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Proceedings

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THE ROLE OF RELATIVE MOTION INFORMATION DURING OBSERVATIONAL LEARNING IN SPORTS

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Purpose

The purpose of present study was to investigate the relative effects of observing video, stick-figure and point-light model demonstrations on performing a Baseball pitch.

Methods

41 novice adults performed 5 familiarization trials, three blocks of 10 training trials with three times of model demonstrations prior to each block, and two retention tests of 5 trials in 10 min and one week later. Kinematic pattern and time of global movement and movement phases were measured as dependent variables.

Results

Results revealed no significant differences between demonstration groups and control group. Analysis of movement phases showed a significant improvement in stride phase from pretest to acquisition blocks in all variables.

Conclusions

Results are discussed in terms of theoretical and methodological aspects.

Key words: Observation, model demonstration, Baseball pitch