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Review Article

Association between Binocular Vision and Sports: A Review

Dipangkar Deka*

Assistant Professor, Assam Down Town University, Guwahati, Assam, India

***Corresponding Author:** Dipangkar Deka, Assistant Professor, Assam Down Town University, Guwahati, Assam, India.

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Abstract

Optometry's sport vision specialty examines, corrects, and enhances athletes' visual performance abilities. Sport has developed into a thriving, highly competitive sector of our society. Realizing one's full potential has been emphasized. Previous studies have revealed that visual reaction time and hand-eye coordination are two extremely important traits. Depending on what the surrounding sport needs are, a sport's level of ocular inclusion varies. It is uncommon for a study paper to state the theorem that visual exercise training can improve an athlete's visual abilities and that improved ocular function skills will improve an athlete's performance. The concept that visual exercise training can improve an athlete's visual abilities and that improved ocular function skills will improve an athlete's performance is uncommon in research papers. To address the plethora of exciting concerns raised by the connection between sports and eyesight, there is a need for research and the present review focuses on the same. In conclusion, the study shows that specific visual abilities, such as peripheral vision perception and choice response time, can be improved with the correct visual training exercises. Visual function abilities are automatically improved, and this is directly proportional to training. The ability to play multiple tasks in the central and peripheral visual fields at once and verify eminent separate objects, as in the different task of thing tracking, would not be identified in review article.

Keywords: The Binocular Vision Evaluation; Stereopsis; Depth Perception; Eye-Hand Coordination; Contrast Sensitivity; Visual Performance; Sport Vision Training; Sports Optometry

Introduction

Optometry's branch of sport vision aims to assess, correct, and enhance athletes' visual performance abilities.

Sport has developed into a highly competitive and significant industry in our daily lives. Its main focus is on helping athletes realize their greatest potential. Many studies in the past have identified some of the most crucial traits, including hand-eye coordination and oculo-visual response time. Visual participation in a sport is different due to the associated environmental requirements [1].

Additionally, athletes receive training to enhance their visual abilities for greater athletic performance as well as screening and diagnosis for specific visual skills related to their sport and vision. The ocular system can be simply trained to respond more quickly by following specific steps and exercises.

The ability to comprehend what is observed and swiftly combine that important information with the necessary oculo-motor skills is one of the fundamental abilities needed for competence and success in sports. The ocular anatomy, brain, somatic and central nervous systems, as well as the peripheral vision system, are all part of the integrated system that makes up sport vision.

The key to achieving peak athletic performance is the capacity to see and then elicit the proper motor response. For best performance, one needs to be able to perceive the target and discern whether it is an opponent, a moving object, or the desired outcome [2]. In order to show how the visual function affects motor response, Labby et al. provided a paradigm based on a pyramidal structure (Figure 1). The pyramid metaphor is employed in this approach to emphasize the idea that each level of a robust, long-lasting pyramid must be built on a strong prior foundational level. If a lower level of a geometric pyramid is weak or has less width, the pyramid will not be stable and won't work properly. The authors define the fundamental monocular visual functions of visual acuity and contrast sensitivity as constituting the pyramid foundation in this paradigm, which is devoted to the visual system. The binocular visual aspect of stereo vision is located above and is entirely reliant on the abilities mentioned previously in monocular vision. Binocular function cannot be optimal without each monocular ability functioning at its highest level. A "go" or "no-go" decision is made using the now-binocular visual information at the next level of the sports vision pyramid. The motor effector level of the sports vision pyramid is located above the decision level. When making a "go" choice, it is necessary to quickly, effectively, and precisely synchronize the visual information from earlier. The effectiveness of this motor movement and its relationship to the information previously provided by the pyramid's lower levels emphasises the significance of the pyramid's earlier binocular and monocular levels. Successful sports performance can be achieved with the ideal operation of every level below the pyramid's peak [3].

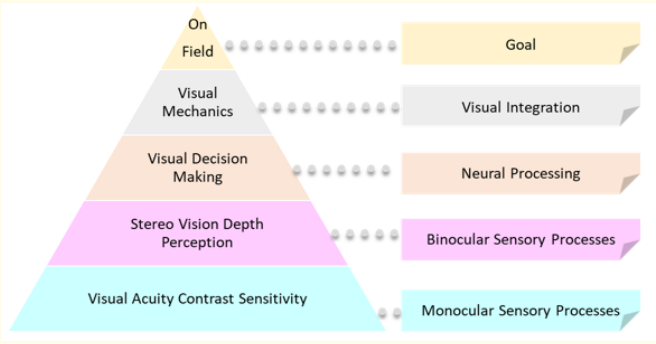

Figure 1: Labby's pyramidal structure, designed to describe how the visual system influences motor behaviour.

Binocular vision is the most crucial visual cue for spatial orientation in many sports because it allows participants to precisely determine where things are in three-dimensional (3D) surroundings. Athletes must be able to perceive the position of the object (such a ball) as well as its speed and distance in both static and dynamic settings. Accurate eye alignment and binocular processes for vergence function, sensory fusion, and stereopsis are necessary for normal binocular vision [4].

All the visual abilities an athlete needs to excel in their sport can be improved through sports vision training. Athletes who have "20/20 eyesight" may nevertheless have impaired binocular vision, and sports vision might assist them catch up on any visual deficiencies. An athlete's visual skills can be improved through a customized training programme called "sports vision," which helps players perform better. There is a lot of interest in enhancing sports performance through training techniques that improve vision abilities. The concept that visual exercise training can improve an athlete's visual abilities and that improved ocular function skills will improve an athlete's performance is uncommon in research papers. To address the plethora of exciting concerns raised by the connection between sports and eyesight, there is a need for research and the present review focuses on the same.

Methodology

This structural analysis was developed to evaluate the connection between sports and binocular vision.

- Can oculo-visual function abilities be trained for great sports performance?
- When and how these training programmes can be performed for some greater sport skills?

Inclusion criteria

Age criteria for athletes chosen for inclusion ranges from 13 to 25.

Exclusion criteria

Players must have at least two years of professional athletic experience.

Results

Visual performance assessment

Numerous studies have demonstrated that higher-achieving athletes outperform non-athletes or athletes with lower achievement levels on various measures of visual performance. Recently, numerous businesses have developed tools that assess different aspects of visual-ocular performance, and these performances may be compared to a database of other athletes' performances. A variety of oculo-visual, cognitive, sensorimotor skills can be measured using computerized training tools as the Sport Vision Presentation from M&S®, Senaptec Sensory Station, RightEye, and Visual Edge Performance Trainer®. The Sensory Station device, which was first created by Nike Inc., has been replaced by the Senaptec Sensory Station. US football college players who performed more harshly on the Sensory Station had a better chance of keeping their head positions during games and practises, showing a connection between visual-motor skills and collision avoidance. It suggests that these evaluations might be useful for determining the risk of concussion [5].

Visual performance in cricket

Compared to non-ball sports, the visual performance plays a bigger role in cricket, and that visual aptitude may have some influence on the outcome.

The basic measurements

Static, high and low-contrast vision

The measurements of visual performance that can be fixed and improved the most are the most fundamental ones. The participants were corrected as they generally played whereas the athletes were measured as they presented themselves. A visual imbalance in both eyes may compromise depth perception and anticipation [6].

Male cricketers at the senior high school level who are between the ages of 13 and 25 and have at least two years of professional experience are included in this review. Four senior high schools assembled to participate in the investigation. Thirty-three cricket players made up the sample, including five left-handed and twenty-eight right-handed batsmen [7].

Exercises

The training visual exercise group showed notable improvements in some elements of vision, but improvements in both vision and motor function were no greater than for either of the other groups. The advantages of the workouts that optometrists use to educate the visual system to enhance athletic performance are significant [8].

The fundamentals of vision information form a crucial component of performing sports abilities well. Thus, a player's ability to adapt his movement and vision abilities while on an illuminating assignment is in addition to his sporting prowess. According to the individual function of vision in sports, practising visible exercise can improve an athlete's presentation.

The development of oculo-visual abilities occurs concurrently with the human motor understanding system, which includes the learning of new skills as well as the modification of already acquired ones. This theory proposes that the improvement of various visual abilities can be achieved by repeatedly performing oculo-vision training assignments [9].

Eye workouts were developed to give players a chance to hone their visual abilities, which are crucial in well-known sports. Numerous activities that can be performed at home or at work concentrate visual identification, motor coordination, and focus. Some of the most well-liked at-home activities (Marsden ball) include the Brock string and flip-card exercises and the ball on a string. In office workouts, specialized equipment like the tachistoscope and saccadic fixator are frequently used. To aid in application during the exercise, complicators such as yolk prisms, plus and minus lenses, and strobe lights can be employed [10].

The optometric study included:

- **Eye's Alignment:** A test screening of the Maddox rod method's dissociated horizontal phoria foundation. The illumination in the room was dimmed during this operation. A Maddox rod will be positioned horizontally in front of the right and left eyes during a distance phoria examination, and the subject will be instructed to fixate on a distant point of brilliant white light.

- **Fusion of the motor:** An analytical fusion scale synoptophore was utilized. A synoptophore is made up of a base to which moveable arms are attached (horizontally). The base features chin and forehead supports, while the adjustable arms hold the controls for adjusting the frequency and intensity of the light [11].

Visual skill fitness training

Following the visual skill fitness therapy, the findings of the tests on the individual impacts of oculo-visual skills fitness training and the control group are as follows. Training for visual skills has had a considerable negative impact on psycho-motor hand-eye coordination and eye reaction time. In the study, the control group subjects' baseline and post-treatment characteristics were seen to change. Table 1 depicts that the fitness of the factors used to examine visual skills did not show any notable changes [15].

Eye-hand coordination

Exercises for hand-eye coordination are used in sports training to improve user performance during fast movements. In this study, we used a VR earpiece to look at gaze chasing in a Virtual Reality (VR) sports instruction system. A pointing experiment with or without passive haptic input involved twelve participants. Additionally, we found that the user's performance was unaffected by reactive haptic response. Furthermore, gaze tracker accuracy dropped significantly when respondents fixed their gaze below eye level. Our research also indicates that experts/trainers should concentrate on reducing the time spent looking for the next objective in order to improve their presentation using VR hand-eye coordination coaching solutions. We believe that the current VR hand-eye coordination workout techniques are ready for testing with athletes [16].

Dynavision D2 training system

The D2 is a visuomotor training tool designed to improve peripheral awareness, eye-hand coordination, and visual and motor reflexes (Figure). Software is used to plan, carry out, analyse, and store each training session. The D2-board is height-adjustable and has 64 light-emitting buttons on a grey board that is 1.20 metres by 1.20 metres [17].

Eyeport vision training system

All facets of the gaze motor activity are trained using the Eye port Vision Training System. The eyes must follow red and blue light-emitting diodes that flash. As a result, the eye muscles begin to extend in all directions, at various rates, and in either a predetermined or random order. Additionally, abilities in fixation, convergence, and divergence are taught.

Vision performance enhancement program

The Vision Performance Enhancement Programme is a specialised vision training programme for athletes that develops a variety of visual abilities, including central and peripheral awareness, saccadic fixation, response time, scanning, tracking, stereopsis, and more (Figure). Five units were selected for the Dynamic Eye® Sports Vision Training from the available workouts.

The study concluded by showing that specific visual abilities, such as choice reaction time and peripheral perception, can be improved with the correct visual training. Other ocular abilities, such as the ability to simultaneously complete several things in the central and side visual areas and to distinguish specific objects, as in the various item pursuing task, would not be proven in this article [17].

Virtual Reality (VR) techniques are relatively new in the field of sports training and performance evaluation. Exercise programmes for eye-hand coordination are one of these uses (EHCTSs). A previous study found that VR-focused education systems had a lot of potential for EHCTSs. The objective is to study whole 3Dimensional movements and extend the application of data evaluation to EHCTSs, where past research concentrated on 3Dimensional targets on a 2Dimensional plane. We conducted two user tests in VR-based EHCTSs to examine the effects of different target configurations, feedback scenarios, and handedness on user performance. Using the leading hand with a vertical target plane increases user performance, according to our initial study, which also examined laterality and horizontal and vertical target layouts [18].

Light levels in the expected direction, with slower execution in darker settings, served as the inspiration for the EHC show. The order effect, however, demonstrates that darker lighting conditions may have a favorable impact on subsequent performance, which may have an impact on the applied practitioner's future practicing scheduling [19].

Recent research suggests that stroboscopic vision training may enhance several aspects of vision perception and focus. The current study examined whether a stroboscopic exercise intervention improved hand-eye coordination performance using a Sport Vision Trainer (SVTTM). Hand-eye training was carried out in two

scenarios using a among-members experimental design: Control (CG) vs. Strobe (SC). A brief EHC training session using stroboscopic glasses has corroborated prior research that suggested benefits in particular areas of vision perception. To better understand these pathways, future study should concentrate on different exposures, recurrence rates, and targeted selection of exercise drills as an additional Hand-Eye Coordination involvement [20].

For tennis players

A proposed tennis player teaching support structure with a sports vision. In the world of sports, observation, visual acuity (dynamic), eye movement, and watching position are all essential. Sports vision must take into account eye movement, contrast sensitivity, acute vision, vision of the moment, cooperative eye, hand, and base action, as well as outer field. Particularly in tennis, all of the equipment is quite important. Additionally, the glance of the racket (tennis) and projection posture offers some tennis talent-up tips. In light of this, a tennis performer teaching strategy focused on sports vision is suggested. The proposed technique is successful at enhancing tennis players' skills, according to experimentation. Experts are able to see their opponent, catch the entire tennis court, and catch the ball accurately, as opposed to beginners who are unable to see their opponent, catch the tennis ball properly, or catch the entire tennis court [21].

Saccadic eye movement in sports

Eye movement (also known as saccadic eye movement) is a brief, quick, and abrupt movement of the eye when grasping from one spot to another. When viewing sports, eye movement is necessary to locate visual objects and maintainable retinal images. The ability of the visual system to quickly fixate on an object was proved by the saccadic eye movement. An increase in element in eye movements (saccadic) suggests that badminton players' vision abilities may have improved as a result of training [22].

Modified perpetual training

To provide a general overview of a system that uses theory to predict the types of altered perceptual training tasks that will enable the transfer of improved perceptual abilities to sporting contexts. Sports exercise assignments that are designed to enhance visual and perceptual-mental abilities are referred to as modified perceptual training. It is anticipated that the Modified Perceptual Training Framework will have a significant impact in both practical and practical settings due to its potential application in the testing, shaping, and selection of valued training equipment in sport [23].

In football

Making decisions is a difficult process that involves several bodily systems. A football game requires players to make a variety of decisions. Players are always being presented with information on the pitch, therefore they should absorb it rather than making plans. Perception is the first step in the technique of reaching a verdict. As a result, the objective of this review was to determine how an ocular involvement programmer affected some skilled football players' eye skills. The visual workout routine thereby significantly enhanced the graphic skills of the participating football performers. The positive results of this study may lead to increasing use of football in games for participants in this programme of visual exercises [24].

This study sought to examine the refractive error, visual compensation, and static and dynamic visual acuity (VA) of elite football players. Compared to other players, forwards have lower dynamic visual acuity. Athletes that require visual correction for sports practise only use it in 25% of cases [25].

Athletes frequently neglect to invest in their eyesight while investing a lot of time and money in fitness camps, personal trainers, and equipment to improve their performance. Increasing visual performance can help raise overall performance in a way that other training programmes cannot. Enhancing ocular operation, such as raising dynamic VA, cutting down on reaction times, and improving hand-eye coordination, is a crucial component of overall presentation, even for athletes who do not have vision problems. The most prevalent refractive defect, identified as myopic astigmatism, was hyperopic astigmatism. The left eye displayed more hyperopic and myopic astigmatism than the right eye, with 52 percent and 58 percent, respectively. Likely, there were no differences in mean intraocular pressure or visual acuity between the right and left eyes [26].

In hockey

The purpose of the study was to determine whether sport vision training may help rookie hockey players develop specific visual

skills and performance traits. The current research demonstrates that vision training increases the investigational group's credit and visual search velocities, as measured by the Tachistoscope, hand-eye speed, eye-foot rapidity, and shooting accuracy and dribbling speed as measured by the Henry-Friedal hockey test. The power group did not significantly increase in terms of recognition and image search speed, hand-eye speed, speed dribbling, eye-foot speed, or shot accuracy. The researcher's theory was confirmed as a result. It is clear that the vision exercise plan that was given to athletes was helpful, and that it might be improved even more with consistent use [27].

In this review, we emphasize three crucial processes in the practice of contemporary sports experts where visualization might be productively applied: It is necessary to find a dataspace, share hypotheses with internal partners, and communicate findings to investors. In partnership with knowledgeable ice hockey analysts, we developed SnapShot, a solution that incorporates visualization into the intelligence of hockey meeting process. Shot duration is a crucial hockey statistic, thus in addition to the various data visualization techniques used by SnapShot to display photo records, we also include a brand-new method called the radial heat map. As a consequence of a user survey, we welcome favorable feedback from a variety of competent professionals, including individual specialists and expert team members [28].

Additionally, stereoptic speed and reaction time to visual stimuli were reported to account for 24% of the difference in the average punishment duration for the performer. It is one of the first studies to show that some visual skills that cutting-edge generalized sports vision systems analysts assert are important for hockey players' on-ice presentation are, in fact, important [29].

Since 1979, optometrists have played a significant role in the vision testing of athletes and have been hired as team optometrists [30].

The care of athletes' vision is done in a pyramidal fashion, with two steps: screening for visual and ocular impairments and treating any refractive or binocular anomalies that are discovered [31].

There is currently a dearth of evidence to back up the idea that visual training can improve athletes' visual capabilities, and that better visual abilities translate into better athletic performance. More research is needed to address the many intriguing questions raised by the connection between eyesight and sports performance [32].

Discussion

The significance of the disparity between the pre- and post-training values of cricket players is investigated using the Wilcoxon signed-ranks test. The data revealed that training in ocular abilities significantly improved co-ordination, eye tracking skills, ball handling skills, accuracy, visual awareness, peripheral visual awareness, pro-action and reaction skills, and visual concentration. Benefits were found for many variables that were being tested on the experimental group, proving that the development of ocular skills was the cause of the improvements. More than half of the variable quantities tested increased in the investigational group as well. Thus, it can be concluded that the bulk of the factors looked at increased. Under the circumstances used in this study, practicing visual skills can result in a growth in the performers' visual areas. Athletes can perform better in competitive sports with the aid of exercise programmes that target their visual talents [12].

Contrarily, research shows that athletes have better visual abilities than non-athletes, and pro athletes have superior abilities than less talented athletes. It is unknown, however, whether these superior abilities are innate to the athlete or developed via training. There is no evidence to back up (or disprove) either of these claims, according to an article evaluation of the literature. To have a deeper grasp of the topic of sports vision and vision training, there seems to be enough data to urge further investigation of these issues. Clinicians will be able to take full advantage of sports vision practice's ability to help athletes as a result [13].

Many applicants had exophoria, which was frequently followed by exotropia and vertical phoria. This can be one of the causes of headaches in most players. Since persistent strabismus was not discovered throughout our analysis, Becker man SA et al calculated that approximately 2.0% of players had strabismus. Among the individuals, only 60% showed stereoacuity of less than 40" arc. It was intriguing to learn that one player just used monocular clues to perceive depth. There aren't many more research that have been done. By 24,25, the best performers with stereo acuity better than 25" of arc had been identified. It was shown that many players had a range of ocular morbidities. About one-third of the participants

had at least one eye problem. Longer periods of sun exposure during sports may be to blame for the increased occurrence of conjunctival degenerations like Pinguecula and Pterygium [14].

Conclusion

The present review's objective is to ascertain the most effective procedure for developing criteria for the extremely important visual skills that the finest athletes require for success in sports. The ocular skills of the top players were assessed and rated as exceptional, above average, typical, ineffective, or urgently needed [33].

To investigate the value of visual skills in sports, the following presumptions can be made:

- Players have better eyesight than non-players, and better players have better eyesight than less-skilled players.
- Those visual skills can be honed.
- That ocular exercise of visual skills can be transferred to athletic presentation [34].

Conflict of Interest

The author affirms that the publishing of this paper is free of conflicts of interest.

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