

## THE EFFECT OF VIZUAL EDGE™ PERFORMANCE TRAINING (VEPT) ON THE BATTING PERFORMANCE OF NCAA DIVISION I BASEBALL PLAYERS.

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### ABSTRACT:

The purpose of this study was to investigate the effect of Vizual Edge™ Performance Training (VEPT) on the Batting Performance of NCAA Division I Baseball Players. A pretest-posttest control group design was used to determine if Vizual Edge™, a commercial software program designed to assess and train vision skills, has a significant effect on the batting skills of NCAA DI baseball players. Eighteen (18) male subjects from the Texas A&M University-Corpus Christi intercollegiate baseball team were studied at the conclusion of the 2007 Fall baseball season. Therefore, no structured team batting practice took place during the study. Subjects were randomly assigned to a treatment group or control group. Each subject was tested for visual skills to determine eye alignment, eye flexibility, visual recognition, visual memory, and visual tracking. A composite VEPT score was also calculated for each subject. Batting performance was determined for each subject by measuring batted-ball velocity of pitches from an ATEC Power Hummer pitching machine. Pitch speed varied between 76-80 MPH. Each subject received two rounds of six swings for a total of twelve attempts. The batted-ball velocity of each attempted swing was measured in miles per hour (MPH) by a Stalker Pro digital sports radar gun and an average batted-ball velocity was calculated for each subject. The treatment group received Vizual Edge™ training three times per week for five weeks. The fifteen total training sessions lasted an average of ten minutes per session. Data analysis included a t-test for independent samples, which was performed on the posttest batted-ball velocity data. Results determined a significant difference ( $p=.10$ ) between the batted-ball velocities of the treatment group ( $52.6 \pm 19.6$  MPH) and control group ( $35.1 \pm 28.0$  MPH). The results of this study indicate that NCAA DI baseball players that received Vizual Edge™ training produced significantly higher batted-ball velocities than NCAA DI baseball players that did not receive Vizual Edge™ training.