

Simple Information Processing Model

The Four Stages

Input	Decision making
Feedback	Output

Word bank

Information is received via the senses	The information is analysed and a decision is made
Information is received about the outcome ('how successful was I?')	The decision is made and acted upon:
If the situation has been experienced many times before, the performer will have information in their long-term memory (LTM), which will help them to make their decision.	A great deal of information is received so the performer must 'select' the most important information to focus on
The brain sends information to the muscles	This knowledge will be stored in the short-term memory (STM) at first but will be moved to the LTM if the skill is practiced many times.
The muscles contract creating movement and the skill is performed.	This will help the performer to improve their decision-making next time.