

AN EXPERIENCE OF MINIBASKET METHODOLOGY FOR THE IMPROVEMENT OF MOTOR LEARNING

Abstract

Motor learning scans the whole of life: you start learning soon after birth and continues until old age. The ability to acquire new gestures is defined learning capacity and motor can be measured either by measuring the time it takes to properly seize the motor action, both through the quality of movement learned, which is expressed in the degree of efficiency and precision. Adams defines it as the occurrence of a relatively permanent change in performance or in the potential of behavior achieved through direct experience or observation of others. Observing an individual who learn a new motor gesture can be seen as the goal is not reached since the first attempts, as the executions are coarse or incorrect. This can be explained on the basis of the principle that the individual does not yet have a scheme that will allow him to adequately utilize the motor program necessary. Schmidt identifies the number of times a key element in order to form and strengthen the scheme of action.

Key words: *motor learning, sensitive periods, activity, training concentrated and distributed*
