

# 第232回スポーツサイエンス研究会

日時 2023年12月18日(月) 16:00 より

場所 早稲田大学所沢キャンパス 100号館 S201教室

## 演題

## Unpacking the Mind-Body Connection: The Role of Psychological Factors in Shaping Motor Learning and Performance

## 演者

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## 抄録

### Content

The role of psychological factors in enhancing motor performance and learning has become a focal point of interest for athletes, coaches, and sport scientists. Specifically, two psychological factors—expectations and autonomy—have thoroughly investigated in relation to motor learning and performance, offering intriguing insights to the field of sport and health science. When individuals anticipate performing well or are granted the autonomy to make decisions regarding their behavior, both motor learning and performance show significant improvement.

A question is: What are underlying mechanics of these psychological factors? This lecture delves into the effects of incorporating autonomy and heightened expectations into practice or game/match environments, considering the psychological, biomechanical, physiological, and neurophysiological underlying mechanisms.

### Biography

Dr. Iwatsuki is an Assistant Professor at University of Hawai'i at Hilo, Hawaii, USA. His research focuses on enhancing motor skill acquisition and motor performance. Previously, he served as a Mental Performance Consultant for Google and a Grant Evaluator for NASA.

