

ATTENTION and MOTOR SKILL LEARNING



Gabriele Wulf

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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 **Journal of Sport & Exercise Psychology**, 2007 **Effortless Attention**

Brian Bruya, 2010-04-09 The phenomena of effortless attention and action and the challenges they pose to current cognitive models of attention and action This is the first book to explore the cognitive science of effortless attention and action Attention and action are generally understood to require effort and the expectation is that under normal circumstances effort increases to meet rising demand Sometimes however attention and action seem to flow effortlessly despite high demand Effortless attention and action have been documented across a range of normal activities ranging from rock climbing to chess playing and yet fundamental questions about the cognitive science of effortlessness have gone largely unasked This book draws from the disciplines of cognitive psychology neurophysiology behavioral psychology genetics philosophy and cross cultural studies Starting from the premise that the phenomena of effortless attention and action provide an opportunity to test current models of attention and action leading researchers from around the world examine topics including effort as a cognitive resource the role of effort in decision making the neurophysiology of effortless attention and action the role of automaticity in effortless action expert performance in effortless action and the neurophysiology and benefits of attentional training Contributors Joshua M Ackerman James H Austin John A Bargh Roy F Baumeister Sian L Beilock Chris Blais Matthew M Botvinick Brian Bruya Mihaly Csikszentmihalyi Marci S DeCaro Arne Dietrich Yuri Dormashev Lszl Harmat Bernhard Hommel Rebecca Lewthwaite rjan de Manzano Joseph T McGuire Brian P Meier Arlen C Moller Jeanne Nakamura Michael I Posner Mary K Rothbart M R Rueda Brandon J Schmeichel Edward Slingerland Oliver Stoll Yiyuan Tang T res Theorell Fredrik Ull n Gabriele Wulf **Attention and Learning Selected Motor Skills** Orwyn Sampson, 1967

Learning and Behavior James E. Mazur, 1994 This comprehensive survey describes the basic principles theories controversies and experiments in the field of learning Focusing on both classic studies and recent developments and trends it deals with how people and animals learn and how learning impacts behaviours The emphasis throughout is on the importance of learning principles in everyday life *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 *The Sport Psychologist* ,2007 Research Quarterly for Exercise and Sport ,2008 **Psychology** Frederick Hansen Lund,1927 *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

Clinical Management of Motor Speech Disorders in Children Anthony J. Caruso, Edythe A. Strand, 1999 Provides clinically relevant information for clinicians and students Addresses theory assessment procedures treatment and management issues in swallowing and feeding stuttering augmentative and alternative communication methods and functional treatment outcomes Extensive references

Motor Learning Richard A. Magill, 2001

Educational Psychology Charles Edward Skinner, 1951

A Text-book of Psychology for Nurses Maude Blanche Muse, 1925

The Nature and Direction of Learning William Henry Burton, 1929 As the title indicates a considerable portion of this book is devoted to a consideration of the learning process It is a text that deals more with the theory of method than with the details of classroom procedure The treatment of the direction of learning occupies nearly three fourths of the book and covers the topics commonly discussed by writers in this field Interestingly the author divides this book into five units each of which is subdivided into several problems The typical treatment of a problem includes four phases 1 exploratory and pretest questions 2 a discussion of the problem 3 discussion questions for summarizing and testing and 4 a list of parallel readings The exploratory and pretest questions a distinctive characteristic of this volume are ingenious and serve to stimulate thinking about the problems considered This book with its treatment of methods of teaching should be a highly effective instrument for use in the professional training of teachers

Research Quarterly American Association for Health, Physical Education, and Recreation, 1930

Methods of Teaching in High Schools Samuel Chester Parker, 1920

The Quarterly Journal of Experimental Psychology, 2001

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