MOTOR LEARNING FOR PERFORMANCE

WHAT IS MOTOR LEARNING?

The ability to develop a relatively permanent change in motor skills from novice to skilled performance through practice or experience

A complex process in the brain in response to practice or experience of a skill that allows for production of a new motor skill.





IS THERE...

Retention over time?

Improvement?

Consistency?





PHASES

Associative

- Cognitive
 Poor quality,
 stiff/rigid movement
- Overcorrection is common
- Refinement of movement
 Efficiency
- Less cognitive attention is needed

Autonomous

- Little cognitive demand
- Focus is on other skills/strategies

Improvement

Practice

MORE INFORMATION

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Motor Learning And Performance

Annelies Wilder-Smith

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