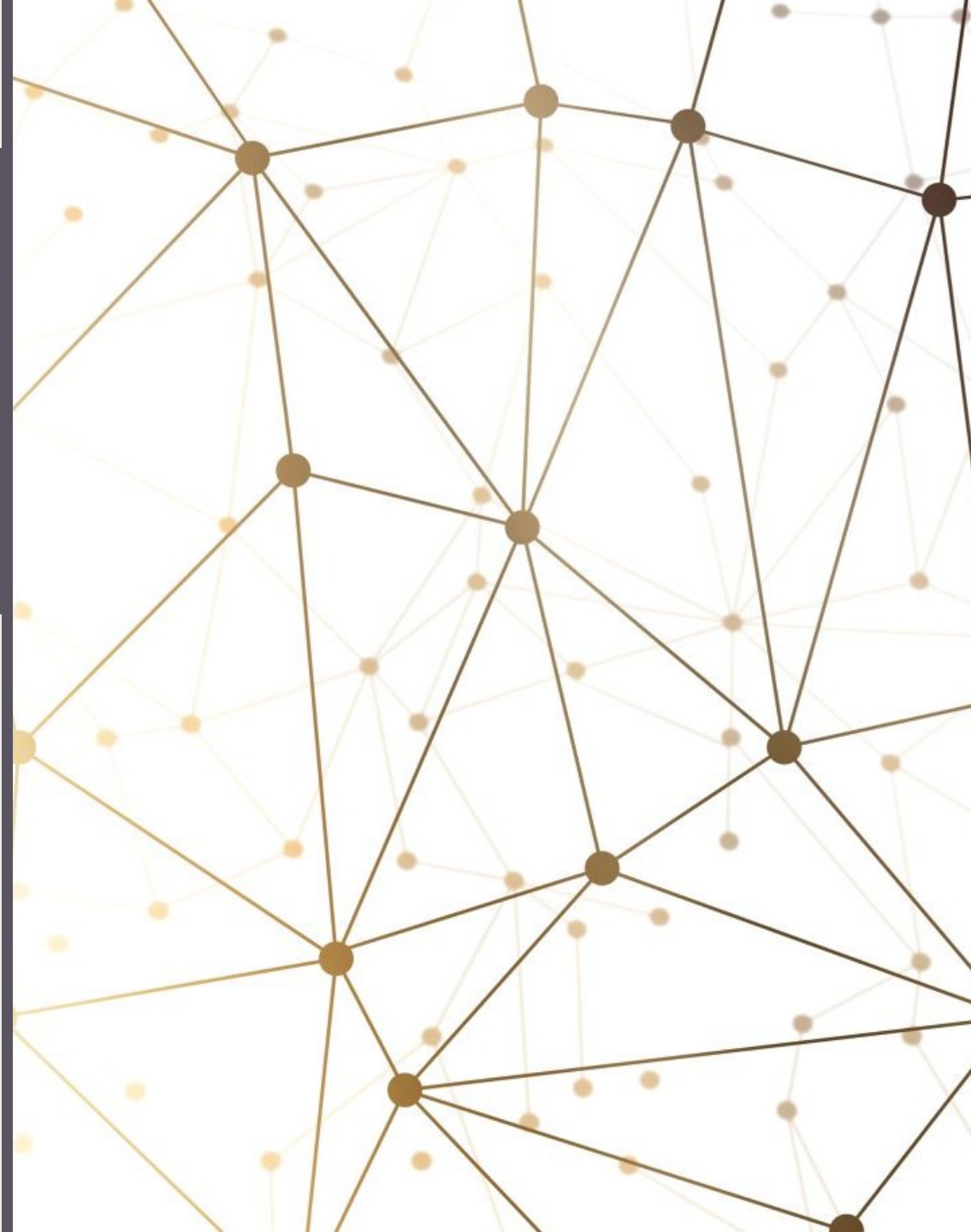


ESPORT

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What this course will be about

Select areas of esports

- **Definition, positives and negatives**
- **Training (speed, reaction)**
- **Stress**
- **Nutrition**
- **Prevention of the most common injuries.**
- **Organization and management of the club.**
- **Principles and strategies of the game**

How to pass



Essay... Write Systematic review

Structure: after the analytical part (resources within library research) some reflection. Max 10 pages, citing sources in the APA7 standard.

Group project (max 2 persons). Choose topic:

1. Evolution of Esports: From Arcades to Stadiums.
2. Gender Dynamics in Esports: Challenges and Opportunities
3. The Influence of Esports on Youth Culture.
4. The Psychological Pressures of Being an Esport Athlete
5. The Future of Esports: Virtual Reality and Augmented Reality.
6. Esports and Gambling: An Ethical Dilemma
7. Esport and doping
8. Esports in the Olympics: Prospects and Controversies.
9. The Pedagogical Value of Gaming: Skill Development through Esports.
10. Stress and esports (The Relationship Between In-game Stress and Performance in Esports)
11. Positives in esports
12. Own topic 😊

What are Esports?

What are Esports?

In full: Electronic Sport

It is the umbrella term for organized, competitive computer gaming, usually between professionals

Some of the most popular esports games

- Dota 2
- League of legend
- Call of duty
- Rocket league
- World of tanks
- Counter-strike
- Heroes of the storm
- Heroes of warcraft
- Star craft II

Introduction

- Esports means electronic gaming.
- A form of competition using video games.
- Most commonly esports take the form of organized multi-players video game competition particularly between professional players.

Background of esports

- Esports was developed in ERA(1972-1981).
- First championship of Esports was held in 1981 in united states and 10,000 participants participated in this championship.
- In 2013 it as estimated that approximately 71.5 million people worldwide watched Esports.
- Majorly gaming has reported viewership that is approximately 85% male and 15% female, with majority of viewer between ages 18 and 34.

Exercise 1

Divide into two groups. One will search the Internet for the definition of classic sport, the other for the definition of esports. The goal of today's lesson is the question, is esports a sport? Try to find common and different features.

Result

1a

Parallels:

Competition and Teamwork: Both esports and traditional sports involve competition where individuals or teams strive to outperform their opponents. Teamwork, strategy, and coordination are essential in both to achieve success.

Dedication and Training: Athletes in both domains dedicate significant time and effort to hone their skills. They undergo rigorous training regimes and practice routines to improve their performance.

Fan Base: Esports and traditional sports have dedicated fan bases. Fans follow their favorite teams or players, attend live events, and engage in online communities to discuss and support their interests.

Sponsorships and Revenue: Both esports and traditional sports attract sponsors, advertisers, and investors. These partnerships provide financial support and opportunities for athletes and organizations to generate revenue.

Broadcasting and Streaming: Both domains use various media channels for broadcasting and streaming events. Traditional sports have television broadcasts, while esports rely heavily on online streaming platforms such as Twitch and YouTube.

Result

1b

Divergences:

Physical vs. Virtual: Traditional sports involve physical activities, while esports are played in virtual environments. Traditional sports require physical conditioning, endurance, and athleticism, whereas esports rely on mental dexterity and hand-eye coordination.

Age and Physical Fitness: Traditional sports often have age limitations, and athletes' physical fitness plays a crucial role in their performance. In contrast, esports athletes can have more extended careers and do not require the same level of physical fitness.

Infrastructure and Facilities: Traditional sports require extensive infrastructure, including stadiums, arenas, and sports equipment. Esports competitions can take place virtually, requiring only a computer, an internet connection, and gaming peripherals.

Accessibility: Esports are generally more accessible to a global audience because they do not rely on location-based events. Traditional sports events often require fans to be physically present, limiting accessibility for some.

Recognition and Regulation: Traditional sports have established governing bodies, regulations, and international organizations (e.g., FIFA, IOC) that oversee and standardize competitions. Esports are still evolving in terms of governance and regulation, with different game publishers and organizations.

Physical Injuries vs. Repetitive Strain: While traditional athletes may experience physical injuries, such as sprains or fractures, esports athletes are more prone to repetitive strain injuries, such as carpal tunnel syndrome and eyestrain, due to the extended hours spent on gaming.

what does esport lack to be recognized as a sport?

Several factors influence why esports may not be recognized as a "traditional" sport in some areas:

- 1. Physical activity:** Traditional sports usually require a high level of physical activity, while esports are mainly based on mental skills and fast motor skills.
- 2. History and Tradition:** Most traditional sports have a long history and are deeply rooted in the cultures of many countries. Esports are new in comparison.
- 3. Public Perception:** Many people still see video games as entertainment and do not take them seriously as a sport.
- 4. Regulation and standardization:** Traditional sports often have long-established organizations that oversee the rules, tournaments, and other aspects of the sport. Although esports leagues and organizations are growing, they are still not as recognized as traditional sports organizations.

what does esport lack to be recognized as a sport?

5. Health Concerns: Some critics point to the potential health risks associated with sitting in front of a computer or screen for long periods of time.

6. Economic and media interests: Although esports is experiencing enormous growth in viewership and investment, some traditional sports organizations may be interested in maintaining the status quo due to economic and media interests.

7. Generational differences: Younger generations who grew up with video games may find it easier to see esports as a legitimate sport, while older generations may struggle with this view.

why isn't esports in the olympics yet?

There are several reasons why esports have not yet been included in the Olympic Games:

- 1. Definition of sport:** The Olympic Games have historically reflected physical performance and skill. Although esports requires a high level of skill, coordination, strategy and teamwork, many argue that it lacks the physical exertion characteristic of traditional sports.
- 2. Inconsistency with Olympic Values:** Some members of the International Olympic Committee (IOC) are concerned that video games may promote violence and are inconsistent with the Olympic values, which emphasize peace, friendship and mutual respect.
- 3. Culture and tradition:** The Olympic Games have a long and rich history. The inclusion of a new sport, especially one that is so different from traditional sports, can be seen as breaking with tradition.

why isn't esports in the olympics yet?

4. Violence in games: Some popular esports titles include violent elements. Olympic organizers may be concerned about the presentation of violent games as part of the Olympics.

5. Standardization: There are many esports games and not all of them have the same rules, formats or structures. Traditional sports usually have clear and standardized rules and formats.

6. Game Diversity: There are many different video games and games played within esports, each with its own rules and formats. Deciding which games should be included in the Olympic program could be tricky.

7. Commercial Interests and Licensing: Video games are commercial products owned by specific companies. Licensing, sponsorship and commercial rights issues can complicate the inclusion of esports in the Olympics.

why isn't esports in the olympics yet?

8. Rapidly evolving technology and games: While traditional sports remain fairly constant, video games evolve and change rapidly. This could complicate the inclusion of a particular game in the Olympics for a longer period of time.

9. Doping: As in traditional sports, there is also a problem with doping in esports. Physiological (stimulants, ...) and technical (cheating using prohibited software, so-called "cheats").

10. Generational differences: Some IOC members and other stakeholders may have a limited understanding or appreciation for esports due to generational differences.

Nevertheless, it is important to note that interest in the inclusion of esports in the Olympic Games is growing. In 2018, esports was part of the Asian Games as a demonstration sport, a significant step towards its possible inclusion in future international sporting events.

Exercise 2

Try to think about the positives (benefits, advantages) and negatives (disadvantages) of esport...

Benefits, advantages

- Video games have been proven to raise self-esteem and build confidence.
- It gives people an opportunity to do things that they cannot do offline, and to discover new things about themselves.
- There is a social aspect to gaming as well; research has shown that a third of video game players make good friends online.
- Video games are also considered to be therapeutic as it helps to relieve stress.
- Video games studies have been shown to negatively affect a player's health and mental state, while positive effects can be overlooked.

Negatives, disadvantages

- **Aggression and Behavior:** There is debate as to whether some video games that are part of esports may cause aggressive or violent behavior in players, especially younger individuals.
- **Professional Gamers and Health:** Professional esports players often experience physical and psychological challenges such as carpal tunnel syndrome, burnout and stress. This shows that professional esports can have challenging consequences for players' health.
- **Controversial content in games:** Some video games used in esports may contain controversial elements such as violence, profanity or sexualization of characters. This may raise concerns about the influence of these games on younger players.

Negatives, disadvantages

- It is important to note that the above disclaimers are not universally applicable and do not apply to all esports players. Esports also has many positive aspects such as skill development, teamwork and competitiveness. Discussing these caveats serves to better understand the impact of esports on individuals and society, and to find ways to maximize its positive aspects and minimize its negative aspects.
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Exercise 3

Find studies (library research) that demonstrate advantages/disadvantages (positives/negatives)

Try to do categorization of finding advantages/disadvantages

Human Benchmark (.com)

website designed to test various cognitive abilities of users. The name "Human Benchmark" refers to the idea of comparing human performance to the "standard" or average of other people. The site offers several different tests:

1. **Reaction Time Test:** A basic test where the user clicks the mouse as soon as the screen color changes from red to green. This is how they measure their average reaction time.
2. **Sequence Memory Test:** A visual memory test where the user watches a sequence of squares flash in a random order and then has to repeat the sequence.
3. **Aim Trainer:** Tests the user's ability to quickly and accurately click on the targets that appear on the screen. It's a good way to practice and measure motor skills relevant to shooting games.
4. **Chimp Test:** This test is inspired by research that has shown that chimpanzees have exceptional short-term memory. The user sees numbers on the screen and must then press them in ascending order.
5. **Visual Memory Test:** The user sees a screen full of squares. Some of these squares will change color briefly. The user must then select which squares have changed color.
6. **Number Memory Test:** The user is shown a number that increases by one digit with each new wheel. The task is to remember this number and then enter it correctly.
7. **Typing Test:** Measures the user's typing speed and accuracy.
8. **Verbal Memory Test:** The user sees words and must indicate whether or not they have seen the word before in the test.

Users can compare their results with the average results of other site visitors, which can be motivating and fun. In addition, this comparison is often used for self-knowledge and improvement in areas where the individual is lagging behind.

Human Benchmark (.com)

The use of tools in the context of esports can have several applications. Here are a few ways esports players and coaches can use such tests:

1. **Measuring and monitoring progress:** Esports players can regularly take tests to monitor their reaction time and other cognitive abilities. They can identify areas that are improving, as well as areas that may need more attention and training.
2. **Reaction time training:** For esports players, especially in FPS (first-person shooter) games, reaction time is critically important. Through regular testing and training, players can work to improve their reaction time.
3. **Examining the influence of different factors:** Esports players can experiment with different factors, such as the amount of sleep, diet, meditation or physical exercise, and see how these factors affect their performance in tests.
4. **Pre-match preparation and warm-up:** Some players may use reaction time tests as a way to "warm up".
5. **Improving concentration and attention:** Tests such as visual field can help players train their ability to focus on multiple tasks at once, a skill needed in many multiplayer games.
6. **Building Team Dynamics:** Teams can use "Human Benchmark" as a fun competitive activity during training sessions. This can help strengthen team cohesion and create healthy competition among team members.

It is important to note that while tools like "Human Benchmark" can provide useful information, they should not be considered the ultimate or only measure of an esports player's ability. Esports includes many other skills and aspects that cannot be easily measured by online tests.

Data Analytics in Esport

involves the collection, processing and interpretation of data from esports games in order to gain a competitive advantage, better understand players and the game, or improve team performance.

Examples of data analysis in esports:

- 1. Player Statistics:** Analyzing player statistics such as hitting success rate, number of eliminations, number of deaths, number of assists and more can help coaches and analysts to identify players' strengths and weaknesses.
- 2. Tactics Analysis:** Teams can study how opponents behave in certain situations, what strategies they use and how best to defeat them.
- 3. Map Analysis:** In some games, teams can analyze how they play different maps, what strategies are most effective on them, and how to defend against them

Data Analytics in Esport

The best analysis comes from a combination of quantitative data and qualitative assessment. This means that while automated tools can provide useful metrics, human interpretation and understanding of the context of the game is still necessary for full analysis.

In-game statistics and tools: Many modern esports games offer integrated statistics and analysis tools right in the game. These tools can provide information about player performance such as hit rate, number of eliminations and other metrics.

Web portals and applications:

- OP.GG: Offers detailed statistics for "League of Legends".
- DOTABUFF: statistics for the game "Dota2".
- HLTV: statistics and information „CS: Global Offensive".

Custom Analysis Software: software or third-party development tools to analyze game data and video footage. These tools can enable advanced analysis, such as tracking player movement on the map or analyzing team strategy.

Video analysis: Tools like NVIDIA's ShadowPlay or OBS (Open Broadcaster Software) allow players to record their games. Analyse to identify areas for improvement.

Simulation and Modeling: Advanced algorithms and simulations can be used to model various strategies and scenarios in esports.

Hardware: devices such as gaming mouse and keyboards with advanced tracking can provide useful data on reaction time, click speed and other metrics.

Data Analytics in Esport

Data analysis in esports is becoming more and more popular and important. Teams and player analytics that use data can gain an advantage and better understand their games and opponents.

Free tools for data analysis in esports:

1. **Elo rating systems**: Although originally developed for chess, Elo rating is now also used in esports to rate the performance of players and teams in various games.
2. **OP.GG**: This site offers detailed statistics for "League of Legends" players. It allows players to track their progress, compare themselves to others and get detailed information about their games.
3. **HLTV**: For fans and players of "Counter-Strike: Global Offensive", HLTV offers detailed statistics about teams, players and tournaments.
4. **Mobalytics**: A tool for "League of Legends" players that analyzes their performance and provides tips for improvement.
5. **Open-source software**: Tools like Python and R can be used for data analysis in esports. Libraries like Pandas, Matplotlib and Scikit-learn provide analysts to process and visualize data from esports games.

Systematic Review Esport

**a detailed, structured, and
comprehensive analysis of
existing research studies**

1. Well-defined Research Question: Starts with a specific research question.
2. Pre-determined Criteria: Establishes criteria for including or excluding studies.
3. Systematic Search: Conducts a thorough and systematic search of literature across multiple databases.
4. Data Extraction: Involves extracting data from selected studies for analysis.
5. Quality Assessment: Assesses the quality of the included studies.
6. Synthesis of Findings: Synthesizes findings from different studies, which may include quantitative (meta-analysis) or qualitative synthesis.
7. Objective and Reproducible: Aims to minimize bias and is reproducible.
8. Conclusions Based on Evidence: Draws conclusions based on the gathered and analyzed evidence.

Systematic Review Esport

**23 studies
(17 english)**

2019-2023

**Choose one systematic review and prepare
a summary on one slide**

Finished scoping review. They are stored in the course study materials. In each of them you have a completely described methodology of the procedure.

- how they chose the research question,
- how they selected the studies,
- what query they entered into the database systems,
- how they excluded the studies (according to what criteria),
- how they processed and described the result

Your essay will be max 10 pages long, use the APA7 citation standard.

Recommended software: Zotero, Rayyan.ai, AI tools (but be careful, check if there is any hallucination)