows for more flexible and adaptive decision-making, particularly when dealing with uncertain and imprecise data, such as athlete recovery metrics or performance fluctuations. This flexibility is key to refining training programs and making informed adjustments, which ultimately leads to better outcomes for athletes. In conclusion, the study confirms that leveraging AI and fuzzy logic over adaptive training models enhances coaching efficiency and athlete performance. As sports continue to evolve in data-driven era, adoption of these technologies is vital for staying viable and helping long-term athletic success. Future research may explore potential challenges and broader implications of adopting such advanced technologies in various sports settings, including coach-athlete relationships.

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