

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.



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Motorisches Lernen, externer versus interner Aufmerksamkeitsfokus

Untersuchung der Beeinflussung auf den Lernprozess bei Knie-Totalendoprothesen Patienten

 AkademikerVerlag

Motorisches Lernen Externer Interner Aufmerksamkeitsfokus

Thomas Schüler



Motorisches Lernen Externer Interner Aufmerksamkeitsfokus:

Reviewing **Motorisches Lernen Externer Interner Aufmerksamkeitsfokus**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Motorisches Lernen Externer Interner Aufmerksamkeitsfokus**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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