

: -
/ / :
/ / :

-()

)

(

Email : moghadam46 @ Yahoo.com



Archive of SID

-
- 1 - Performer's Focus of Attention
 - 2 - Adopting and Internal Focus
 - 3 - Adopting an External Focus
 - 4 - Constrained Action Hypothesis

()

()

Archive of SID

(, , ,)

(,)

()

()

()

()

()

()

()

()

1 - James, Ideo Motor Hypothesis
2 - Hommels, Action Effect Hypothesis



()

()

Archive of SID

()

()

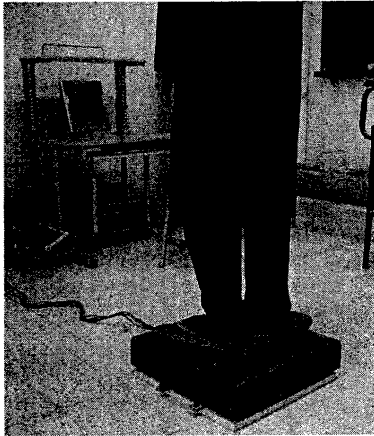
()

()

()

()

)



() * () (%)

SPSS

/

($F_{(/)} = /$, $P = /$)

<i>P</i>	<i>F</i>				
/	/	/		/	
—	—	/		/	

" ($F_{(/)} = /$, $P < /$)" " ($F_{(/)} = /$, $P < /$)"

(%)

($F_{(/)} = /$, $P < /$)

(t)

($P < /$)

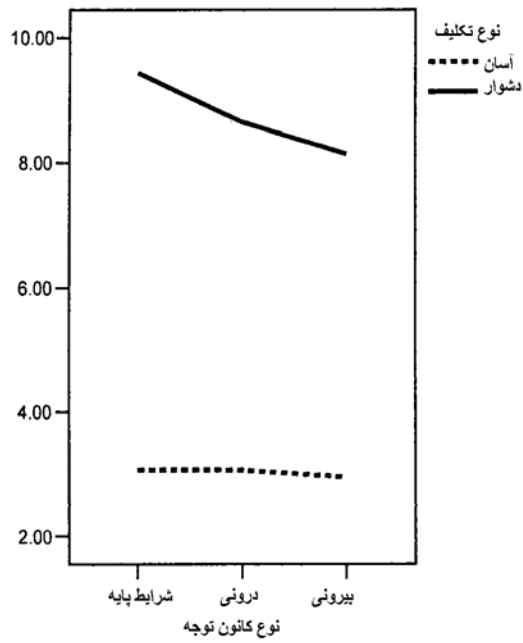
t

($P < /$)

()

()

/ (/)	/ (/)	
/ (/)	/ (/)	
/ (/)	/ (/)	



A



Archive of SID

()

()

()

()

Archive of SID



Archive of SID

()

(,)

(.)

()

(,)

(,)

()

(, ,)

(,)

()

()

()

()

()

"() .

"() .

3. Anderson, G., Hagman, J., Talianzadeh, R., Svedberg, A., & Larson, H.C. (2002). "Effect of cognitive load on postural control". *Brain Research Bulletin*, 58, (1), PP:135-139.

4. Beilock, S.L., Carr, T., MacMahon, C., & Starkes, J.L.(2002). "When paying attention becomes counterproductive: Impact of divided versus skill-focused attention on novice and experienced performance of sensorimotor skills". *Journal of Experimental Psychology Applied*, 8, (1), PP:6-16.

5. Ford, P., Hodges, N.J., & Williams, A.M. (2005). "Online attentional-focus manipulations in a soccer-dribbling task: Implications for the proceduralization of motor skills". *Journal of Motor Behavior*, 37,(5),PP:386-394.

6. Huxhold, O.,LI, S.C, Schmiedek, F., & Lindenberger, U. (2006). "Dual-tasking postural control : Aging and the effects of cognitive demand in conjunction with focus of attention". *Brain Research Bulletin*, 69, PP:294-305.

7. Landers, M., Wulf, G., Wallmann, H.,& Guadagnoli, M. (2005). "An external focus of attention attenuates Balance impairment in patients with Parkinsons disease". *Physiotherapy*, 91, PP:152-185.

8.Maddox, M.D., Wulf, G., & Wright, D.L.(1999). "The effect of an internal vs. external focus of attention on the learning of a tennis stroke". *Journal of Exercise psychology*, 21, P:878.

9. Marsh, A.P., & Geel, S.E. (20002). "The effect of age on the attentional demands of postural control". *Gait posture*, 12, PP:405-113.

10. Masters, R.S.W., Maxwell, J.P.(2004). "Implicit motor learning, reinvestment and movement disruption: What you don't know won't hurt you?In A.M. Williams & N.J. Hodes (Eds), *Skill acquisition in sport: Research, theory and practice* (PP:207-228). London:Routledge.

11.Maxwell, J.P.,& Masters, R.S.W.(2002). "External versus internal focus instructions: Is the learner paying attention?" *International Journal of Applied Sports Sciences* , 14 , (2), PP:70-88.

12. Maxwell , J.P., Masters, R.S.W., & Ewea, F.F.(2003). "The role of working memory in motor learning and performance". *Consciousness and Cognition*, 12, PP:376-402.

13.McNevin, N.H.,Shea, C.H.,& Wulf, G.(2003). "Increasing the distance of an external focus of attention enhances learning". *Psychological Research*, 67, PP:22-29.

14. McNevin, N.H.& Wulf, G.(2002). "Attentional focus on supra-postural effects postural control". *Human Movement Science*, 21, PP:187-202.

15. Passmore,S.(2003). "The effect of mental load on focus of attention". *Journal of Sport and Exercise psychology*.June, NASPSPA, Congress Abstracts. S 107.

16.Perkins-Ceccato, N.,Passmore, S.R.,& Lea, T.D.(2003). "Effects of focus of attention depend on golfers, Skill". *Journal of Sports Sciences*, 21, PP:593-600.

-
-
17. Poolton, J.M., Maxwell, J.P., Masters, R.S.W., & Raab, M.(2006). *Benefits of an external focus of attention: Common coding or conscious processing?* *Journal of Sport Sciences*, 24,(1), PP:89-99.
18. Redfern.M.S., Jennings,J.R., Martin, C.,& Furman, S.M.(2001). *“Attention influences sensory integration for postural control in older adults”*. *Gait and posture*, 14, PP: 211-216.
19. Riley, M.A.,Baker, A.A., & Schmit, J.M.(2003). *“Inverse relation between postural variability and difficulty of a concurrent short-term memory task”*. *Brain Research Bulletin*, 62, PP:191-195.
20. Shea, C.H. & Wulf, G.(1999). *“Enhancing motor learning through external-focus instructions and feedback”*. *Journal of human movement science*. 18, PP:553-571.
21. Shea.C.H. & Wulf.G. (2001). *“Surfing the implicit wave”*. *The Quarterly Journal of Experimental Psychology*, 54 A (3), PP:841-862.
22. Töllner, T., Wulf.G., & shea.,C.(2004). *“Attentional focus effects as a function of task complexity”*. (Submitted for publication).
23. Totsika, V., & Wulf.G.(2003). *“An external focus of attention enhances transfer to novel situations and skills”*. *Research Quarterly for exercise and Sport*, 74, PP: 220-225.
24. Vance, J.,Wulf, G.,Tollner, T.,McNevin, N.,& Mercer, J.(2004). *“EMG Activity as a function of the performer, S, focus of attention”*. *Journal of motor Behavior*, 36, PP:450-459.
25. Vuillerme, N.,& Nougier, V.(2004). *“Attentional demand for regulating postural sway: The effect of expertise in gymnastics”*. *Brain Research Bulletin*, 63,PP:161-165.
26. Wulf,G.,Höb, M., & Prinz, W.(1998). *“Instructions for motor learning: Differential effects of internal versus external focus of attention”*. *Journal of motor Behavior*, 30, PP:169-179.
27. Wulf, G., Landers, M.,Mercer, J.,Töllner, T., & Guadagnoli,M.(2004). *“Attentional focus effects on motor performance as a function of level of expertise”*. Paper presented at the Annual Meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Vancouver, CA.
28. Wulf, G.,Lauterbach, B.,& Toole, T.(1999). *“Learning advantages of an external focus of attention in golf”*. *Research Quarterly for Exercise and Sport*, 70, PP:120-126.
29. Wulf, G.,McConnel, N.,Gärtner, M.,& Schwarz, A.(2002). *“Feedback and attentional focus: Enhancing the learning of sport skills through external-focus feedback”*. *Journal of Motor Behavior*, 34,PP:171-182.

30. Wulf, G., McNevin, N.H. (2003). "Simply distracting learners is not enough: More evidence for the learning benefits of an external focus of attention". *European Journal of Sport Science*, 3(5).

31. Wulf, G., McNevin, N.H., Fuchs, T., Ritter, F., & Toole, T. (2000). "Attentional focus in complex motor skill learning". *Research Quarterly Exercise and Sport*, 71, PP:229-239.

32. Wulf, G., McNevin, N.H., & Shea, C.H. (2001_A). "The automaticity of complex motor skill learning as a function of attentional focus". *Quarterly Journal of Experimental Psychology*, 57A, PP:1143-1154.

33. Wulf, G., Mercer, J., McNevin, N., & Guadagnoli, M.A. (2004). "Reciprocal influences of attentional focus on postural and suprapostural task performance". *Journal of Motor Behavior*, 36, PP:189-199.

34. Wulf, G., & Prinz, W. (2001). "Directing attention to movement effects enhances learning: A review". *Psychonomic Bulletin & Review*, 8, PP:648-660.

35. Wulf, G., & Shea, C.H. (2002). "Principles derived from the study of simple skills do not generalize to complex skill learning". *Psychonomic Bulletin & Review*, 9, PP:185-211.

36. Wulf, G., Shea, C.H., & Park, J.H. (2001_B). "Attentioning motor learning: Preferences for and advantages of an external focus". *Research Quarterly for Exercise and Sport*, 72, PP:335-344.

37. Wulf, G., Wächter, S., & Wortmann, S. (2003_A). "Attentional focus in motor skill learning: Do females benefit from an external focus?" *Women in Sport and Physical Journal*, 12, PP:37-52.

38. Wulf, G., Weigelt, M., Poulter, D.R., & McNevin, N. (2003_B). "Attentional focus on supra-postural tasks affects postural balance learning". *Quarterly Journal of Experimental Psychology*, 56, PP:1191-1211.

39. Zachry, T., Wulf, G., Mercer, J., & Bezodis, N. (2005). "Increased movement accuracy and reduced EMG activity as the result of adopting an external focus of attention". *Brain Research Bulletin*, 67, PP:307-309.