

Archive of SID

∴  
/ / ∴  
/ / ∴

± /

( \*\* )

( , )

---

**Email : ha2004mo@yahoo.com**  
2- Warm – up Decrement  
3- Activity – set Hypothesis



( ) ( ) (WUD)

( )

( )

( )

( )

( )

( )

( )

- 
- 1- Warm – up Decrement
  - 2- Schmidt
  - 3- Conditioned Inhibition
  - 4- Eysenck
  - 5- Activation
  - 6- Set Hypothesis

---

( ) - - ( )

- , ( )

-

( ) ( )

( ) ( )

-

---

1- Activation



( )

( )

( )

( )

( )

( )

( )

( )

( )

( )

- 
- 1- Murray
  - 2- Anshel
  - 3- Ainscoe & Hardy
  - 4- Ego-Involved Model

---

Archive of SID



)

( ± /

OMRON

(VMIQ)

(VVIQ)

VMIQ

VVIQ

VMIQ VVIQ

Archive of SID



Archive of SID



Archive of SID

$$F(\dots) = \dots / \dots$$

$$(P = / \dots F(\dots) = \dots / \dots), (P = / \dots)$$



(M(5 Min) = / M(2 min) = / )  
 (M(5 Min) = / M(2 min) = / )  
 (M(5 Min) = / M(2 min) = / )  
 (P= / F( )= / )  
 F( ) = / ) (P= / F( )= / )  
 (P = /  
 / M(2 min) = / ) (M(5 Min) = / M(2 min) = / )  
 M(2 min) = / ) (M(5 Min) =  
 (M(5 Min) = /  
 F( )= / )  
 )= / ) (P= / F( )= / ) (P= /  
 (P= / F(  
 / M(2 min) = / ) (M(5 Min) = / M(2 min) = / )  
 M(2min) = / ) (M(5 Min) =  
 (M(5 Min) = /  
 F( )= / )  
 )= / ) (P= / F( )= / ) (P= /

---

(P= / F(

/ )

M(5 = / M(2 min) = / ) (M(5 Min) = / M(2 min) =  
= / M(2min) = / ) (Min)  
(M(5 Min)

F( )= / )

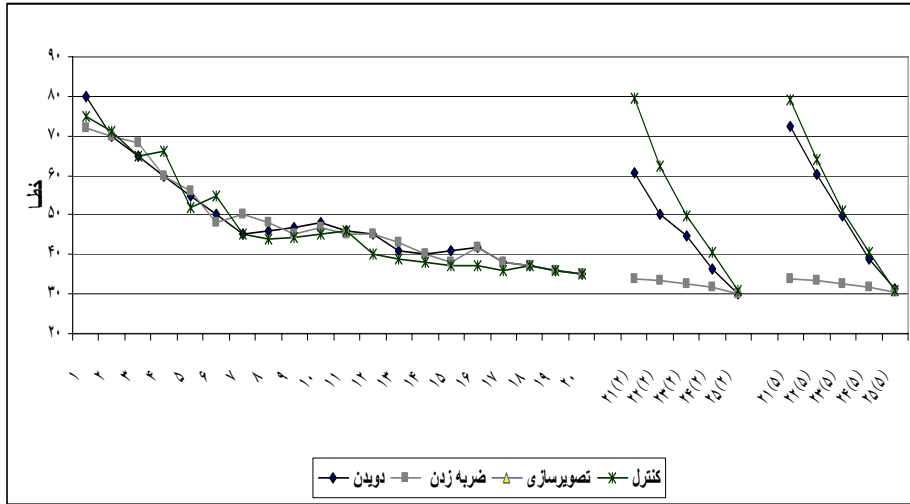
F( )= / ) (P= / F( )= / ) (P= /  
(P= /

= / ) (M(5 Min)= / M(2 min)= / )  
(M(5 Min) = / M(2min)= / ) (M(5 Min)= / M(2 min)

Archive of SID



( ) .



Archive



Archive of SID

( ) ( )  
( ) ( )  
( )  
( ) ( ) ( )

---

1- Goss

1. Adams, J.A (1961). "The second faced of forgetting": A review of warm-up decrement *Psychological Bulletin*, 58, PP:257-273.
2. Ainscoe, M., & Hardy, L. (1987). "Cognitive warm-up in a cyclical gymnastics skill". *International Journal of Sport Psychology*, 18, PP:269-275.
3. Anshel, M.H.(1985). "The effect of arousal on warm-up decrement". *Research Quarterly for Exercise and Sport*, 56, PP:1-9.
4. Anshel, M.H.(1991). "A field test examining the activity-set hypothesis for warm-up decrement". *The Australian Journal of Sport and Medicine in Sport*, 23(2), PP:47-52.
5. Anshel, M.H.(1993). "Effects of modeling and observer's ego involvement on warm-up decrement". *Journal of Sport Science*, 11(5), PP:463-472.

- 
6. Anshel, M.H.(1995). "Examining warm-up decrement as a function of interpolated open and closed motor task: Implications for practice strategies". *Journal of Sports Science*, 13(3), PP:247-256.
  7. Anshel, M.H., & Wrisberg, C.A.(1988). "The effect of arousal and focused attention on warm-up decrement". *Journal of Sport Behavior*, 11, PP:18-31.
  8. Anshel, M.H., & Wrisberg, C.A.(1993). "Reducing in warm-up decrement in the performance of the tennis serve". *Journal of Sport and Exercise Psychology*, 15, PP:290-303.
  9. Astrand, P.O. (1986). "Textbook of work physiology (3<sup>rd</sup> Ed)". New York: McGraw-Hill.
  10. Catalano, J.F.(1986). "Arousal as a factor in reminiscence". *Perceptual and motor Skills*, 24, PP:1171-1180.
  11. Eysenck, L.J. (1956). "Warm-up" in pursuit rotor learning as a function of the extinction of coordinated inhibition". *Acta Psychologica*, 12, PP:376-270.
  12. Goss.S., Hall, C.,Buckolz, E., & Fishburne, G.(1986). "Imagery ability and the acquisition and retention of motor skills". *Memory and Cognition*, 14, PP:469-499.
  13. Harris, D.V.,& Harris, B.L. (1984). "The athletes guide to sport psychology: Mental skills for physical people". Champaign, IL:Human Kinetics.
  14. Murray, J.F.(1980). "The activity-set hypothesis for warm-up decrement in a movement balance task". *Journal of Motor Behavior*, 12(4), PP:262-269.
  15. Nacson, J.,& Schmidt, R.A.(1971). "The activity-set hypothesis for warm-up decrement". *Journal of Motor Behavior*, 3, PP:1-15.
  16. Schmidt, R.A.(1982). "Motor control and learning". Champaign, IL: Human Kinetics.
  17. Schmidt, R.A., & Wrisberg, C.A.(1971). "The activity-set hypothesis for warm-up decrement in a movement speed task". *Journal of Motor Behavior*, 3, PP: 318-325.
  18. Wrisberg, C.A.,& Anshel, M.H.(1993). "A field test of the activity-set hypothesis for warm-up decrement in an open skill". *Research Quarterly for Exercise and Sport*, 64, PP:39-45.
  19. Wrisberg, C.A., & Anshel, M.H.(1997). "The use of positively-worded performance reminders to reduce warm-up decrement in the field hockey penalty shot". *Journal of Applied Sport Psychology*, 9, PP:229-240.