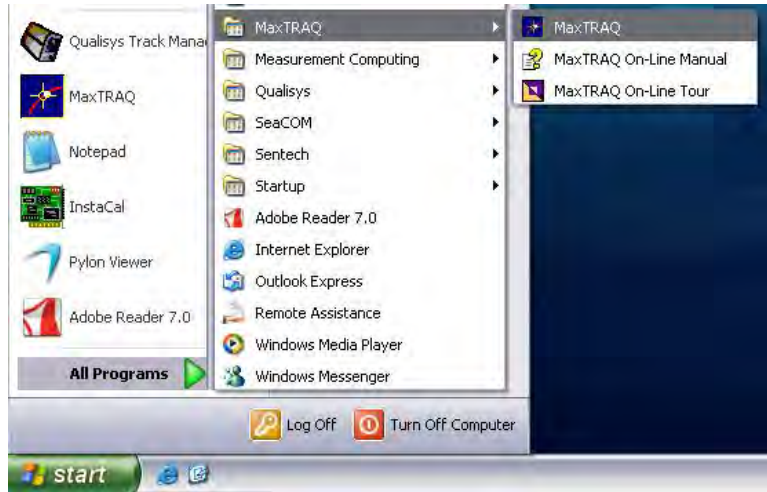


## How To Use the Supplied Video Files

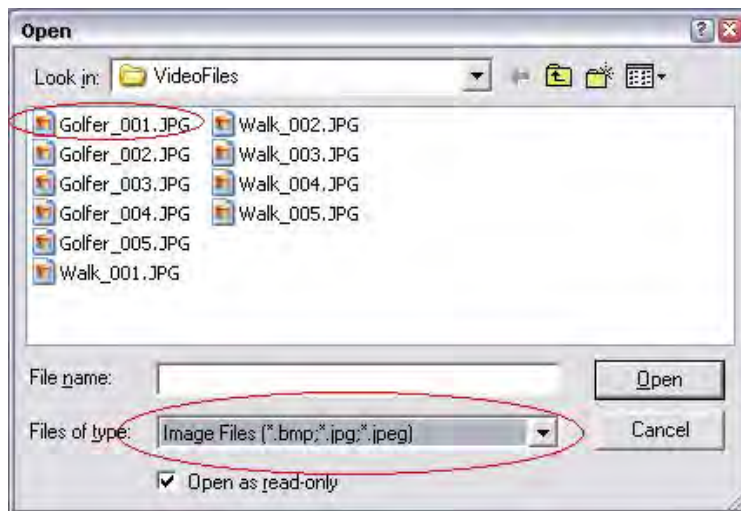
1. Start MaxTRAQ by selecting MaxTRAQ from the Start menu.



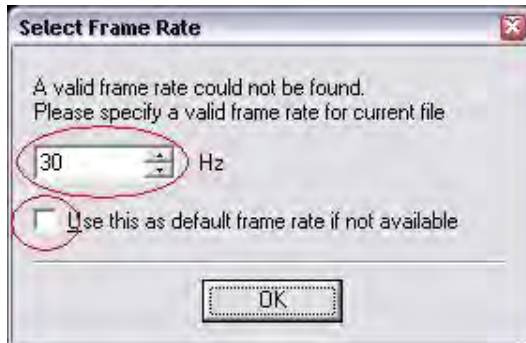
2. Click on Open on the toolbar.



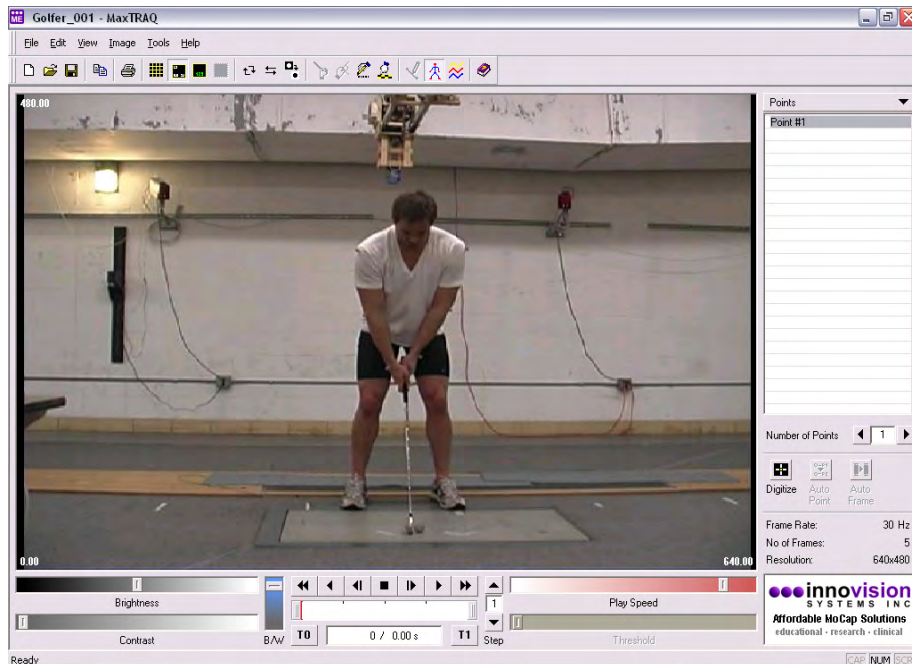
3. Select Image Files as file type and then select the first file of the Golfer sequence.



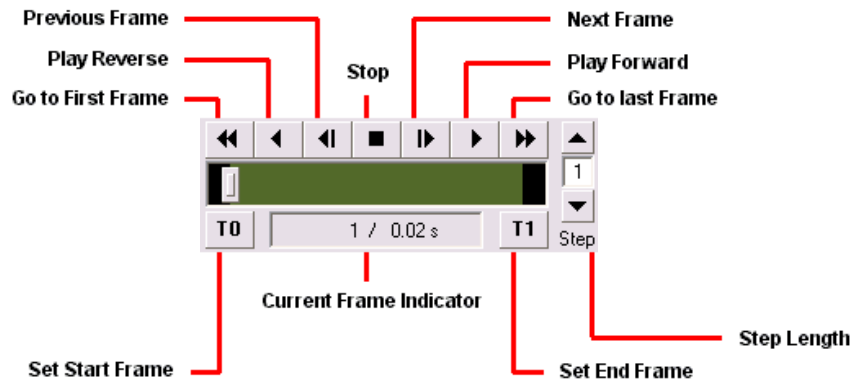
- Select a frame rate (1-30 Hz). If you want to select this rate as the frame rate default, then check "Use this as default frame rate".



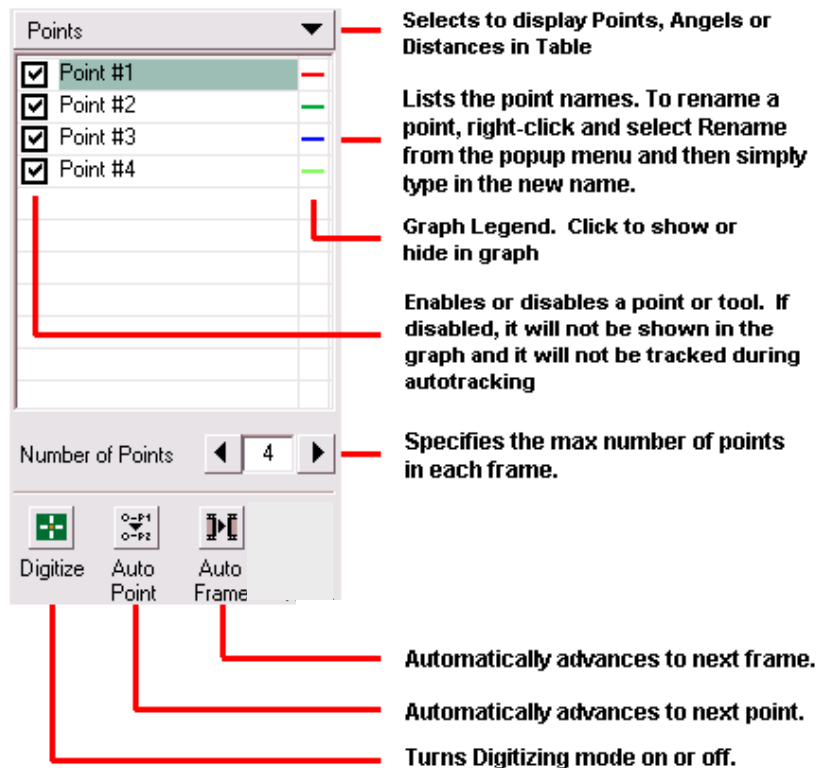
- You're now ready to start digitizing and analyzing the movements.



- To play the images or video at the selected frame rate, use the video controls much like a VCR (see the diagram below). The brightness, contrast, and image color can be changed by using the slider bars.



- To digitize and track a points on the images or videos, set the number of points you require by either entering in the number or using the right or left arrow buttons to increase or decrease the number of points (see the diagram below). Points will appear in the in list. We will use 4 for this example.



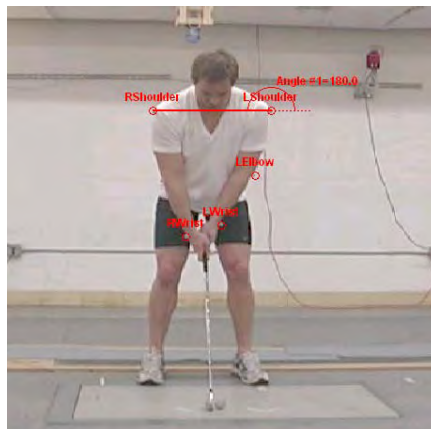
- For our example, enter in 5 for the number of points and rename the points by right-clicking on a point and selecting “Rename”. Continue through the list until the points have been renamed to the following: RShoulder, RWrist, LShoulder, LEIbrow, and LWrist.

9. To digitize the points, select the first point in the list and click on the Digitize button, the Auto Point button, and the Auto-Frame button. Click on the markers in the image in the same order as the list. Auto-Point will automatically advance to the next point to digitize in the list. Once all markers in the list have been identified for that frame, the frame will automatically advance. After you have digitized all the points for all the frames, click on the Digitize button to stop.

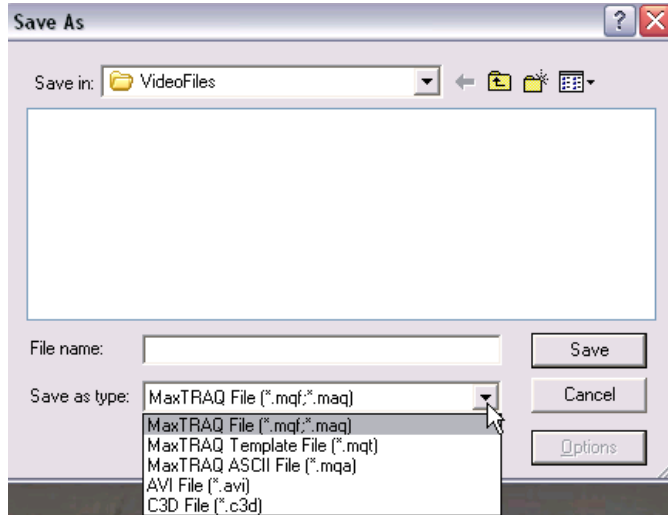


Tip: To zoom in on a point in the image, hold down the Shift key.

10. To customize the points in the image (i.e. point labels or open circles), right click on the image to bring up the submenu and select the desired setting.
11. Angles (2, 3, and 4 point) as well as distances can all be used to analyze the digitized markers. As an example, in the Tool menu select angle. Then select 2 point. Click on the RShoulder marker and then the LShoulder marker. A line will appear with the angle measurement. Play the image to see the angle change as the golfer swings the club.



12. To save the file or export to ASCII, select Save As under the File menu. Then enter a filename and choose the appropriate file type..



For more detailed information on how to use MaxTRAQ, please go to the **Quick Start Guide** or follow the tutorial under the Help Menu.

