

The Effects of Three Levels of Contextual Inference among adult Athletes

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Abstract : Considering the critical role permanence has on predictions related to the contextual interference effect on laboratory and field research, this study sought to determine whether the paradigm of the effect depends on the complexity of the skill during the acquisition and transfer phases. The purpose of the present study was to investigate the effects of contextual interference CI by extending previous laboratory and field research with adult athletes through the acquisition and transfer phases. Male (n=60) athletes age 18-22 years-old, were chosen randomly from Eastern Province Clubs. They were assigned to complete blocked, random, or serial practices. Analysis of variance with repeated measures MANOVA indicated that, the results did not support the notion of CI. There were no significant differences in acquisition phase between blocked, serial and random practice groups. During the transfer phase, there were no major differences between the practice groups. Apparently, due to the task complexity, participants were probably confused and not able to use the advantages of contextual interference. This is another contradictory result to contextual interference effects in acquisition and transfer phases in sport settings. One major factor that can influence the effect of contextual interference is task characteristics as the nature of level of difficulty in sport-related skill.

Keywords : contextual interference, acquisition, transfer, task difficulty

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