

# Contents

Preface xi

Acknowledgments xvii

## PART ONE

### INTRODUCTION TO MOTOR PERFORMANCE AND LEARNING - - - - - 1

#### Chapter 1 Getting Started - - - - - 3

Preview 3

Overview 4

Motor Skill: What Is It? 5

The Chicken and the Egg: Motor Performance and Motor Learning 11

A Problem-Based Approach to Motor Performance and Learning 16

Summary 21

From Principles to Practice 22

#### Chapter 2 Individual Differences and Motor Abilities - - - - - 25

Preview 25

Overview 26

Concept of Individual Differences 26

Abilities and Capabilities 27

Summary 47

From Principles to Practice 48

## PART TWO

### PRINCIPLES OF HUMAN SKILLED PERFORMANCE - - - - - 51

#### Chapter 3 Processing Information and Making Decisions - - - - - 53

Preview 53

Overview 54



Information-Processing Approach	54
Reaction Time and Decision Making	58
Decision Making and Performance Under Conditions of Arousal and Anxiety	67
Attention: Limitations in Information-Processing Capacity	73
Three Memory Systems	84
Summary	87
From Principles to Practice	88

## **Chapter 4 Sensory Contributions to Skilled Performance** - - - - - 91

Preview	91
Overview	92
Sources of Sensory Information	92
Closed-Loop Control Systems	96
Reflexive Modulations in Movement Skills	105
Role of Two Visual Systems in Movement Control	115
Visual Control of Movement Skills	116
Summary	125
From Principles to Practice	126

## **Chapter 5 Movement Production and Motor Programs** - - - - - 129

Preview	129
Overview	130
Motor Program Theory	130
Open-Loop Control Within the Conceptual Model	133
Generalized Motor Programs	145
Summary	151
From Principles to Practice	152

## **Chapter 6 Principles of Motor Control and Movement Accuracy** - - - - - 155

Preview	156
Overview	156
Relative Timing	156
Determinants of Accuracy in Rapid Movements	162
Combining the Principles: A Batting Example	175
Summary	179
From Principles to Practice	180



## PART THREE

### PRINCIPLES OF SKILL LEARNING - - - - - 183

#### Chapter 7 Preparing for the Learning Experience - - 185

Preview 185

Overview 186

Defining the Learning Experience 186

The Learner 191

Assessing Progress 200

Summary 209

From Principles to Practice 210

#### Chapter 8 Supplementing the Learning Experience - 213

Preview 214

Overview 214

Preliminary Considerations 214

Skill Presentation Techniques 220

Forms of Rehearsal 230

Summary 242

From Principles to Practice 244

#### Chapter 9 Structuring the Learning Experience - - - 247

Preview 248

Overview 248

Practicing Several Different Tasks 248

Practicing Several Versions of the Same Task 260

Random or Blocked Practice Versus Varied or Constant Practice 266

Combining Random and Varied Practice 267

Practicing for Consistent and Varied Stimulus-Response Mapping 268

Summary 271

From Principles to Practice 272

#### Chapter 10 Providing Feedback During the Learning Experience - - - - - 275

Preview 276

Overview 276

Classifying Feedback 276

Properties of Extrinsic Feedback 282

Practical Considerations When Providing Information Feedback 288

Summary 305

From Principles to Practice 308



**PART FOUR****INTEGRATION AND APPLICATIONS - - - - - 311****Chapter 11 Facilitating Learning and Performance - 313**

Preview 313

Overview 314

A Working Strategy for Providing Instructional Assistance 314

Four Case Studies 316

Assessment of Learner Progress 337

Summary 338

**Chapter 12 Applying the Principles of Skill Learning - - - - - 341**

Preview 341

Overview 342

Now It's Your Turn 342

An Example 345

A Final Comment 349

Appendix 351

Credits 355

References 357

Index 369

About the Authors 381