

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.



Retention over time?

Improvement?



IS THERE...

Consistency?



Transfer between environments?



PHASES



Cognitive

- Poor quality, stiff/rigid movement
- Overcorrection is common

Associative

- Refinement of movement
- Efficiency
- Less cognitive attention is needed

Autonomous

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



MORE INFORMATION

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