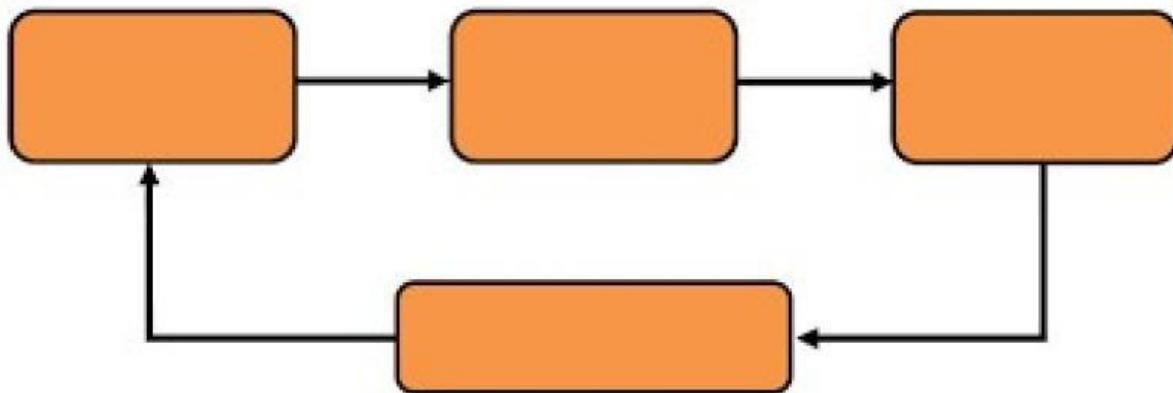


#### 8.4 Information Processing Model

Identify each section



|  |   |
|--|---|
|  | <p>Information is analysed so the performer can choose the most appropriate response.</p> <p>Information is stored in the short-term memory at first and then the long-term memory is rehearsed over time.</p> <p>Experienced performers have more relevant information stored and can make faster and better decisions</p> |
|  | <p>Information received about the outcome of the decision (whether it was good or bad)</p> <p>This knowledge can be stored in the memory and used to make future decisions</p> <p>Feedback can be intrinsic (from the feel of the movement) or extrinsic (from the crowd, coach, teammates and seeing the outcome)</p>      |
|  | <p>information received via the senses (sight, sound, touch) and from previous experiences upper format needs to select the most relevant information to act upon.</p>  |
|  | <p>The decision is made and then acted upon the brain sends information to the muscles, the muscles contract and the action is performed</p>  |

### Conversion Kick in Rugby

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|---|--|
| From past experience he decides to kick the ball slightly left of the near post. The action has been rehearsed many times | He kicked the ball straight through the posts he received intrinsic feedback on how the movement felt and the flight of the ball |
| He positions himself to kick the ball   | A rugby player uses selective attention to block out the crowd he focuses on the angle of the kick and the wind speed            |

### KO punch in boxing

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|---|---|
| He moves into position ready to throw a right-hand punch. He successfully knocked out his opponent. | He received intrinsic feedback on how the movement felt and the position of himself and his opponent                  |
| A boxer sees that his opponent has his guard down   | From past experience in the long-term memory he decides what position to get into and when and how to throw the punch |

|  |   |
|--|---|
|  | <p>'Our brains can only process a certain amount of information at once too much information results in <b>overload</b>'</p> <p>Noise from the crowd, instructions from a coach and teammates, cameras flashing and a variety of visual cues can make it hard to focus on the important information</p> |
|  | <p>The theory that the brain can only process one piece of information at a time. Until one stimulus had been dealt with and a decision made, another cannot be acted upon</p>  |
|  | <p>The theory that the brain has several channels each dedicated to a different task.</p> <p>Visual information may be processed through one channel and verbal (e.g. instructions) through another.</p>  |