

EXS 297 Motor Behavior
Lab Activity – Week 9

A number of topics are covered in chapters 6 – 11 in your text. For each, we can state a number of different concepts. Think of a concept as an idea or principle as it relates to a topic, theory or law. In this course, it is something that we might apply to how we perform or learn a motor skill. (Note: Concepts are *not* definitions).

Examples:

- A. Topic – Speed/Accuracy Trade-Off
Concept – As one’s speed of movement increases, spatial accuracy tends to suffer.
- B. Topic – Timing Variability
Concept – Longer movement times tend to result in greater timing variability, and thus less consistency.

For the topics listed below, state a pertinent concept (there are many possible concepts from which to chose) and then think of a practical application of that concept. How could you apply that concept in the performance or learning of a specific skill? Share these with your group.

Topic: Goal Setting

Concept 1:

Application 1:

Concept 2:

Application 2:

Topic: Transfer

Concept:

Application:

Topic: External Focus

Concept:

Application:

Topic: Bilateral Transfer

Concept:

Application: