

—
:
/ / :
/ / :

— — — —
— — — —
± (CI)
() () /
(REPETED MEASURES)" " (ANOVA)
t
(P < /)

. 7 6 5 4 3 2

-
- Email : Jfazel95@gmail.com** : :
- 2 - Contextual interference
 - 3 - Blocked Practice
 - 4 - Random Practice
 - 5 - Acquisition
 - 6 - Retention
 - 7 - Transfer



(CI)

. ()

CI

-

)

(CI)

. () (

()

()

CI

. ()

CI

)

CI

. ()

()

.(

CI

-
- 1 - Batig E G. Shea, Morgan
 - 2 - Goode, S.Magill R.A. Wrisberg, Liu, Hall, Domingnes
 - 3 - Hanlom, Schmidt et al, Schnider et al.
 - 4 - Brady
 - 5 - Wulf, Shea, Olis et al .
 - 6 - Sears, Husak



.()

CI

CI

) () **CI** () ()
) () () ()
) () ()
) () ()
) () ()

(CI)

()

CI

CI

.()
(,)
()
()
()
()

« »

()



()

« »

CI

()

CI

CI

(

)

()

-

CI

()

CI

CI

()

()

() CI

)

(

CI



« »

()

()

()

:

/ ±

() ()

(ANOVA)

(REPETED MEASURES)

SPSS

(EXCEL)

(P< /)



- (

()

- (

- (

- (

-I

.: (

.: (

:



II

$\frac{1}{3}$

: (

: (

-III

$\frac{1}{3}$

:

: (

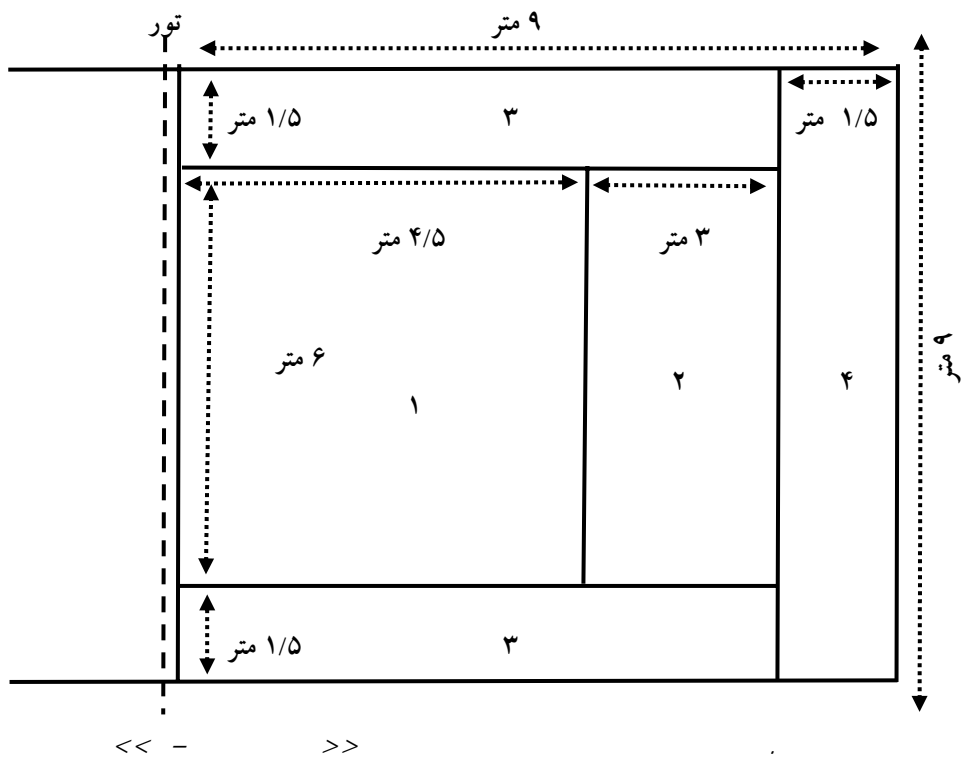
: (

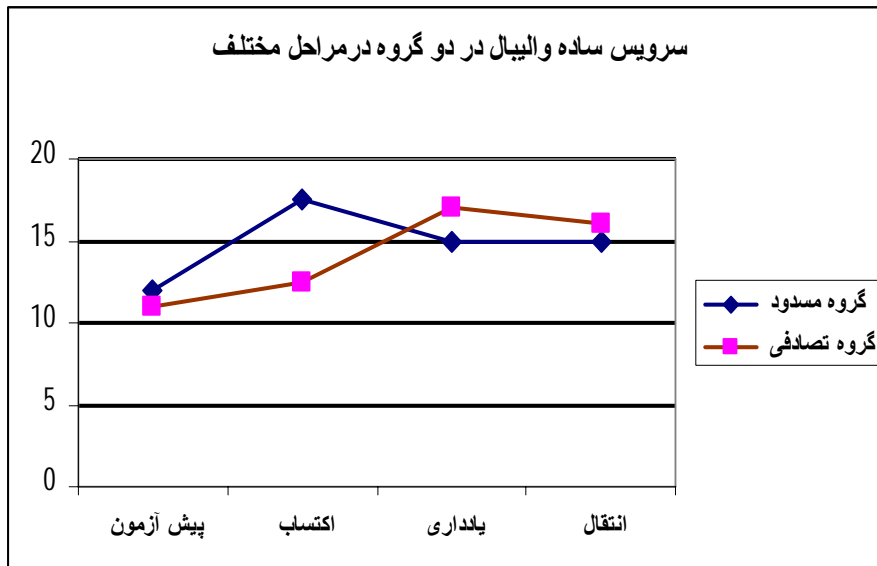
<< -

>>

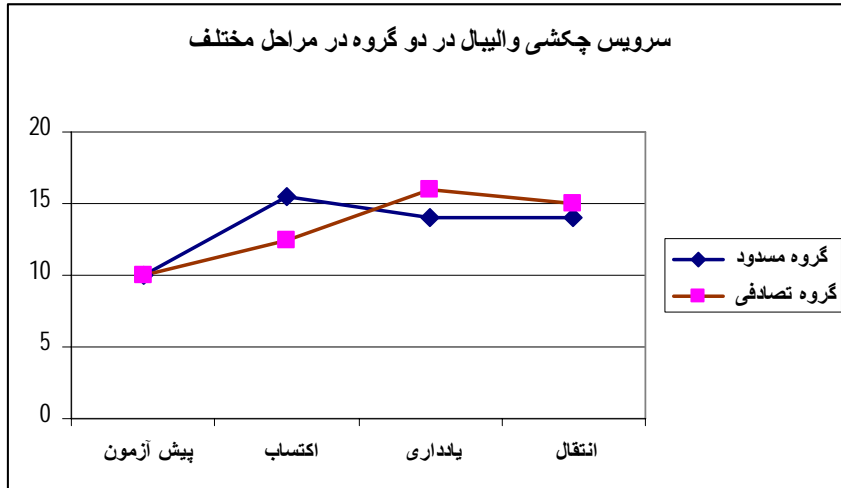
.()

	<< - >>	
	<< - >>	
	<< - >>	
	<< - >>	

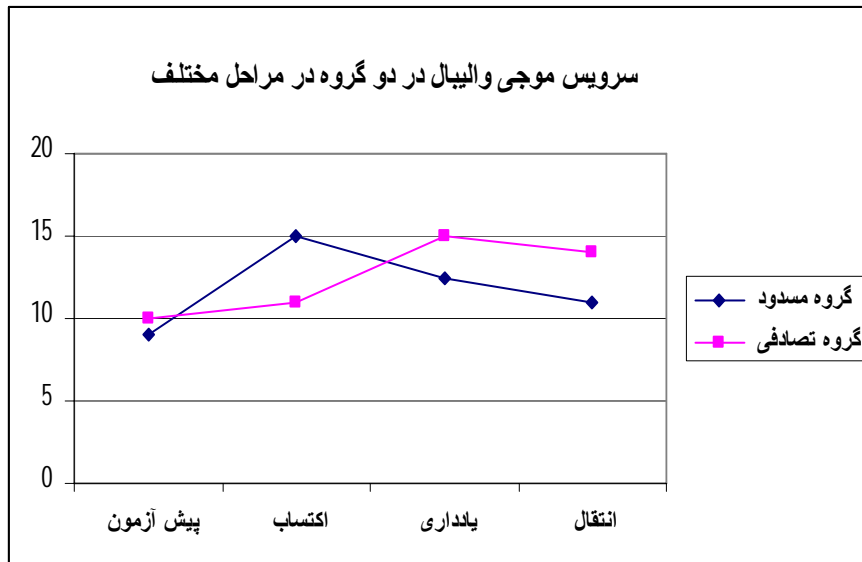




P	f				
/	/	/		/	
/	/	/		/	*
		/		/	()



P	f				
/	/	/		/	
/	/	/		/	*
		/		/	()



P	f				
/	/	/		/	
/	/	/		/	*
		/		/	()

P< /

(**CI**) (**CI**)

) **P< /** (

)
() () () ()

() () () ()



() ()
() () () ()
() () () ()
() () () ()
()

()

()

()

)
CI ()
()



CI

)

(

()

CI

()

CI

()

()

()

CI

()

()



CI

(CI)

P< /

CI

P< /

"

".() . -

"

".() .

"

".() .

".() .

"

-
- " ().
- " (). -
7. Abaret, J.M, Than, B. (1998). "Defferential effects of task complexity on contextual interference in a drwing task". *Acta Psychologica* 100. PP:9-24.
 8. Bortoli. L, Robazza. C, Durgon, V, Carra.C, (1992). "Effects of contextual interference on learning technical sports skills". *Perceptual and motor skills*. 75, PP:555-562.
 9. Brady, F. (1998). "A theoretical and empirical review of the contextual interference effect and the learning of moter skill". *Quest*, 50, PP:266-93.
 10. Diane, M, Shannon, S.M. (2004). "High levels of contextual interference enhance Handwiting skill acquisition". *Journal of motor behavior*. No 1, PP:115-126.
 11. Dubrowski A, Proteau L. (2004). "Practice effects on the use of visual and haptic cues during grasping". *J Mot Behav*. 36(3). PP:327-38.
 12. Duff. SV, Gordon AM. (2003). "Learning of grasp control in children with hemiplegic cerebral palsy". *Dev Med Child Neurol*, 45(1), PP:746-57.
 13. French, KE, Rink JE (1990). "Effects of contextual interference on retention of three volleyball skills". *Perceptual and Motor skills*, 71, PP:179-186.
 14. Goode, S, Magill, R.A. (1986). "The contextual interference effects in learning three badminton serves". *Research Quarterly fore exercise and sport*. 57. PP:308-314.
 15. Granda. V.J, Motilla. MM. (2003). "Practice schedule and acquisition, and transfer of a throwing task in 6-yr-old children". *Percept Mot Skills*, 93(3ptl). PP:1015-25.
 16. Immin K.M.A, Wright. DL. (2001). "Motor programming during practice conditions high and low in contextual interference". *J Exp Psychol Hum Percept Perform*; 27(2) : PP:423-37.
 17. Lee.T.D, Magill. R.A. (1983). "The locus of contextual interference in motor skill acquisition". *Journal of Experimental psychology*. 9. PP:730-746.
 18. Li, Y.Wright, DL(2000). "An assessment of the attention demands during random and blocked – practice schedules". *The quarterly Journal of experiment psychology*, 53A(2), PP:591-606.
 19. Magill, R.A, Hall KG (1995). "Variability of practice and contextual interference in motor skill learning". *J Mot Behav*, 27(4). PP:299-309.

-
-
20. Magill. R.A. (2004). *“Motor Learning and control : concepts and application”*. Seven Edition.
 21. Magill, R.A, Hall, KG (1990) . *“A review of the contextual interference effect in motor Skill acquisition”*. *Human Movment science*. 9, PP:241-289.
 22. Magill. R.A, (2001). *“Motor Learning : Concepts and application (6th) , Dubugue”*. IA :Brow and Benchmark.
 23. Marie-DM, Clark SE (2004). *“High level of contextual interference enhance handwriting skill acquisition”*. *J Mot Behav*, 36(1): PP:115-126.
 24. Maslovat, D, Romeo. C . (2004). *“Contextual interference : Single task versus multi task leraining”* *Motor Control*, 41, PP:219-223.
 25. Ollis, S, Button. C. (2005). *“The influence of professional expertise and task complexity upon potency of the contextual interference effect”*. *Acta psychol*, 118(3) : PP:229-44.
 26. Overdrof .V.Page.S.J. (2004). *“Mental and physical schedules in acquisition and retention of novel timing skills”*. *Percept Mot Skills* 99(1), PP:51-62.
 27. Pollock. B.J.Lee. T.D. (1997). *“Dissociated contextual interference effect in children and adult”*. *Perceptual and motor skills*. 84, PP:851-858.
 28. Schmidt (1999). *“Motor control and learning : A behavior emphasis.”* Champaign, IL: Human Kinetics.
 29. Shea, J.B, Morgan. R.L. (1979). *“Contextual interference effects on acquisition retention and transfere of a motor skill”*. *Journal of Experimental psychology : Human Learning and memory*. 5. PP:179-187.
 30. Shea. C.H. Kohl. R.Indermill (1990). *“Contextual interference : Contribution of practice”*. *Acta psychologic*. 73, PP:145-157.
 31. Simon. DA, Bjrk. R.A. (2002). *“Models of performance in learning multisegment movement task: Consequence for acquisition, retention and Judgment of learning”*. *J.Exp. Psychol*, 8(4). PP:222-320.
 32. Tsutsui, S, Lee. T.D and Hodges. N.J. (1998). *“Contextual interference in learning new patterns of bimanual coordination”*. *Journal of motor behavior*. 30, PP:151-157.
 33. Wright, D.L. Black C.B. (2004). *“Long – term motor programming improvements occur via concatenation of movement sequences during random but not during blocked practice”*. *Journal of motor behavior* 36(1). PP:39-50.
 34. Wrisberg. C.A . (1991). *“A field test of the effect of contextual variety skill acquisition”*. *Journal of teaching physical Education*. 11 : PP:21-30.