

運動学習研究の課題
— 運動学習理論の変遷と理論モデルの考え方 —

愛知教育大学 筒井 清次郎

**An Issue in Motor Learning Studies :
Changes in Motor Learning Theories and an Idea of Theoretical Model**

Seijiro Tsutsui Aichi University of Education

Abstract

Changes of motor learning theories and hypotheses, which were classical learning theories, schema theory, practice variability hypothesis, contextual interference effect, and coordination learning, were reviewed and motor learning studies were classified into three stages after an unsatisfactory feeling with motor learning theories was suggested. Three stages of motor learning were parameter learning, in which learners only need to acquire a set of most suitable parameters adjusted into already acquired motor program, program learning, in which learners have to acquire a new motor program in order to perform a task, and coordination learning, in which learners have to acquire both decreases of variability in parameters and compensatory relationship between the parameters. Further, the necessity to examine adaptive control process in motor learning was suggested. Finally the meaning that human beings acquire new motor skills was described from their desire for optimal complication according to author's private perspective, in which both intellectual curiosity and perceived competence were regarded as important.

Key words : motor learning, parameter learning, program learning, coordination learning, adaptive control.