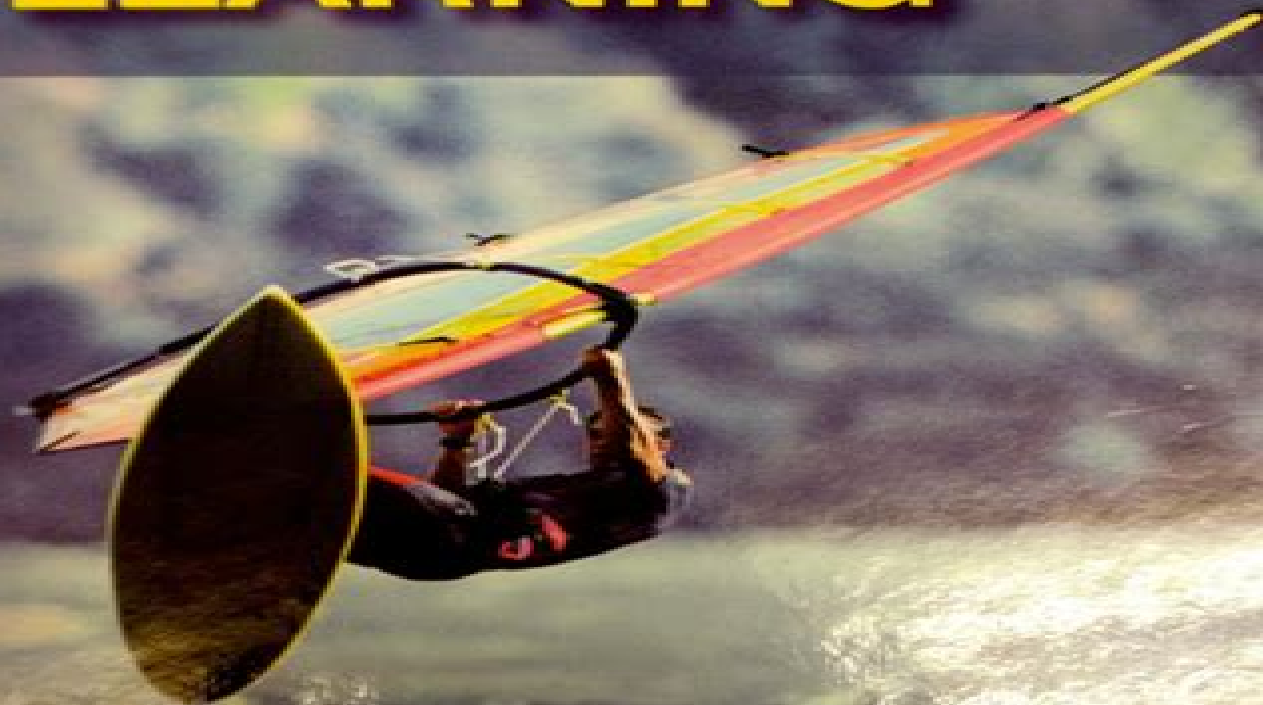


ATTENTION and MOTOR SKILL LEARNING



Gabriele Wulf

Attention And Motor Skill Learning

Richard A. Schmidt, Timothy D. Lee



Attention And Motor Skill Learning:

Attention and Motor Skill Learning Gabriele Wulf, 2007 Intended for motor behaviour and cognitive psychology courses and for professionals this title explores how focus of attention can affect motor performance particularly the learning of motor skills It details how an individual's focus changes with age and type of task allowing readers to apply the information across a variety of settings

Attention and Motor Skill Learning Gabriele Wulf, 2007 Attention and Motor Skill Learning explores how a person's focus of attention affects motor performance and in particular the learning of motor skills It synthesizes the knowledge coming from recent research examining the effects of attentional focus on motor performance and learning and it provides practical implications for both instructional and rehabilitative settings Attention and Motor Skill Learning challenges traditional views that the method of learning a motor skill involves focusing attention on each part of the skill and internalizing proper execution Instead author Gabriele Wulf argues that the learning of new motor skills suffers when attentional focus is on the coordination of movements When attention is directed to the desired movement effect however performance levels rise Not only is a higher level of performance often achieved faster with an external rather than an internal attention focus but the skill is retained better The advantages of external focus apply to a variety of skills and skill levels and may be used while instructing athletes children and those with physical impairments as well as in any setting in which effective and efficient training of motor skills is a concern Attention and Motor Skill Learning not only presents the latest research on attentional focus but it also offers practical solutions for bypassing or at least shortening the first conscious stage of learning Instructors may then use these suggestions to provide their students or patients with a faster and more effective way to develop and perform motor skills This text turns research into application by detailing how a person's attentional focus changes with age and type of task and in later stages of learning allowing readers to apply the information to a variety of ages and settings providing specific instructional examples and challenges in Practical Applications sections that may be used in everyday teaching scenarios and including comparison tables and offering suggestions for differentiating instructions regarding internal and external foci of attention To help teachers understand how the wording of their instruction can facilitate the learning process Attention and Motor Skill Learning shares insights from athletes musicians and speech therapists on their thinking as they perform or teach selected skills in each chapter's Attentional Insights section The Future Directions sections at the end of each chapter highlight potential research studies that challenge readers to use and further develop the methods and practices in the book Other useful features include case studies and chapter opening scenarios that present motor learning problems and demonstrate the role of attentional focus in solving them Attention and Motor Skill Learning provides many practical examples and implications for teaching learning relearning and performing motor skills This book will help readers better understand the effects that attentional focus has on motor performance and learning as well as the mechanisms underlying these effects While challenging traditional learning

methods this book presents the latest research and demonstrates how changing one's focus of attention can speed the learning process and lead to more effective performance of motor skills

Attention and Individual Difference Factors

Relative to Efficiency in Motor Skill Learning Graham I. Neil, 1968

The Influence of Self-regulated Attentional Focus on Motor Skill Learning and Performance Erik Ostrowski, 2012

The advantages of an external focus of attention are very consistent within the motor learning literature. That is, focusing on cues external to the body while performing a task will allow for greater motor skill learning and performance benefits compared to focusing internally. Likewise, there is a vast consistency within the self-regulated learning literature. Individuals that are allowed to alter or adjust a certain characteristic of their practice environment have consistently performed significantly better than individuals following a predetermined practice arrangement mirroring the schedule determined by their self-regulated counterpart. The purpose of this study was to investigate the motor skill learning and performance benefits of choice in attentional focus instructions while executing a golf putt. This study provides practitioners with an increased understanding of how a participant-controlled learning environment affects which focus of attention is adopted by the learner. Since the advantages of an external focus of attention are robust and there appeared to be no clear preference for using one focus over the other when given a choice, it might be appropriate to suggest that practitioners should continue to promote an external focus of attention in their learning environments until further research investigating the interactions of self-regulated practice and attentional focus are conducted.

Equal Workload Demands May Hinder the Ability of Focus of Attention to Impact Motor Learning Lauren V. Bennett, 2016

Two bodies of literature have addressed the question of how attentional focus relates to learning and performance of a motor task. The literature on direction of attention has found that focusing on the effects of one's movement (an external focus) rather than on one's bodily movements (an internal focus) leads to more effective and efficient movements and subsequently better performance on a variety of sport-related motor skills. The literature on the relevance of attention has determined that novices perform well when focused on aspects of the skill execution itself but experience performance decrements when asked to focus on something extraneous. Experts show the opposite tendency in that they perform more poorly when focused on the skill execution than on a distractor. Both of these areas of research are well established in their own right but they are not purely independent because these different styles of focus overlap. A novice golfer who focuses on the swing of his arms while putting is predicted to do more poorly due to an internal focus but the other body of literature predicts success due to a skill-relevant focus. Few have attempted to research the effects of both dimensions of focus simultaneously. Therefore, the purpose of this study was to identify whether the interaction of external and skill-focused attention could be more beneficial to skill acquisition and retention than either one separately. Participants learned to throw darts while receiving one type of attentional focus instruction: 1 internal skill relevant, 2 external skill relevant, 3 internal extraneous, 4 external extraneous. They returned 48 hours later to perform retention trials without any attentional instructions. Workload was assessed via a self-

report survey for participants in each condition to assess whether any differences in subjective difficulty exist between the groups. Although all participants improved their throwing accuracy throughout the acquisition period, there were no performance differences seen between the conditions at acquisition or retention. There were also no differences in perceived workload between the conditions. These results are expected if workload does in fact mediate the effect of focus of attention on motor skill performance. With workload demands similar, there exist no differences in performance between groups following different focus instructions. Further, the only reliable predictor of performance on the task was the participant's self-rating of expertise reported prior to participation. Future between-subjects research designs in motor learning should aim to balance participants across groups using self-ratings of skill level. Finally, the NASA TLX should be used to measure workload in the typical methodology used in direction of attention literature and skill relevance of focus literature where performance differences have been observed in order to determine whether differences in workload demands could be partially responsible for those performance differences.

Abstract from author-supplied metadata **Attention and Focus in Dance**
Clare Guss-West, 2021. The book presents a systematic science-based approach to the mental work of dance, honing the skills of attention focus and optimal self-cueing to enhance physical and artistic performance, replenish energy and increase stamina in dancers.

Circus Psychology Fleur van Rens, 2022-08-01. The lives of circus artists can be mentally and physically demanding. Circus Psychology: An Applied Guide to Thriving Under the Big Top is an evidence-based guide to nurturing the mental health of circus artists while enabling them to perform at the peak of their capacities. The book is organised into three accessible sections: mental health in circus, optimising the circus environment to facilitate thriving, and mental skills for thriving in circus. The first section introduces general mental health concepts, provides insight into the mental health of circus artists, the stress process, and the role of psychological resilience and perfectionism in mental health. The second section offers insight into motivation and engagement in circus, the features of a psychologically safe circus environment, and advice on psychologically supportive talent development environment. The final section explains, applies, and provides practice material for mental skills, including goal setting, self-talk, mental imagery, arousal regulation, and visual anticipation. Written by Dr. Fleur van Rens, a circus artist and lecturer in sport psychology, this book is an essential resource for those passionate about the mental health of amateurs and professionals in the circus industry.

The Language of Coaching Nick Winkelman, 2020-04-21. Try to recall the best coach you've ever had. Consider what differentiated them from other coaches: what made them so effective? Was it their knowledge and programming, or did it come down to the way they communicated with you and the way they made you feel? While the former are critical, it is a coach's words that set them apart from the rest. The Language of Coaching focuses on the impact that communication has on an individual's ability to learn and perform a movement. Written by performance coach Nick Winkelman, the book examines how instruction, feedback, and cueing can significantly affect training outcomes. Grounded in motor learning and the science of attentional focus, Winkelman takes

you on a journey guiding you through practical coaching frameworks that will help you adapt your language to the learning needs of those you support Packed with stunning visuals the book provides over 25 movement sequences that outline different types of coaching cues including a visual depiction of unique analogies such as a sprinter taking off like a jet or an athlete loading into a jump like a spring The book is filled with a comprehensive collection of cueing frameworks that guide you through the process of creating your own cues for any movement you want to teach You will also learn how to engage in more productive conversation with your athletes through sample dialogue that uses the book s cueing philosophy Whether you are new to coaching or a seasoned veteran The Language of Coaching will help you grow as a communicator and learn how to coach the person with the same precision as you do the program Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam

Rehabilitation of the Spine: A Patient-Centered Approach Craig Liebenson, 2019-10-29 The gold standard resource in the field Rehabilitation of the Spine A Patient Centered Approach provides a practical overview of all aspects of spinal rehabilitation The 3rd Edition has been completely revised with new information to bring you up to date Comprehensive and easy to read this reference is invaluable for chiropractors and physical therapists as well as spine surgeons physician assistants and nurse practitioners involved in the care of patients with spine problems Sport Psychology in Sports, Exercise and Physical Activity Hilde Nielsen, 2021-10-20 Sports psychology is an interdisciplinary science for the purpose of increased participation in sports and physical activity to improve health and wellbeing It addresses everything from optimal performance and wellbeing of athletes to developing mental and social aspects of participation to systemic issues associated with sports settings and organizations This book introduces readers to topics within sports psychology with a special focus on motivation behavior change and personalities

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