

Esports: A Biomechanics and Performance Perspective

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Abstract : The introduction of scientific terms for esports can directly affect the quality of the training process. This is a critically important scientific task since esports is a rapidly developing global sport that has only recently begun to receive scientific and methodological consideration. In this report, we evaluate esports from a biomechanical perspective. First, we examine the relationship between physical performance and esports gaming techniques, with consideration toward engineering more effective physical and in-game training methodologies for amateur and professional esports competitors. In addition, we advocate that applying biomechanical research methodologies has the added potential to improve physical performance and endurance in esports athletes. With the budding attention on the esports enterprise globally, scientific research into esports would benefit from standardizing terminologies and methodological approaches that are specifically tailored to assess esports training efficacy to enhance individual and team performance within the esports community.

Keywords : cybersport, esports, biomechanics, sports technique, training standards, dental occlusion, sports engineering, sitting pose

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