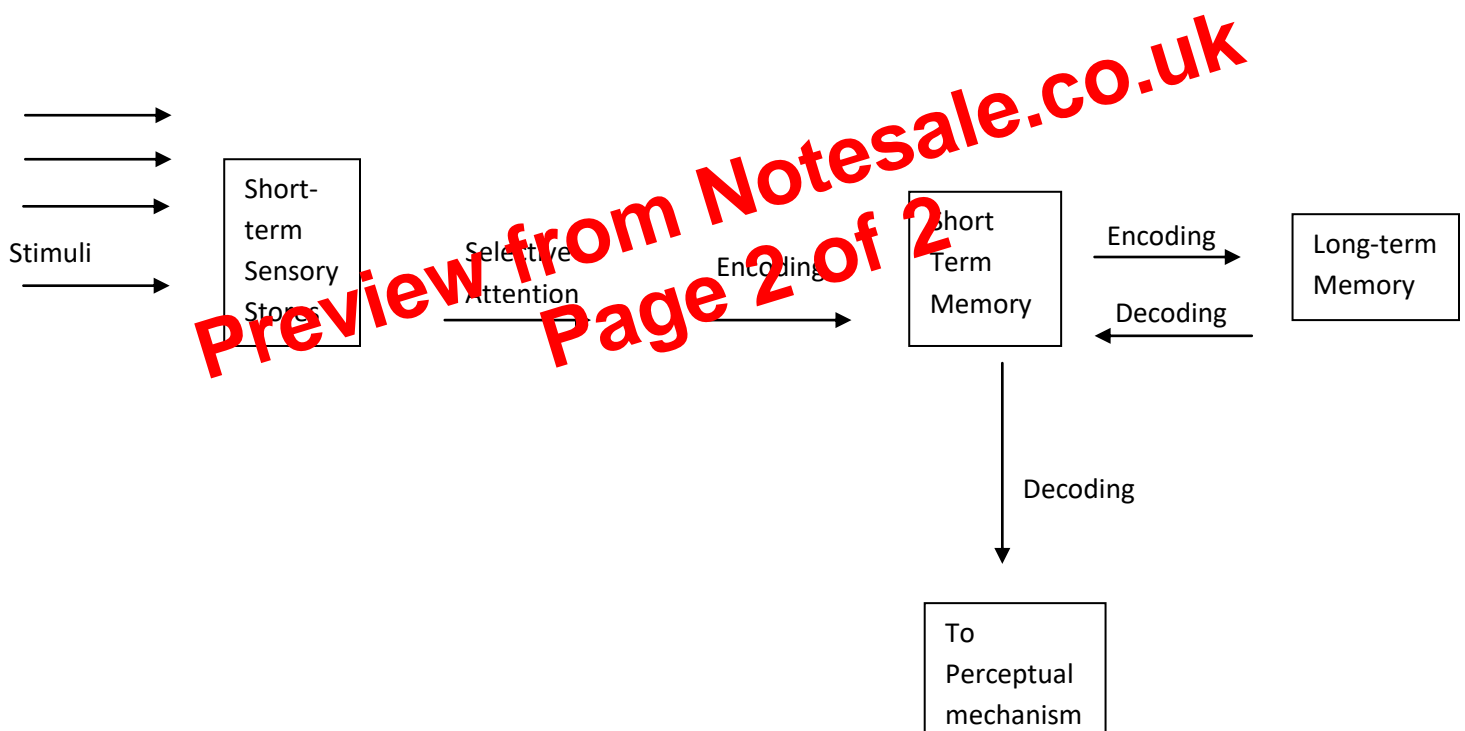


All information is stored in the memory for example which muscles to contract for a particular movement and so on. There are three stores of memory:

- ❖ **Short-term sensory stores (STSS):** This is the information gained from the senses and only lasts for about half a second. If the information is useful it will then be encoded and stored.
- ❖ **Short-term memory (STM):** Also called working memory relates to what we are thinking about at any given time. It is conscious memory and is created by us focusing on an external factor. Information is only kept for a maximum of 60 seconds unless it is rehearsed. This means coaching instructions should be brief and to the point.
- ❖ **Long-term memory (LTM):** All information that enters is either lost or entered in the LTM unit. It has unlimited capacity and to add information to it the information has to be rehearsed, meaningful, learnt quickly and over learnt. It stores past experiences and is used to compare them to more recent experiences.

Model Representing the memory processes



Reaction time is the time taken to make a decision. It is 'movement time + reaction time = response time'. It can be split up into two sections choice and simple reaction time. Choice is the time taken between the stimulus and the action which requires a choice whereas simple is the time taken to start a single response to a single stimulus.