

Motorisches Lernen, externer versus interner Aufmerksamkeitsfokus

Eine Reihe von Untersuchungen hat gezeigt, dass Instruktionen, welche die Aufmerksamkeit einer Person auf ihre eigenen Körperbewegungen lenken und damit einen sogenannten „internen“ Aufmerksamkeitsfokus induzieren, weniger effektiv sind. Dagegen führen Instruktionen, die die Aufmerksamkeit auf den geplanten Effekt der Bewegung auf die Umwelt richten und einen „externen“ Fokus hervorrufen, zu wesentlich besseren Ergebnissen. Ziel der Studie war es deswegen zu untersuchen, ob die Art der Instruktion einen Einfluss auf die Aneignungs- und Lernleistung bei Patienten nach einer Knie-Totalendoprothesen-Operation hat. Analysiert wurde jeweils die Knieextension beim Gehen. Bei der Instruktion für den externen Fokus sollte der Proband den Fokus auf zwei seitlich markierte, rote Streifen richten. Die Probanden mit dem internen Fokus bekamen die Instruktion das Knie maximal zu strecken. Auch wenn sich keine signifikanten Unterschiede zwischen den Gruppen ergaben, konnte durch die empirische Untersuchung nachgewiesen werden, dass der externe Fokus den gleichen und tendenziell sogar den besseren Einfluss auf die Aneignungsleistung und die Lernleistung hat als die Instruktion über den internen

Bettina Friedrich, Ausbildung zum Physiotherapeuten in Neustadt an der Weinstraße. Seit 2011 Teamleitung im Ambulatorium für Physiotherapie und Leitung der Medizinischen Trainingstherapie in der Klinik St. Katharinen, Düsseldorf, Schweiz. Im Sommer 2014 Abschluss als "MAs Sportsphysiotherapy" an der Universität in Salzburg.



978-3-639-80865-0



Bettina Friedrich

Motorisches Lernen, externer versus interner Aufmerksamkeitsfokus

Untersuchung der Beeinflussung auf den
Lernprozess bei Knie-Totalendoprothesen Patienten

 AkademikerVerlag

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