

# [Motor learning chapter 12](https://assignbuster.com/motor-learning-chapter-12/)

Fitts and Posner1. Cognitive
2. Associative
3. AutonomousCognitive Stage:-first stage of learning
-focuses on cognitively oriented problems
-many mistakes and errors ONMOTOR LEARNING CHAPTER 12 SPECIFICALLY FOR YOUFOR ONLY$13. 90/PAGEOrder NowAssociative Stage-Intermediate
- person has learned to associate cues from the env with required movements
-works to refine performance to be more consistent
-Important to stress correct fundamentalsAutonomous stage-Expert
-Do not consciously think about performing the skillGentiles 2 stage model: Initial stage-Develop a movement coordination pattern for successful performance
-Learn to discriminate regulatory & non regulatory conditionsGentiles 2 stage model: Later stage-Increased consistency
-Adapt movement patterns to specific demands of any performance situationFixation-The Goal of Gentiles 2nd stage in CLOSED SKILLS
-refine movement patterns so they are produced correctly and consistently from trial to trialDiversification-OPEN SKILLS
-modify movement pattern according to environmental context characteristics. Most common pattern of MOTOR SKILL learning-Negative accelerated curvePower law of practiceLarge amount of improvement during early practice, and smaller improvement rates characterized further practice.
-Performance is determined by experience
-applies only to motor skillsFreezing the degrees of freedomcommon initial strategy of beginning learners to control the many degrees of freedom associated with the coordination demands of a motor skill in order to achieve the action goal; the person holds some joints rigid while performing the skillPerformer characteristc that does not change amoung stages of learningRelaience on sensory infoExpertisehigh level of skill performance that characterized a person at the extremem opposite end of a beginner
-deliberate practice for a minimum of ten years
-select meaningful information in a short amount of time. Brain plasticityshifts in brain region activation