

## 運動競技場面における展望的記憶の特徴

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### Characteristics of Prospective Memory in Athletic Sports

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#### Abstract

The purposes of this study were to investigate characteristics of prospective memory in athletic sports, and to propose effective ways to teach prospective memory. Five hundred eighty-five college athletes (398 males and 187 females) answered a question, which included 6 items (“time-/event-based intentions”, “self-/other-generated intentions”, “strategies of memorization”, “timing of encoding”, “the extent of delay interval”, and “encoding place”) for successful prospective memory, and 8 items (in addition to the items mentioned above, “time when a subject noticed the failure” and “reasons of the failure”) for unsuccessful memory. Each item was analyzed in regard with successful and unsuccessful prospective memories, and types of athletic sports. Main results were as follows; 1) the shorter the delayed interval, the more easily prospective memory was remembered, 2) athletic sports were functionally categorized into 3 types (time-based sports, event-based sports, and time and event-based sports), 3) the self-generated intentions led to the better remembering. These results revealed a few strategic considerations for sport educators.

**Key words:** prospective memory, athletic sports, time-based task, event-based task, time and event-based task