Abstract
The Information and Communication Technologies (TIC) are now an essential part of the Secondary School Program. With this article we want to prove that digital video recording, analyzed at 50 fields per second, is a more precise instrument to the measured height of an Abalakov vertical jump than the traditional Sargent's test. It is, therefore, an acceptable alternative to the expensive force platforms to bring the new technologies to the Physical Education Class and it can be considered an appropriate instrument to the quick and funny evaluation of the height of the vertical jump.

Keywords
Physical Education, new technologies, digital video recording, vertical jump.