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1-1-4

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2-1-4

(5)

3-1-4

| | | | | | | | |
|-----|----------|-------------|-------|-------|-------|-------|--|
| | () * | () | | | | | |
| | 2.09 | 9.763 | 0.358 | 1.790 | 0.373 | 0.855 | |
| | | 4.644 | 0.511 | 1.415 | 0.400 | 0.970 | |
| .05 | | 19 = (1-20) | | | * | | |

4-1-4

2 - 4

(5)

()

(0.855)

(0.373)

(6)

| | | | | | |
|--|----------|-------|-------|-------|--|
| | () * | () | | | |
| | 2.03 | 2.687 | 0.358 | 1.790 | |
| | | | 0.511 | 1.415 | |

.(0.05)

(38)

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(6)

()

(1.790)

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()

(0.358)

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()

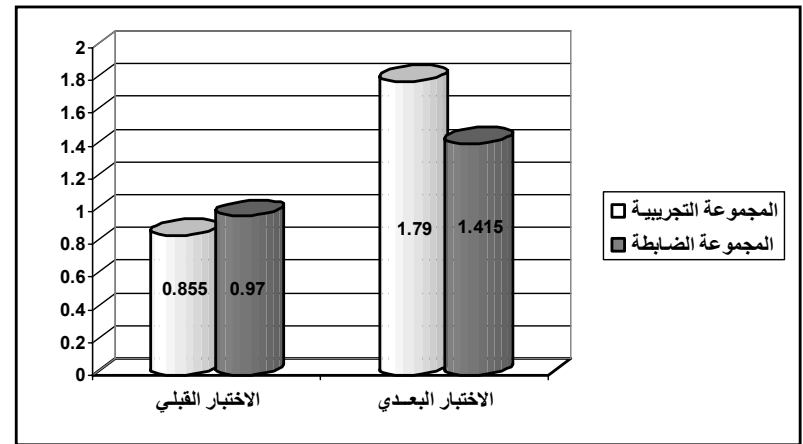
(0.511)

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2-1-4

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(7)

| | | | | | | | |
|--|----------|--------|-------------|-------|-------|-------|---|
| | () * | () | | | | | |
| | 2.09 | 14.964 | 0.290 | 2.285 | 0.245 | 1.285 | |
| | | 5.453 | 0.577 | 1.960 | 0.296 | 1.360 | |
| | | .05 | 19 = (1-20) | | | | * |

(7)

()

(0.245) (1.285)
 (2.285)
 (14.694) () (0.290)
 (0.05) (19) (2.09)
 (0.296) (1.360)
 (1.960)

(1)

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(9)

(0.05) (38) (2.03)

(8)

| | | | | | |
|--|----------|-------|--------|-------|--|
| | () * | () | | | |
| | 2.03 | 2.249 | 0.290 | 2.285 | |
| | | | 0.5771 | 1.960 | |

(.0.05) (38) *

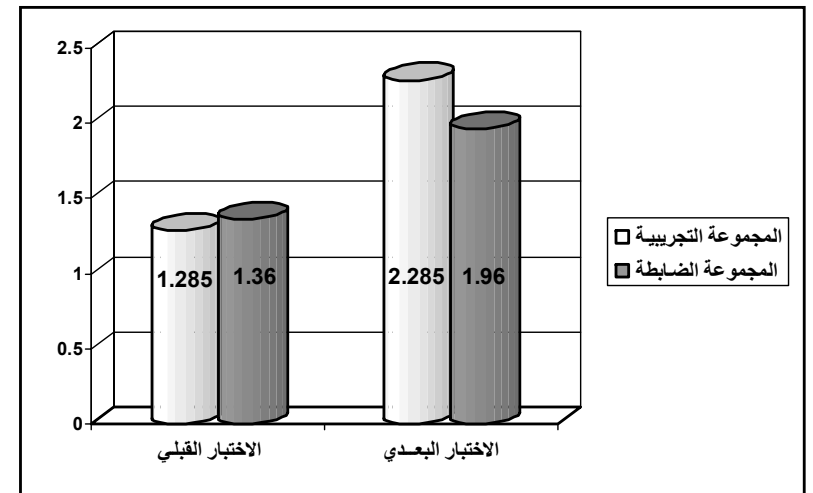
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(5.453) () (0.577)
(0.05) (19) (2.09)

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(0.577) (0.290) (2.285)
(2.249) (1.960) ()

3-1-4

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(9)

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|-----|----------|-------------|-------|-------|-------|-------|--|
| | () * | () | | | | | |
| | 2.09 | 4.762 | 0.933 | 3.650 | 1.069 | 2.475 | |
| | | 4.052 | 1.142 | 2.762 | 1.040 | 2.150 | |
| .05 | | 19 = (1-20) | | | * | | |

(9)

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(2.475)

(1.069)

()

(0.933)

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(4.762)

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(1.040)

(2.150)

(2.762)

(4.052)

()

(1.142)

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.110 (1)
.17 (2)

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|--|----------|-------|-------|-------|--|
| | () * | () | | | |
| | 2.03 | 2.690 | 0.933 | 3.650 | |
| | | | 1.142 | 2.762 | |

.(0.05)

(38)

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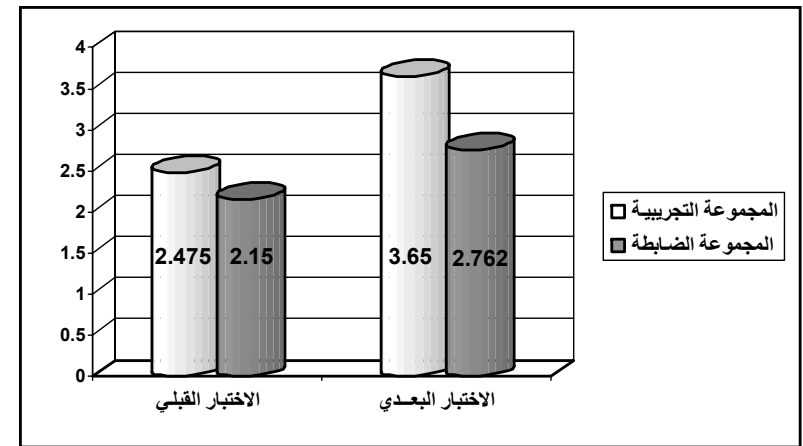
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.(11)

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()

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(3.650)

(0.933)

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(1.142)

(2.762)

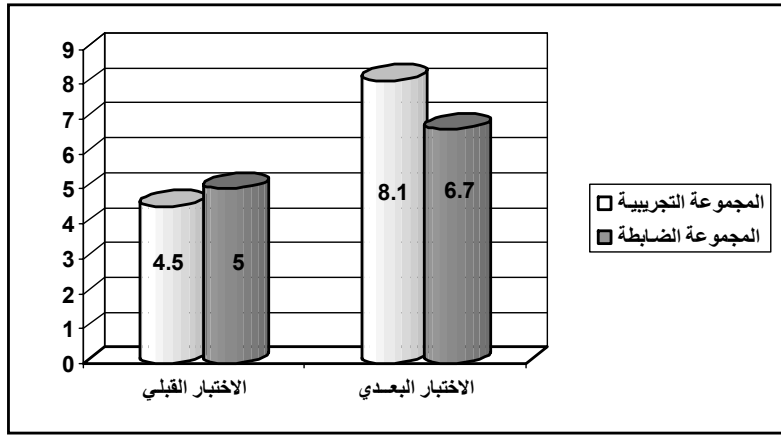
(38)

(2.03)

(2.690)

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(8.100)

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(1.894)

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(1.293)

(6.700)

(2.729)

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| | () * | () | | | | | |
|--|----------|-------|-------------|-------|-------|-------|---|
| | | | | | | | |
| | 2.09 | 8.718 | 1.293 | 8.100 | 1.986 | 4.500 | |
| | | 7.373 | 1.894 | 6.700 | 1.863 | 5.000 | |
| | | .05 | 19 = (1-20) | | | | * |

(11)

()

(4.500)

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(1.293)

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(7.373)

()

(1.894)

(0.05)

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(2.09)

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" (1)(Magill,1993)

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" (2)(McGown,2000)

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- (1) Magill, A. Richard: Motor Learning and Concepts. Debugs, Brown, 1993. <http://www.subject.edu/skill.htm>, 2002, p.17.
 - (2) Carl McGown: Develoing a Program. (1999), Quoted by: Jeremy Hunt, Planning an Effective Practice for Motor Learning, <http://www.hypbus.com> (Feb.10.2000), p.1.

(12)

| | | | | | |
|--|----------|-------|-------|-------|--|
| | () * | () | | | |
| | 2.03 | 2.729 | 1.293 | 8.100 | |
| | | | 1.894 | 6.700 | |

.(0.05) (38) *

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(1)(Schmidt,2000)

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- (1) Schmidt, A. Richard & Graig Wisberg: Motor Learning and Performance. Human Kinetics, Publisher Inc. 2nd. Ed., Champaign, Illinois, U.S.A., 2000, pp.282.

(1) " (60))
 .(

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| | | | | | |
|--|----------|-------|------|-------|--|
| | () * | () | | | |
| | 2.03 | 0.502 | 9.43 | 40.50 | |
| | | | 7.48 | 39.15 | |

.(0.05)

(38)

*

()

(13)

(7.48) (9.43) (40.50)
 (39.15)
 (0.502) ()
 (0.05) (38) (2.03)