

# Motor Behavior Study Guide for KIN 468

## 1. Classification of Motor Skills

- types of motor skills
- types of performance environments

## 2. Measurements Used in Motor Behavior Research

- types of reaction time, fractionated reaction time, response time, error scores, kinematic scores

## 3. Motor Control Theories

- Open versus Closed Loop systems
- Schmidt's Schema Theory
- Dynamic Systems Theory

## 4. Speed-Accuracy Tradeoff

- Fitts' Law

## 5. Action Preparation

- Hicks' Law
- Psychological Refractory Period
- Anticipation

## 6. Attention Models

- Bottleneck Filter Theories
- Kahneman's Model of Attention
- Wickens' Multiple Resource Theory of Attention
- Stroop Effect
- Cocktail Party Phenomenon
- Temporal versus Spatial Occlusion Techniques
- Visual Search Strategies

## 7. Memory

- Types of memory systems and their functions

## **8. Defining and Assessing Learning**

- Motor Learning Definition
- Retention Tests
- Transfer Tests
- Acquisition Trials
- Performance Curves and Plateaus

## **9. Stages of Learning**

- Fitts and Posner's Stages of Learning
- Adams' Model of Learning
- Gentile's Two-Stage Model of Learning

## **10. Augmented Feedback**

- Types of Feedback
- Knowledge of Results versus Knowledge of Performance

## **11. Practice Schedules**

- Practice Variability
- Contextual Interference Effect
- Theories supporting the Contextual Interference Effect
- Blocked versus Serial versus Random Schedules