


Universität Flensburg *ibau*


Functional view of movement



Name for every area of application of kinematics one example for the type of school of your intended career!

- achievement technical training
- development description of process and identification of influencing variables on psychomotor progression
- rehabilitation re- acquisition of movements; adaptation on new conditions (relearning)
- therapy effect of movement on psychological characteristics
- aesthetics expression/ impression of movements

Functional view of movement



Functionality

Human movements not only show controlled changes, but show as to the fulfill of particular tasks controlled changes.

(cp. Nitsch & Munzert, 1997, S. 63f.)

Technique

Routine methods for situation specific solutions of sportive movement tasks are used to figure „technology“ out. Herein are as well sport specific forms of movement as well as their situation dependant combination and variation included.

(Nitsch & Neumaier, 1997, S. 42)

Technique training

Workout methods are the systematic, standard specific optimisation of movement coordination in consideration of concrete person-, task- and environment criteria.

(Nitsch & Neumaier, 1997, S. 42)

Optimal movement

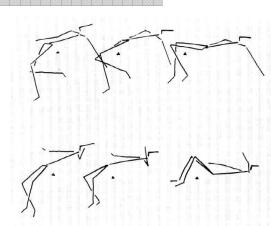
... optimal solution of a sportive movement task as a autonomous allegation for technique training.

(Nitsch & Neumaier, 1997, S. 41)

Goal movement

... on the appropriate person- or group characteristics adapted form of the technical approach.

It makes changes of the technical approach necessary. Consequently there are specific aim technologies for certain ages and competences.



Realistic pupil behaviour during Flop method

(in: Göhner, 1992, S. 183)

Example Pflugbogen

New insights prove, that the road to an expert is not via a specific standardised way. Experience shows, that many pupils find individual solutions.

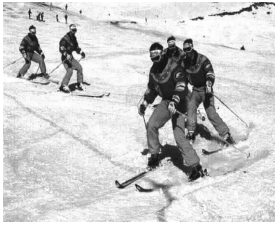
(Gattermann & Janda, 1992)



Pflugbogen with turn ahead of upper part of the body

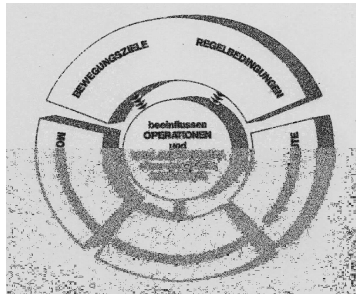


Pflugbogen with turn around the inner leg



Pflugbogen: turn with the outer leg

Basic structure of a Task



Aims of movement

- time minimisation
- distance maximisation
- hit optimisation
- difficult optimisation
- Process optimisation with error minimisation and difficult increase

Sport typical movenda (objects)

... are classified in 3 categories:

- passive-reactive movenda
- active-reactive movenda
- active, self moving movenda

Mover configurations (person)

- natural mover
- instrumental supported mover
- partner supported mover
- anti... Impeded mover



Rule terms

Consider, which influence an only single or double ball contact would have on technology of volleyball.

Further examples:

- Prohibition of somerset long jump
- classic stile in cross- country skiing
- Slide technology in hockey

Summary + exercise

Name three different movement aims on one example, which appears within the scope of the type of school of your intended career!

Note: For test 19th of November read

Schmidt & Lee p. 3-88. and listen to lecture with the topic “instruction” next week
