


Flensburg
Universität **Information processing** *ibau*




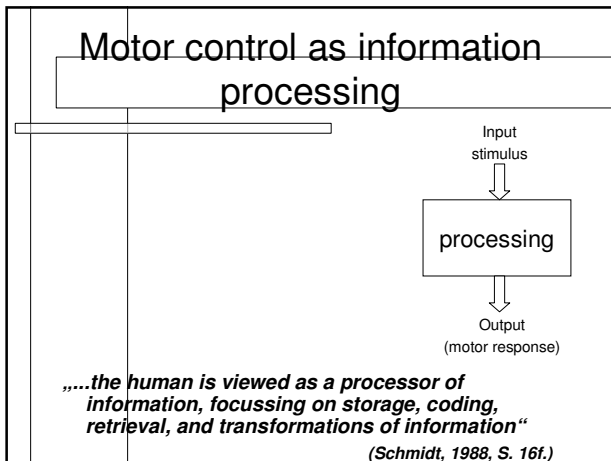
Markus Raab
raab@uni-flensburg.de
www.uni-flensburg.de/~raab

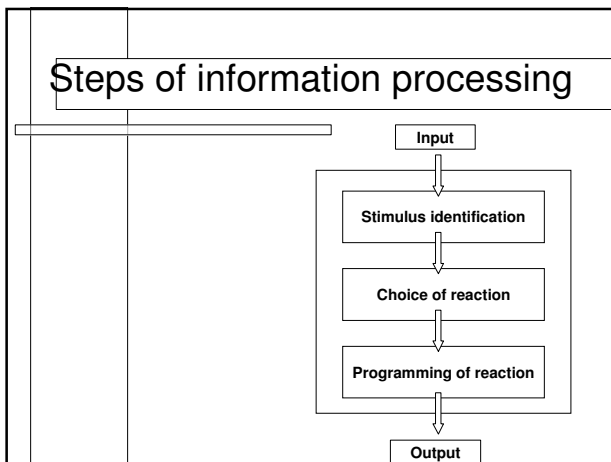
Give an concrete example for bilateral training in a four week course in the context of your intended career!

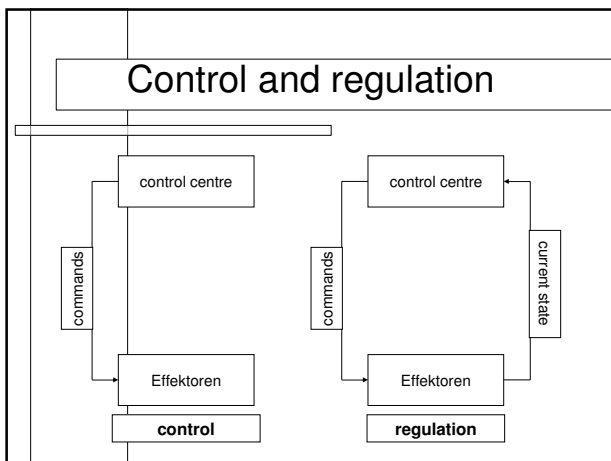
- 1. week: start with the dominant hand, change within the first session to the non-dominant hand. Use variability of practice principles
- 2. week: test performance of both hands in a performance task and continue training
- 3. week: alternate bilateral training between different conditions within the same skill
- 4. week: alternate bilateral training between different skills

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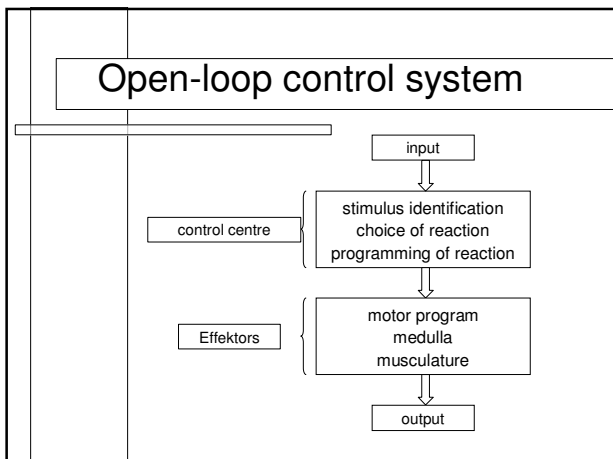


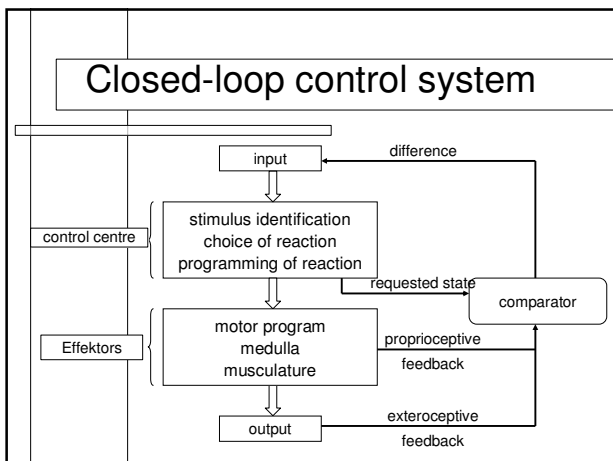


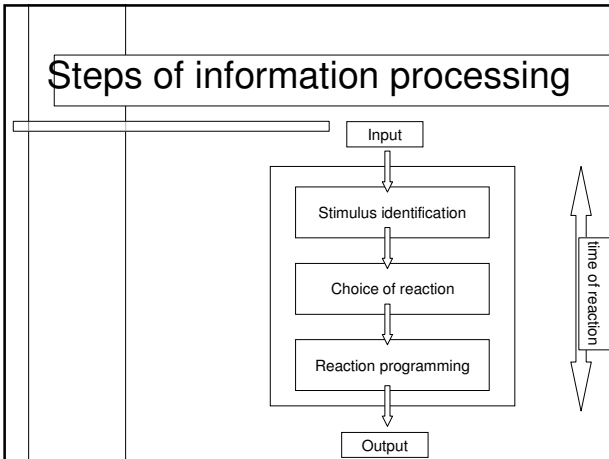


Examples for control- and regulation processes

- Radiator
- Traffic light
- Toilet flush

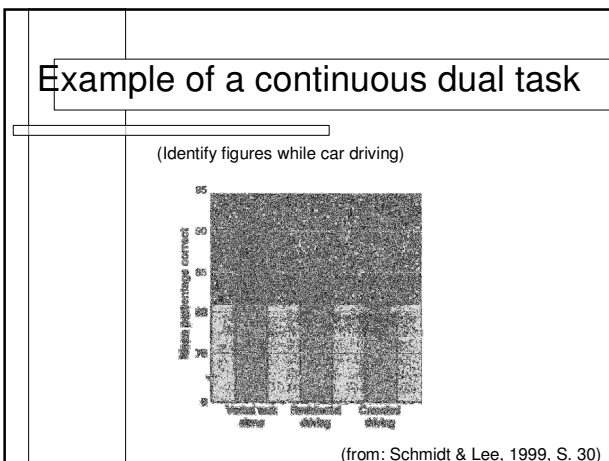






Chronometry

- Die Chronometry is based on the fundamental idea, that information processing needs time.
- The time of reaction is measured in different situations. Thereby time of reaction is the time between the appearance of a signal (e.g. the flash of a light) and the begin of a motor reaction (e.g. lift of finger from a squeezed key).
- The times of reaction are consulted as a dimension of complexity.
- Examples:
 - Variation of the stimulating material (visual, acoustic...)
 - Variation of the number of response alternatives (Hick's Law)
 - Variation of the complexity of the motor reaction



Summary + exercise

Reflect situations in sports, in which

- (a) Open-loop processes**
 - (b) Closed-loop processes**
- are the dominant control processes.**
