

Learning and Performance

Operant conditioning is manipulating behaviour in order to produce the correct response. This relies on the connection between the SR bond. Methods are such as trial and error (learner can experiment with different ways of determining the objective). In order to create a link the coach can give positive reinforcement (reward the correct response with tangible or intangible rewards), negative reinforcement (gives an aversive action when the performer gives the wrong response so learner then gives the correct response), punishment (gives a punishment that tries to break the SR bond and reduces the response from occurring).



Adams closed loop theory is the idea that we have a memory trace which is able to select which motor programmes that we need in order to achieve the goal. Then the perceptual trace uses feedback to refine the movement and eliminate errors.

Schmidt's Schema Theory: This is made up of a recall schema that stores information about how to produce a movement and consists of the initial conditions (knowledge of the environment and limb positions) and response specification (the motor programme that needs to be selected and the movement objective). The recognition schema allows the performer to evaluate their performance and consists of sensory consequences (kinaesthetic feedback) and the response outcome (result of the movement compared to the objective).