

Basic information processing



UNTAMED
EDUCATION

3.2.1 Sports psychology

Decision Making

Input

Output

Feedback

Basic information processing

Short-term Memory

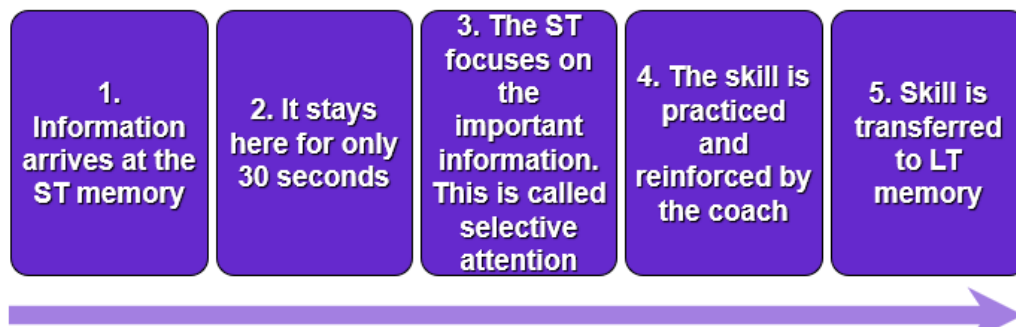
Selective attention

Long-term Memory

Basic Information Processing

1. Information processing

- ▶ The brain is split into the _____ (LT) and _____ (ST) and they are in constant communication with each other.
- ▶ They **work together** to learn and repeat skills in the following way.



- ▶ When the brain receives similar information it _____ **the long term memory** for the skill movement.

2. Learning

- ▶ _____ is done in our **brain**! So it is important to understand how it does this best.
- ▶ The **Information Processing Model** briefly describes how information is _____, _____ and _____ **upon** and then _____.

