

Methodology (5)

"Early experiences: given the principle of life from the moment of fertilization, are very crucial for the organism because they occur when this is still undifferentiated. They are in critical periods of development of the individual.

-Acquisition preassociativa responses: phenomena are habitualization, awareness, and pseudoconocimiento and inhibition.

The learned: almost all human behavior is learned, the man is learning all his life, he says that a behavior is learned as a result of practice or experience appears in the repertoire of behaviors in a more or less stable.

Learning is the acquisition or modification of behavior as a result of experience, the most important part of learning theory is the theory of information processing.

2 MOTOR LEARNING

Motor activities are sequential in nature, ie require a chain of stimuli and responses which make up the complexity of such activities. Each movement can be divided into different phases or moments.

The number of stages or moments may be divided determines the complexity of the movement (the more times greater difficulty)

The ability to move the muscles under voluntary control are called motor skills.

Motor skills: involve all the movements that an individual is able to perform voluntarily. These skills involve the combination of simpler ones.

"The basic motor skills: walking, running, throwing, jumping, hitting, touching, pushing.

"The combination of diverse skills derive other more complex or special (sports complex)

"The technical act: it is a proper and appropriate motor action for the final resolution of a problem complete sports.

"The sport technique: the dedication of study, mastery and improvement of sporting gestures.

3. DEFINITIONS OF MOTOR LEARNING

The process by which it acquires the ability to perform a series of coordinated movements in an automated fashion. In this relation with the maturation of central and peripheral nervous system and muscle tone capacity to carry out the movements

1 .- learn is a change

2 .- relatively permanent change

3 .- there are two branches:

-Biological: based on biological changes undergone by the subject due to its evolution, physical maturation.

-Psychological: as the environmental influences on learning

4 .- must be learned in a comprehensive manner, it is not acquiring a concrete gesture, but the augmented effectiveness against a particular situation.