

NASPSPA Motor Learning, Development & Control Online Research Seminar Series

The seminar series supports the Society's mission to advance scientific study, improve research quality and facilitate research information dissemination in the areas of motor learning, development and control.

Post-Seminar Report

Translating Motor Learning Science into Effective Sport Skill Development
with Mark Williams, Nicola Hodges, and Vitor Profeta
December 6, 2021

Seminar Overview

Seminar focused on research applications for coaching and skill acquisition.

Three expert talks followed by audience Q/A will extend current motor behavior theory and evidence to the optimization of sport performance. The translation of recent scientific advances in skill acquisition, practice design and talent development into contemporary coaching practice will be overviewed along with the barriers that researchers face in establishing relevance and adoption of their scientific findings with coaches.

Seminar Participation

Seminar Registrations	Seminar Attendees
<hr/>	<hr/>
151	63

Attendee Country & Membership Profile

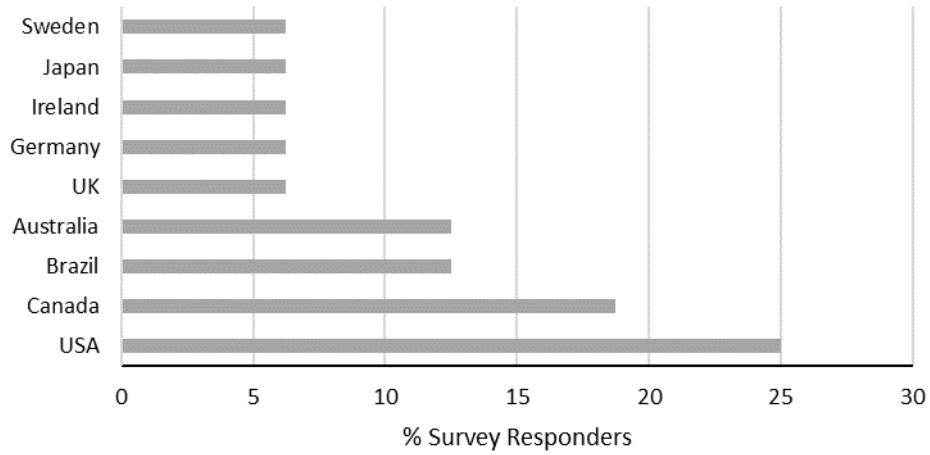
Country	NASPSPA Members	Non-Members
USA	17	9
Canada	7	7
UK	1	4
Australia	1	3
Germany	4	0
Brazil	2	1
Japan	2	0
Ireland	1	0
Israel	0	1
Hong Kong	1	0
Sweden	0	1
Netherlands	0	1
Total	36	27
%	57.14	42.86

Seminar Feedback Survey Results

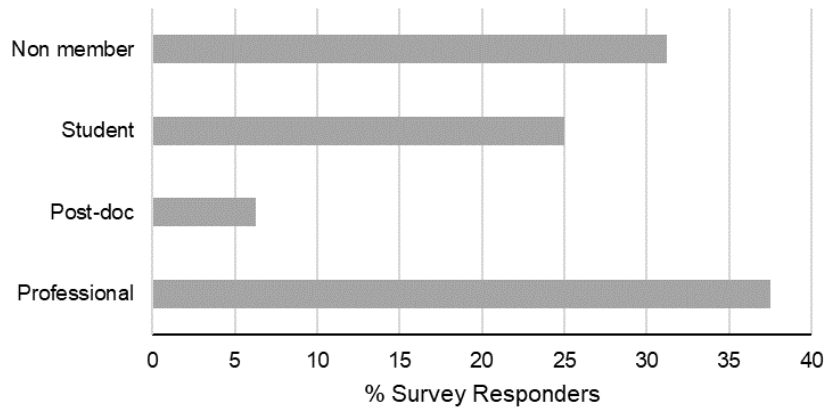
Survey Responses: **16**

Responder Profile

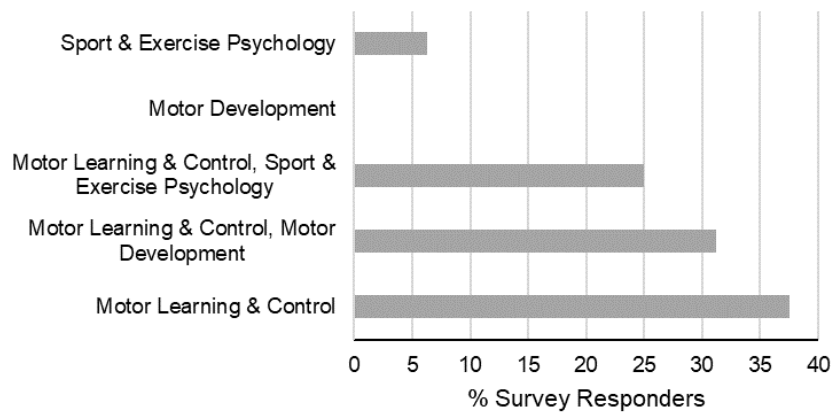
Country



NASPSPA Membership

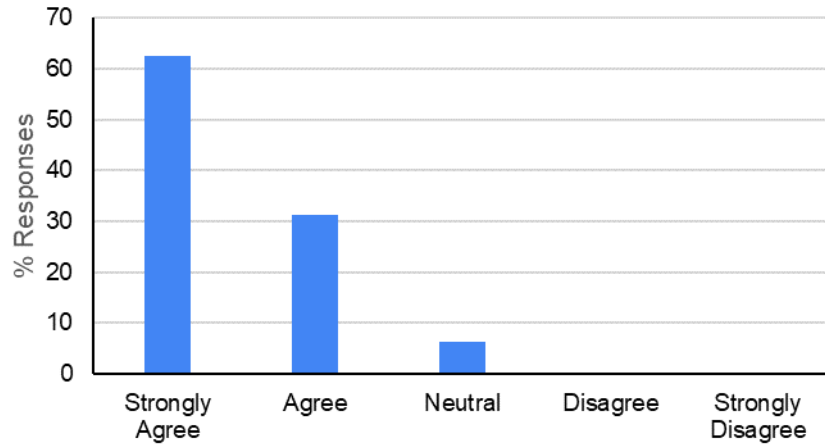


Interest Area(s)

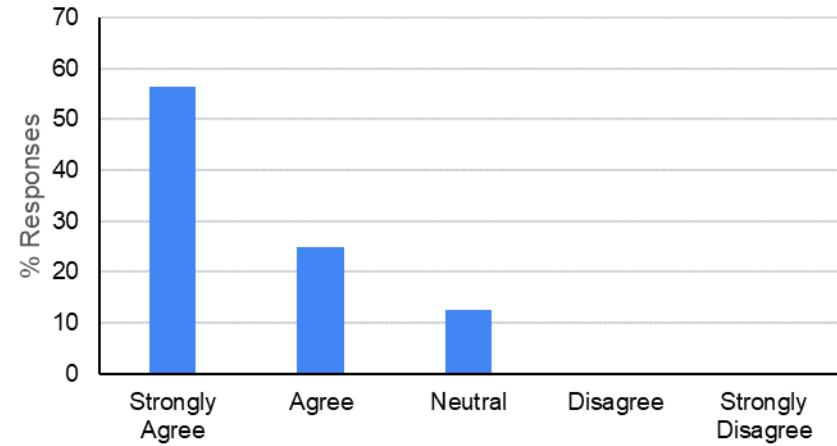


Seminar Feedback

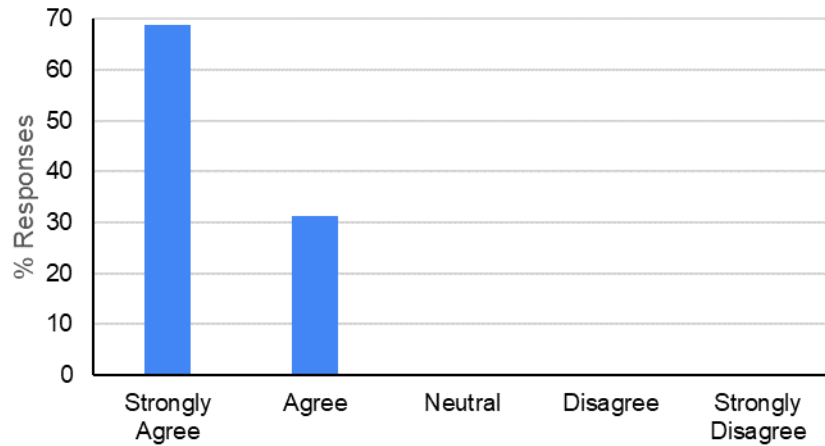
The seminar was informative



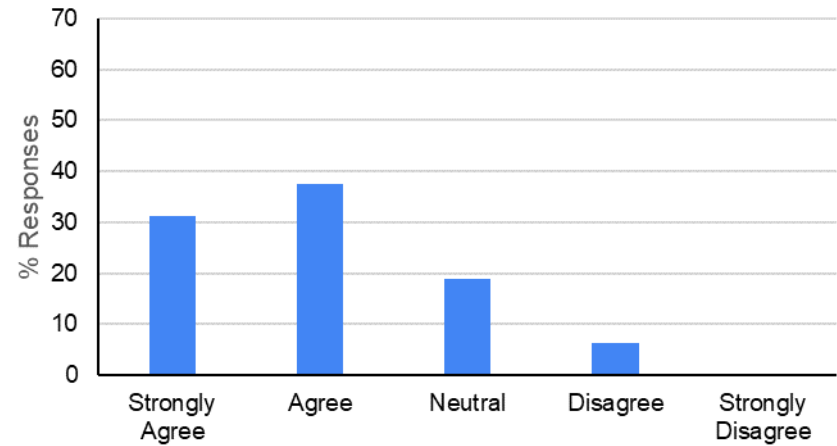
The seminar was well organized



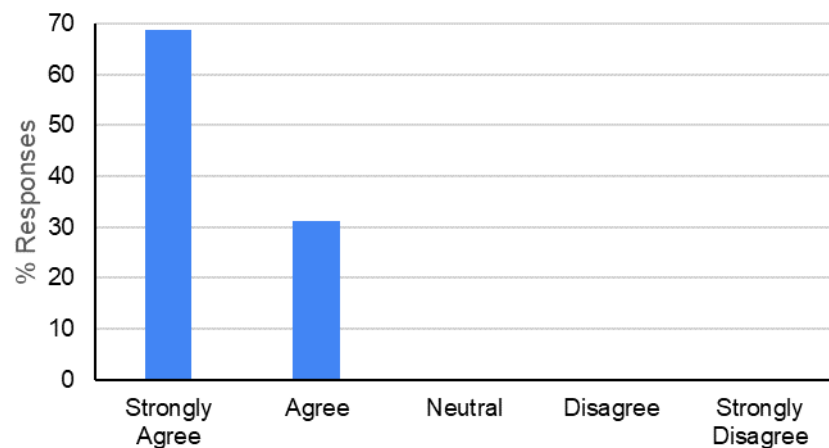
The presenters were knowledgeable about the topics.



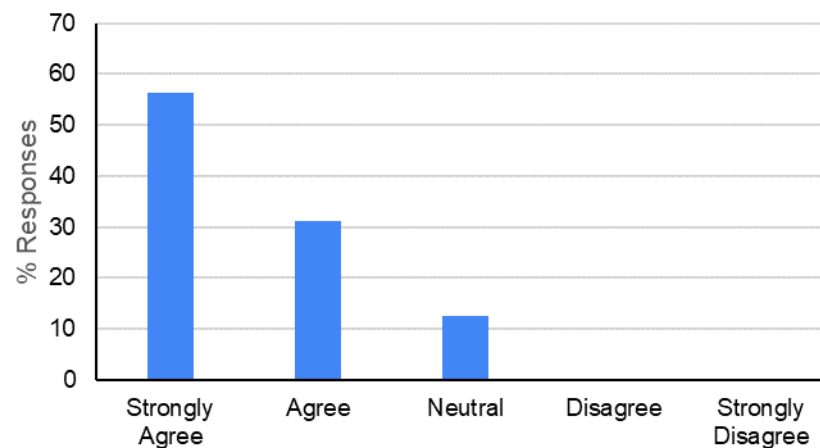
The seminar provided practical information that I will implement in my own research or professional practice.



I would attend a future online seminar in the NASPSPA Motor Learning, Development & Control Seminar Series.



I would recommend a future NASPSPA online seminar to a colleague, fellow student, or co-worker.



Written Responses

What were the strengths of this seminar?

The findings were practical.

High-quality speakers

Topics and presenters

Robust empirical evidence

Being able to listen to the valuable ideas of world class researchers.

Expertise of presenters

Compact information with direct practical implications.

The quality of the speeches.

Great in-depth/dynamic theoretical and applied considerations of motor learning across sporting disciplines insofar as potential research areas to be covered going forwards.

Fully knowledgeable presenters who understood our desire for discussion of practice

Engaging topics, mix of speakers, Q&A

High knowledge level on various topics. Nikki Hodges discussion on challenge point was very interesting and we could dive more into that topic.

Each speaker had a unique presentation. It did not feel like content was repetitive, but rather all talks were complementary

Are there any ways the seminar could be improved?

Have no idea.

The panel followed by Q&A works, but would encourage other formats to be considered.

Better sound

I would like to know how knowledge translation should happen in sport psychology.

Audio of some presenters often dropped out

I could not see the identity of other attendees. It might be useful to have a chat option with peers. Maybe it would be possible to have an aftertalk room to share and discuss ideas.

no

Just keep pushing the "evidence & theory TO PRACTICE "

Nothing springs to mind

It seemed like a disconnect among the presenters. The first presenter went heavily into research which could easily be over the lay person's head. We need to build better bridges between researchers and practitioners and become more "Pracademic" in nature. It was too difficult to take notes- could an outline be provided in advance? Or was there a follow-up with the slides? If so, I missed it.

Any other comments about this seminar or the ML&C Online Research Seminar Series?

Thanks very much for all your works!

No, Thanks

I have enjoyed attending these seminars throughout the year, helps stay in touch with the field.

Looking forward to the next one

My second comment is a suggestion for a future topic, which is related to the replication issue. When I speak to coaches and athletes, I see a hunger for a competitive advantage that often results in grasping at any technique that shows even just the slightest indication of relevance. They generally do not consider issues related to the total weight of evidence that may actually recommend against adopting an approach (or at least waiting to see the results of further studies). The problem I see for us is that reviewers and editors sometimes ask authors to discuss practical applications in a discussion section even when there is not really enough evidence to do so in a thoughtful way. So, we speculate about how a finding might be helpful. Doing so on the basis of limited evidence (sometimes just the current study), however, is problematic because it can lead to over-generalization and misapplication of findings. We don't talk about this much, but I think we should. It has always amazed me that we sometimes talk about ""principles"" that are based on a very small number of studies."

It would be nice to hear on current hot topics, new perspectives due to COVID, people at different levels of their career, how to get research in MLC funded (that would be an awesome seminar!), etc.

Thanks for coordinating the seminar series. I have found great value and motivation listening to them. Keep it up!

Very interesting.

Let us know any topics you would like covered in a future online seminar.

Adaptation (visuomotor and force field)

Self determination and resilience

Group dynamics

Past and Future of Motor Learning Research.

Motor adaptation in complex motor timing tasks.

Assessing skill - building on a comment from Professor Hodges (what are your metrics), I think that one of the areas where the discipline of (applied) motor learning is perhaps weak, perhaps just more cogniscent of issues around transfer,

Practical application of these principles and interacting more with practioners. The USCCE recently held one on Skill Acquisition with Andy Driska and there could be some synergy there.