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**The Effect of Training in Two Motivational Environments on  
Performance and Learning Perceptual Motor Task**

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**Abstract :**  
The aim of this study was to determine the effect of exercise in two different motivational environments (low and high) on learning a perceptual motor task (basketball penalty shoot). Subjects were 37 healthy physical education male students (mean age 21.78 years) that were divided into two groups randomly. Group A (n=19) exercised in an environment with high arousal and motivational items while group B (n=18) exercised in an environment with low arousal and motivational items. They exercised for 6 weeks; 3 sessions per week with 15 trails in each session. Immediately at the end of the exercise course, acquisition test was carried out and after 10 days retention test was done. Fifteen trail basketball penalty shoots were used as the research tool. To

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analyze data, repeated measure ANOVA, paired T test and independent T test were used. Results : no significant difference was found between the two groups in acquisition and learning the task. It was also shown that both groups improved their performance significantly.

**Key Words:**

Exercise, Motivation, Arousal, Perceptual Motor Task.

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- 1 - Individual
  - 2 - Task
  - 3 - Environment
  - 4 - Adaptation
  - 5 - Arousal
  - 6 - Task Importance
  - 7 - Goal Setting
  - 8 - Spectators
  - 9 - Reward
  - 10 - Sage

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- 1 - Aroused
  - 2 - Guide
  - 3 - Internal Motivation
  - 4 - External Motivation
  - 5 - Landers

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1 - Buckelew and Hanny  
2 - Suay  
3 - Inverted U Hypothesis

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- 1 - Yerkes and Dadson
  - 2 - Drive Theory
  - 3 - Clark Hull
  - 4 - Zones of optimal Functioning
  - 5 - Hanin
  - 6 - Catastrophe
  - 7 - Fazy and Hardy
  - 8 - Reversal
  - 9 - Kerr
  - 10 - Shepperd
  - 11 - Collet

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1 - Task Importance, Goal Setting, Spectators Presence, Rewards, Competition, Motivational Feedback

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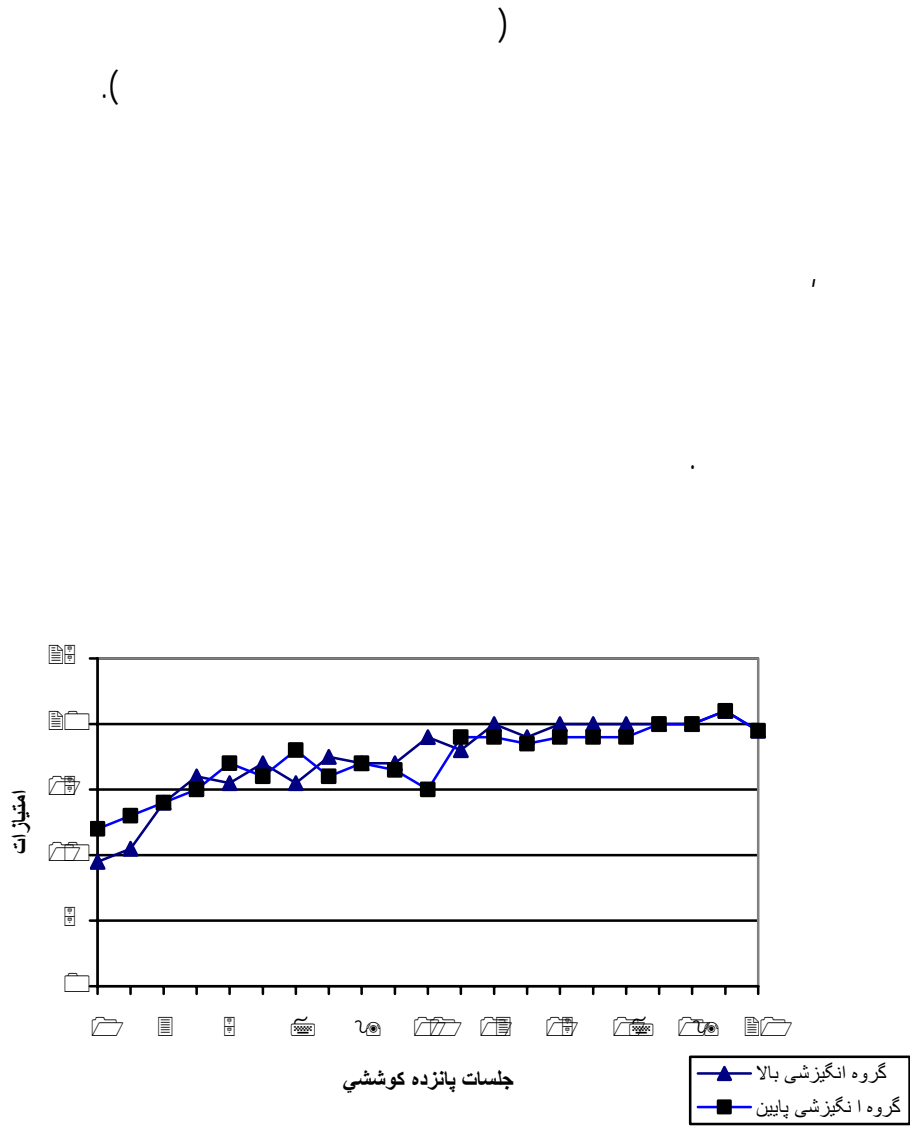
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- 1 - Test – Retest
  - 2 - Heart Rate Test
  - 3 - Sport Competition Anxiety Test



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1- Power Law Of Practice  
2- Snoddy

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- 1- Morris
  - 2- Collet
  - 3- Raglin
  - 4- Vaccaro
  - 5- Martin

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1- Meyers  
2- Demoja

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1- Ericsson, Krampe & Tesch-Romer  
2- Deliberate



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