

# **USER'S MANUAL**



## **Training**

**Version 1.3.400**

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## **1.GRAPHS**

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## **1.1 MY GRAPHS ENVIRONMENT**

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### 1.1.1 To create a graph

#### **To create a graph:**

- a) Click on the icon **CREATE.** 

### 1.1.2 To delete a graph

#### **1.1.2.1 To delete a graph:**

- a) Select the graph to be deleted by clicking on its name.  
b) Click on the icon **DELETE.**   
c) Click on **YES** when you see the message.

#### **1.1.2.2 To delete more than one graph at the same time:**

- a) Select the graphs to be deleted by pressing **Ctrl** while you click on their names.  
b) Click on the icon **DELETE.**   
c) Click on **YES** when you see the message.

### 1.1.3 To search for a graph

#### **To search for a graph:**

- a) Enter the name or description of the graph in the **Search** box.  
The results will automatically be filtered as you write.

### **1.1.4 To export a graph**

The following options are available **to export a graph**:

#### **1.1.4.1 Export graph as JPG:**

- a) Select the graph to be exported.
- b) Click on the icon **EXPORT**. 
- c) Select **Export graph as JPG**.

#### **1.1.4.2 Export graph or sequence of graphs (.nacg file):**

- a) Select the graph to be exported.
- b) Click on the icon **EXPORT**. 
- c) Select **Export nacg**.
- d) If you wish to export a graph, select **NO** when you see the message.

If you wish to export a sequence of graphs, select **YES** when you see the message.

#### **1.1.4.3 Export protected graph or sequence of protected graphs (.nacg file)**

- a) Select the graph to be exported.
- d) Click on the icon **EXPORT**. 
- e) Select **Export protected nacg**.
- d) If you wish to export a graph, select **NO** when you see the message.

If you wish to export a sequence of graphs, select **YES** when you see the message.

**NOTE:** When a protected **.nacg** file is exported, it can only be seen or printed (not edited) when imported to **Nacsport Training**.

### 1.1.5 To edit a graph

There are 4 ways in which **to edit a graph**:

- 1) Double click on the name of the graph in question.
- 2) Double click on the image of the graph in question.
- 3) Select the graph and press **ENTER**.
- 4) Select the graph and click on the icon **EDIT**. 

### 1.1.6 To duplicate a graph

**To duplicate a graph:**

- a) Select the graph to be duplicated by clicking on its name.
- b) Click on the icon **DUPLICATE**. 

### 1.1.7 To import a graph

**To import a graph:**

- a) Select the graph to be imported by clicking on its name.
- b) Click on the icon **IMPORT**. 

### 1.1.8 To print a graph

**To print a graph:**

- a) Select the graph to be printed by clicking on its name.
- b) Click on the icon **PRINT**. 

### 1.1.9 To add one or several graphs to an exercise

#### **1.1.9.1 To add a graph to an exercise:**

a) Select the graph to be printed by clicking on its name.

b) Click on the icon **ADD GRAPH TO EXERCISE**.



#### **1.1.9.2 To add several graphs to an exercise:**

a) Select the graphs to be added by pressing **Ctrl** while clicking on their names in the order in which you want them to be added to the exercise.

b) Click on the icon **ADD GRAPH TO EXERCISE**.



### 1.1.10 To undo all the changes

**To undo all the changes** made in this environment (**MY GRAPHS**) since you opened the **Nacsport Training** programme:

a) Click on the icon **UNDO**.



### 1.1.11 To see the log of the use of a graph

**To see the log of the use of a graph:**

a) Select the graph to be saw by clicking on its name.

b) Click on the tab **Used in the exercises**

## **1.2 CREATE/EDIT GRAPH ENVIRONMENT**

- 1.2.1.- [To create a graph](#)
- 1.2.2.- [To delete a graph](#)
- 1.2.3.- [To save a graph](#)
- 1.2.4.- [To search for a graph](#)
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### 1.2.1 To create a graph

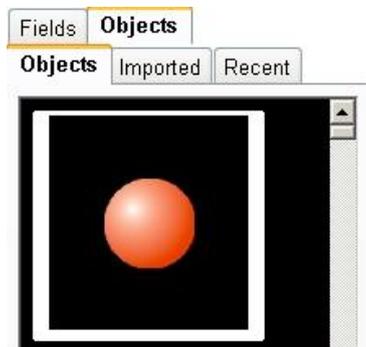
#### To create a graph:

a) Select the specific sport.



b) Select the picture to be used as background in the graph. You can use any of the images provided by **Nacsport Training** or import one from your computer.

c) Select the desired drawing button.



### 1.2.2 To delete a graph

#### 1.2.2.1 To delete a graph:

a) Select the graph to be deleted by clicking on its name.

b) Click on the icon **DELETE** .

c) Click on **YES** when you see the message.

#### 1.2.2.2 To delete more than one graph at the same time:

a) Select the graphs to be deleted by pressing **Ctrl** while you click on their names.

b) Click on the icon **DELETE** .

c) Click on **YES** when you see the message.

### 1.2.3 To save a graph

**To save a graph:**

a) Select the graph to be saved by clicking on its name.

b) Click on the icon **SAVE.** 

### 1.2.4 To search for a graph

**To search for a graph:**

a) Click on the **SEARCH** icon. 

### 1.2.5 To select a field (image) or an object

**To select an image as field or an object:**

a) Click on the tab you want. 

### 1.2.6 To import a field (image)

**To import a field:**

a) Click on the icon **IMPORT FIELD.** 

b) Search for the image and click on the icon **OPEN.**

The image will be added to the library **Imported.**

### 1.2.7 To insert objects in a graph

#### **To insert one object:**

- a) Click on the selected object.
- b)

#### **To insert an object several times:**

- a) Select the specific object.
- b) Keep pressing **Ctrl** while clicking on the image where you want this object appears and in the order in which you want them to be added to the exercise.

### 1.2.8 To change the name of a graph

#### **To change the name of a graph:**

- a) Insert the name in the **Name** box.

### 1.2.9 To insert the description of a graph

#### **To insert the description of a graph:**

- a) Enter the text in the **Description** box.

### 1.2.10 To delete all created objects

#### **To delete all created objects:**

- a) Click on the icon **DELETE ALL.** 

### 1.2.11 To print a graph

#### **To print a graph:**

- a) Select the graph to be printed by clicking on its name.
- b) Click on the icon **PRINT.** 

## **2.EXERCISES**

### [2.1. LIBRARY OF EXERCISES](#)

### [2.2. MY EXERCISES ENVIRONMENT](#)

## **2.1 LIBRARY OF EXERCISES**

2.1.1 [To create an exercise folder](#)

2.1.2 [To delete an exercise folder](#)

2.1.3 [To show the content of all the exercises folders](#)

2.1.4 [To hide the content of all the exercises folders](#)

### 2.1.1 To create an exercise folder

**To create an exercise folder:**

- a) Click on the node where you wish to create the folder.
- b) Click on the icon **CREATE FOLDER.** 
- c) Click on the folder and write the name as required.

### 2.1.2 To delete an exercise folder

**To delete an exercise folder:**

- a) Select the specific folder.
- b) Click on the icon **DELETE.** 

**NOTE:** The folder, and all its content, will be deleted.

### 2.1.3 To show the content of all the exercises folders

**To show the content of all the exercises folders:**

- a) Click on the icon **SHOW.** 

### 2.1.4 To hide the content of all the exercises folders

**To hide the content of all the exercises folders:**

- a) Click on the icon **HIDE.** 

## **2.2 MY EXERCISES ENVIRONMENT**

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- 2.2.2 [To delete an exercise](#)
- 2.2.3 [To save an exercise](#)
- 2.2.4 [To search for an exercise](#)
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- 2.2.15 [To create a graph and link it to an exercise](#)
- 2.2.16 [To unlink a graph from an exercise](#)
- 2.2.17 [To search for and add a graph to an exercise](#)
- 2.2.18 [To see/edit a graph linked to an exercise](#)

### 2.2.1 To create an exercise

**To create an exercise:**

- a) Click on the icon **CREATE EXERCISE**. 
- b) Select the folder where you wish to save the exercise.
- c) Complete the fields as required.

**NOTE:** There are several fields: Duration of exercise, Objective, Intensity, Material, Participants, Place, Surface, Comments...

### 2.2.2 To delete an exercise

**To delete an exercise:**

- a) Select the exercise to be deleted by clicking on its name.
- b) Click on the icon **DELETE**. 
- c) Click on **YES** when you see the message.

### 2.2.3 To save an exercise

**To save an exercise:**

- a) Click on the icon **SAVE**. 

### 2.2.4 To search for an exercise

There are several options **to search for an exercise:**

- a) Click on the icon **SEARCH**. 
- b) Enter the name or description of the graph in the **Search** box.

The results will automatically be filtered as you write.

### 2.2.5 To export an exercise

**To export an exercise:**

- a) Click on the icon **EXPORT.** 

### 2.2.6 To print an exercise

**To print an exercise:**

- a) Click on the icon **PRINT.** 

### 2.2.7 To see a log of the use of an exercise

**To see a log of the use of an exercise:**

- a) Click on the icon **LOG.** 

**NOTE:** The log shows the number of times that the selected exercise was used for training and the dates.

### 2.2.8 To link a video to an exercise

There are 2 ways in which is possible **to link a video to an exercise:**

#### **2.2.8.1 Link from Disk:**

- a) Click on the icon **LINK EXERCISE.** 
- b) Select **Add video file.**
- c) Double click on the video's name in which you are interested to link for.

#### **2.2.8.2 Link from Internet.**

- a) Click on the icon **LINK EXERCISE.** 
- b) Select **Add Internet address.**
- c) Paste the video's Internet address in the window and click **OK.**

### 2.2.9 To unlink a video from an exercise

**To unlink a video from an exercise:**

- a) Click on the icon **ERASE.** 

**NOTE:** It will only be deleted from the list of videos.

### 2.2.10 To generate a video fragment from a video linked to an exercise

**To generate a video fragment from a video linked to an exercise,** proceed as follows:

- a) Click on the video's name to select the linked video.  
 b) On the Timeline, change the start and end of the video to be generated. To change the start and end of the video, click on  and   
 c) Click on the icon **CREATE VIDEO.**  
 d) Select name and destiny for the new generated video and click on the icon **SAVE.**

### 2.2.11 To convert the current frame into a graph background

**To convert the current frame into a graph background,** proceed as follows:

- a) Click on the icon **EXTRACT FRAME.**   
 b) Draw what you wish and click on icon **SAVE.** 

The created graph is added to the list of graphs included in the exercise.

### 2.2.12 To see the video linked to an exercise

There are two ways **to see the video linked to an exercise:**

- a) Click on the video's name.  
 b) Click on the icon **VISUALIZE**  to see the video in an independent window, with a larger size.

**2.2.13 To change graph preview size**

**To change graph preview size:**

a) Move the displacement bar to the desired size.



**2.2.14 To see the graph sequence animation**

**To see the graph sequence animation:**

a) Click on the icon **PLAY**. 

**2.2.15 To create a graph and link it to an exercise**

**To create a graph and link it to an exercise:**

a) Click on the icon **CREATE GRAPH**. 

b) Once you have created the graph, click on the icon **SAVE**  to save and link to exercise.

### 2.2.16 To unlink a graph from an exercise

**To unlink a graph from an exercise:**

- a) Select the graph to be unlinked by clicking on its name.
- b) Click on the icon **DELETE.** 
- c) Click on **YES** when you see the message.

### 2.2.17 To search for and add a graph to an exercise

**To search for and add a graph to an exercise:**

- a) Click on the icon **SEARCH.**   
A window opens with the list of created graphs.
- b) Select the graph.
- c) Click on the icon **ADD GRAPH TO AN EXERCISE.** 

### 2.2.18 To see/edit a graph linked to an exercise

**To see/edit a graph linked to an exercise:**

- a) Select the specific graph.
- b) Click on the icon **VISUALIZE.** 

### **3.TRAINING**

3.1. [LIBRARY OF TRAINING](#)

3.2. [MY TRAINING ENVIRONMENT](#)

### **3.1. LIBRARY OF TRAINING**

3.1.1 [To create a training folder](#)

3.1.2 [To delete a training folder](#)

3.1.3 [To show the content of all the training folders](#)

3.1.4 [To hide the content of all the training folders](#)

### **3.1.1 To create a training folder**

#### **To create a training folder:**

- a) Click on the node where you wish to create the folder.
- b) Click on the icon **CREATE FOLDER.** 
- c) Click on the folder and write the name as required.

### **3.1.2 To delete a training folder**

#### **To delete a training folder:**

- a) Select the specific folder.
- b) Click on the icon **DELETE.** 

**NOTE:** The folder, and all its content, will be deleted.

### **3.1.3 To show the content of all the training folders**

#### **To show the content of all the training folders:**

- a) Click on the icon **SHOW.** 

### **3.1.4 To hide the content of all the training folders**

#### **To hide the content of all the training folders:**

- a) Click on the icon **HIDE.** 

## **3.2. MY TRAINING ENVIRONMENT**

- 3.2.1 [To create a training session](#)
- 3.2.2 [To delete a training session](#)
- 3.2.3 [To save a training session](#)
- 3.2.4 [To search for a training session](#)
- 3.2.5 [To import a video to a training session](#)
- 3.2.6 [To import a database to a training session](#)
- 3.2.7 [To import a display to a training session](#)
- 3.2.8 [To show the content of all the exercises folders](#)
- 3.2.9 [To hide the content of all the exercises folders](#)
- 3.2.10 [To link an exercise to a training session](#)
- 3.2.11 [To unlink an exercise from a training session](#)
- 3.2.12 [To see/edit an exercise linked to a training session](#)
- 3.2.13 [To see/edit an original exercise](#)
- 3.2.14 [To create a note in the training session](#)

### 3.2.1 To create a training session

**To create a training session:**

- a) Click on the icon **CREATE TRAINING.** 
- b) Select the folder where you wish to save the training.
- c) Complete the fields as required.

**NOTE:** There are several fields: Duration of training, Objective, Intensity, Type, Volume, Date and Time, Colour (for rapid Calendar search)...

Click on "+" to see/complete more fields.

### 3.2.2 To delete a training session

**To delete a training session:**

- a) Select the training to be deleted by clicking on its name.
- b) Click on the icon **DELETE.** 
- c) Click on **YES** when you see the message.

### 3.2.3 To save a training session

**To save a training session:**

- a) Click on the icon **SAVE.** 

### 3.2.4 To search for a training session

**To search for a training session:**

- a) Click on the icon **SEARCH.** 
- b) Enter the name of the training in the **Search** box.

The results will automatically be filtered as you write.

### 3.2.5 To import a video to a training session

**To import a video to a training session:**

- a) At the **Video tab**, click on the icon **ADD**. 
- b) Search for the video and click on **Open**.

### 3.2.6 To import a database to a training session

**To import a database to a training session:**

- a) At the **Timeline tab**, click on the icon **ADD** 
- b) Search for the database (**.nac file**) and click on **Open**.

### 3.2.7 import a display to a training session

**To import a display to a training session:**

- a) At the **Display tab**, click on the icon **ADD**. 
- b) Search for the database (**.pre file**) and click on **Open**.

### 3.2.8 To show the content of all the exercises folders

**To show the content of all the exercises folders:**

- a) Click on the icon **SHOW**. 

### 3.2.9 To hide the content of all the exercises folders

**To hide the content of all the exercises folders:**

- a) Click on the icon **HIDE**. 

### 3.2.10 To link an exercise to a training session

**To link an exercise to a training session:**

a) Select the specific exercise to link.

b) Click on the icon **LINK**



### 3.2.11 To unlink an exercise from a training session

**To unlink an exercise from a training session:**

a) Select the exercise to be unlinked by clicking on its name.

b) Click on the icon **DELETE**.



c) Click on **YES** when you see the message.

### 3.2.12 To see/edit an exercise linked to a training session

**To see/edit an exercise linked to a training session:**

a) Select the specific exercise.

You will see a section where you can see/edit the information about the linked exercise.

b) Fill all the gaps as required.

c) To save any changes, click on the icon **SAVE**.



You will see a section where you can see/edit the information about the linked exercise.

**NOTA:** All the changes you make will only be saved in the current open training exercise and not in the link to the open training exercise.

### 3.2.13 To see/edit an original exercise

**To see/edit an original exercise:**

a) Select the specific exercise.

b) Click on the icon **VISUALIZAZE.**



**NOTE:** All changes will be saved in the original exercise, not in the linked one to the open training session.

### 3.2.14 To create a note in the training session

**To create a note in the training session:**

a) Click on the icon **CREATE NOTE.**



b) Select a name as required and write your notes.

c) To save the note, click on the icon **SAVE.**



## **4.CALENDAR**

- 4.1. [To create a training session](#)
- 4.2. [To create a video session](#)
- 4.3. [To create a game session](#)
- 4.4. [To open a training session](#)
- 4.5. [To see basic information about a training exercise](#)

#### **4.1. To create a training session**

**To create a training session:**

- a) Click the desired day on the calendar.
- b) Select **New training session**.

#### **4.2. To create a video session**

**To create a video session:**

- a) Click the desired day on the calendar.
- b) Select **New video session**.

#### **4.3. To create a game session**

**To create a game session:**

- a) Click the desired day on the calendar.
- b) Select **New game session**.

#### **4.4. To open a training session**

**To open a training session:**

- a) Click on the training session's name.

#### **4.5. To see basic information about a training exercise**

**To see basic information about a training exercise:**

- a) Pass the cursor over its name.

