

10-9-2017 484 MOTOR

Blocked Practice

+ like drills

+ All trials of one task are completed before moving on

Week 8 10/9/2017

WEEK 8

DO, PLAN, READ

2. Blocked vs. Random Practice

• Blocked Practice

- All trials of one task are completed before moving onto the next
- AAAAA - BBBB - CCCC

• Random Practice

- Practice all tasks in a somewhat random order
- ABACB - CCABC - BABCA

Random Practice

practice all tasks in a somewhat random order

Technique 1/3 reading

(perception cognition action)

3 parts of a game skill

reading and planning

<https://www.youtube.com/watch?v=cnWkyR2kM>

• Remember the difference between practice and retention

2. Blocked vs. Random Practice

Do

Plan

Read

equally important

what's a skill/what's most important

Retention Transfer Test

Retention higher with random

solve a new problem over and over

approach practice with the Growth Mindset

Blocked execution + tech

2. Blocked vs. Random Practice

• Which practice schedule (blocked or random) would be best for:

- New learners blocked
- Tasks in open environments random
- Like volleyball blocked
- Tasks in closed environments blocked
- Like swimming blocked
- New post-operative patient blocked
- Patient about to be discharged and return to home random

blocked get steps before execution

random

blocked certain dist

certain amt of trials

random

if u only worked on 6 inch stairs

not able to get on a bus

BEST

APPLICATION

you bring blocked tools random environ.

is playing volleyball blocked or random practice?

BOTH

Retention: relatively permanent change in performance
 Prac Acquisition: short term changes in performance

MM
memory

Quick Recap of Terminology

- Practice or Acquisition: Short-term changes in performance
- Retention: Relatively permanent change in performance, muscle memory
- Stages of Motor Learning: Cognitive - Associative - Autonomous
- Person - Task - Environment: leads to MVMT.
 - Discrete - Serial - Continuous - open - closed
 - Open - Closed
- Perception - Cognition - Action
 - Sense - Think - Do
 - Stimulus ID - Response Selection - Response Programming

Retention and transfer

Perception Cognition Action
 Sense think Do

Discrete Serial Continuous
 Task Person environment open closed

pics self-modeling

1. Massed vs. Distributed Practice

Mass vs. Dist
 APPLIC distributed for new learners
 injury distributed adequate recovery
 injury recovery new learners DIST

WEEK 8
 lot of reps juggling less rest

0.5g 2 years Tanner mass more prac

1. Massed vs. Distributed Practice

- Massed Practice: Practice sessions where the amount of practice time in a trial is greater than the amount of rest between trials
 - Practice > Rest
- Distributed Practice: Practice sessions where the amount of rest between trials equals or exceeds the amount of time in a trial
 - Rest > Practice

trial time: greater than rest between trials

PRAC > REST (MASS) PR

REST > PRAC (DIST) RP

Best Application of #1?