
Motor Learning And Control For Practitioners Free Download

TREK  @ChrisCala_PT

Determine if the information which you provide is...

- 1** Kept general (about the whole movement) or specific (about a specific part of the movement)
- 2** **Qualitative** in nature (that was quicker than last attempt) or **quantitative** (that was 3seconds slower than the last attempt)
- 3** Internal focus of control (flex your hip then your knee) or external focus of attention (kick the soccer ball)
- 4** Provide feedback on correct movement, or feedback on errors in movement

Active learning should be promoted by asking "how do you think you went?" or "what will you do differently on your next attempt?" - this allows them to solve new motor problems without the practitioner

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