The Power of Control: The Past, Present, and Future of Self-Controlled Motor Learning

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Abstract: Learning is commonly considered a “two-way street” between the learner and instructor. However, until recently motor learning has been studied using a “one-way” approach in which the experimenter or instructor shaped the practice environment. A number of motor learning studies have shown the effectiveness of paradigms where learners are able to control various aspects of their learning environment. Studies on augmented feedback (Janelle, Kim, & Singer, 1995), practice schedules (Wu & Magill, 2011), observational learning (Wulf, Raupach, & Pfeiffer, 2005), and physical assistance devices (Wulf & Toole, 1999) have demonstrated enhanced learning effects when individuals are provided control within their practice environment. This lecture will discuss significant findings within the self-controlled literature, directions for future research, and avenues for application.

Monday, March 19th at 3 p.m.
Morris Library Auditorium

Refreshments served following the lecture
Open to the Public