

Abstracts:

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Title of the bachelor thesis: Stimulation of coordination with respect to ideomotor training

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Thesis Objective:

The aim of this thesis is to determine whether it is possible to combine ideomotor training and coordination stimulation in sports training. In terms of motor learning, we usually stimulate coordination in the first and second phases, while ideomotor training is usually used only in the third and fourth phases, when there is an opportunity to use abstract thinking.

This paper will describe the phases of motor learning, the scope of motor learning, factors in motor learning, motor learning and brain function, the structure of coordination skills, principles for developing coordination, diagnosis of coordination skills, sensory periods for coordination development and ideomotor training, imagery, types of ideomotor training, and measurement of muscle activity in ideomotor training. In the results we will clarify under which conditions we can connect coordination and motor learning and ideomotor training with coordination.

Methods:

Based on keywords: motor learning, coordination skills, coordination stimulation, motor learning coordination, ideomotor training, use of ideomotor training, use of coordination in sports training, imagery, coordination stimulation using ideomotor training, fitness training, fitness skills, sports training, use of imagery in sports, measurement of muscle activity, brain function and motor learning, coordination and ideomotor training, motor learning and coordination stimulation.

We will develop our work by searching and analysing specialist texts from internet or book sources. First we will focus on Czech sources and then on foreign ones. We will search for sources mainly on PubMed and Google Scholar.

Conclusion:

Based on research, we found that ideomotor training can be used in certain cases to train coordination, thanks to the use of mental imagery that helps us to connect the mind with the physical body.

Keywords:

Motor learning, coordination skills, coordination stimulation, motor learning coordination, ideomotor training, use of ideomotor training, use of coordination in sports training, imagery, coordination stimulation using ideomotor training, fitness training, fitness skills, sports training, use of imagery in sports, measurement of muscle activity, brain function and motor learning, coordination and ideomotor training, motor learning and coordination stimulation.