



ENEPS

Ecole Nationale de l'Education
Physique et des Sports

Memory in Sports

Prof. Dr. Daniel Memmert



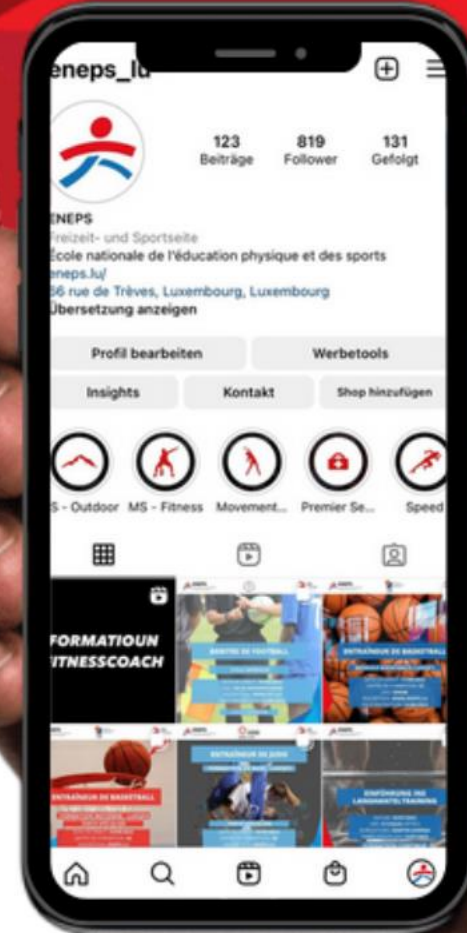
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LTAD APP



Symposium: Memory in Sports

Vorwort



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Physique et des Sports

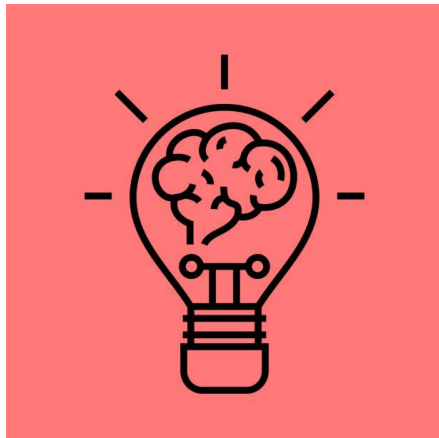
Dr. Jerry Medernach



Symposium: Memory in Sports



Ablauf



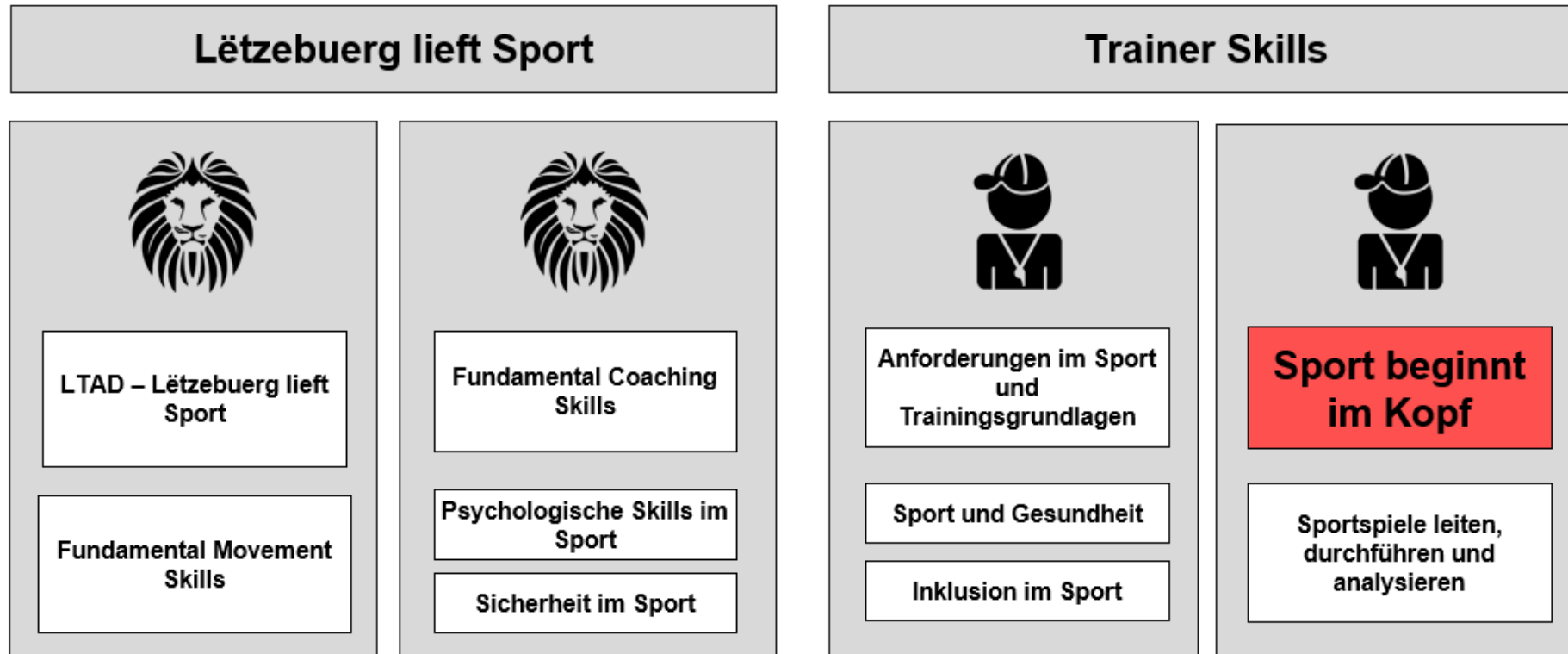
17:30 – 18:30



19:00 – 20:00

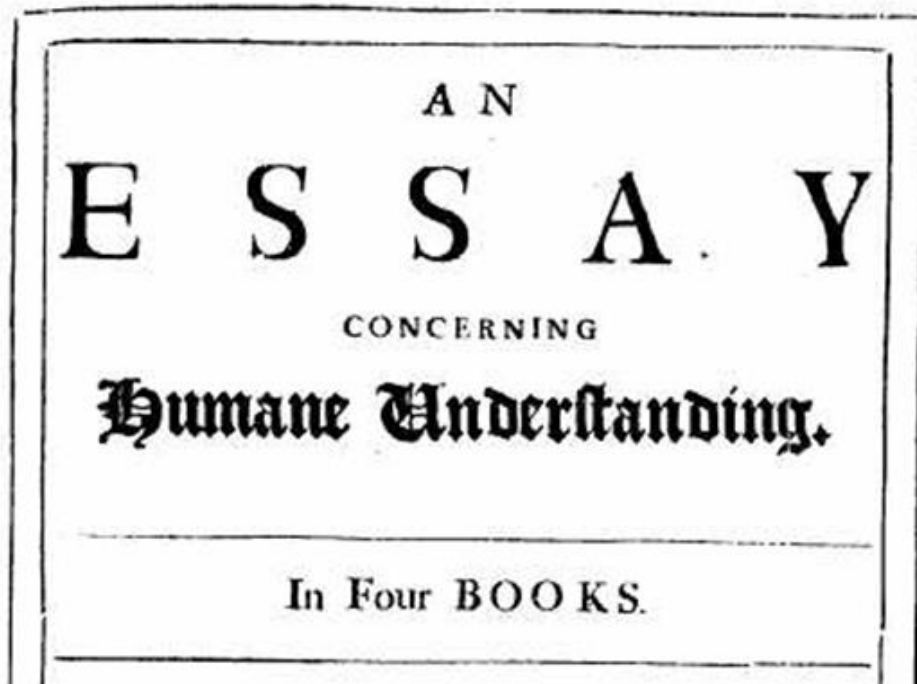


Symposium: Memory in Sports



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Seven Phenomenon



John Locke (1690)



The Power of Numerical Discrimination

Estimated Numbers.	ACTUAL NUMBERS.													
	3	4	5	6	7	8	9	10	11	12	13	14	15	
3	23													
4		65												
5			102											
6			4	7										
7			1	20	18									
8					113	30	2							
9					25	76	24	6	1					
10						28	75	37	11	1				
11						1	18	46	19	4				
12							2	16	26	17	7	2		
13								2	12	19	11	3	2	2
14										3	6	3	3	1
15										1	1	4	4	6
Totals ..	23	65	107	147	156	135	122	107	69	45	26	14	11	2

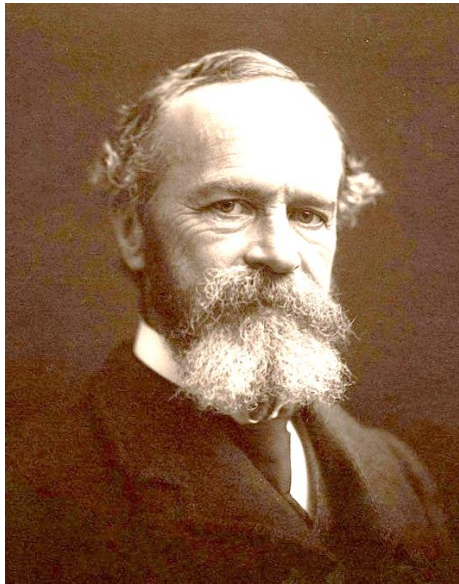


William Stanley Jevons (1871)



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Limited Primary and Unlimited Secondary Memory



AMERICAN SCIENCE SERIES--ADVANCED COURSE

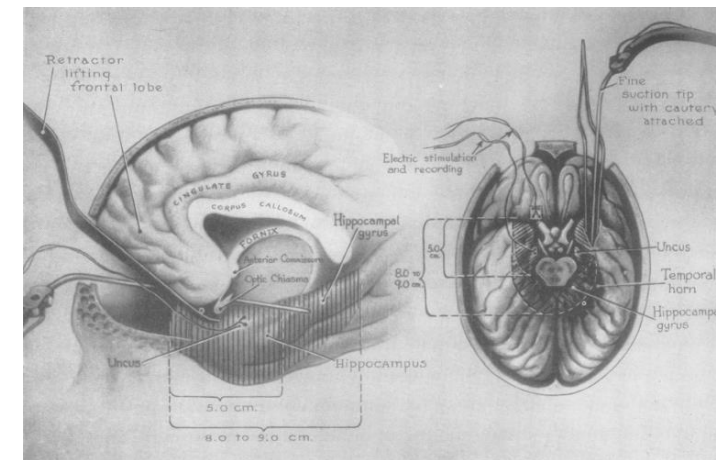
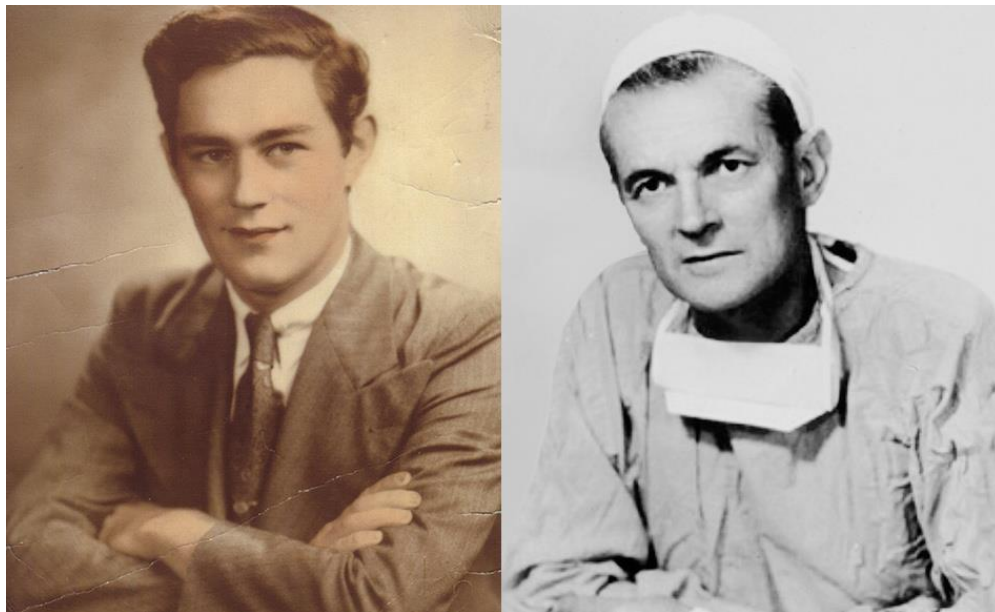
THE PRINCIPLES
OF
PSYCHOLOGY

James (1890)



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Loss of Recent Memory After Bilateral Hippocampal Lesions



Scoville & Milner (1957)



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The Magical Number Seven

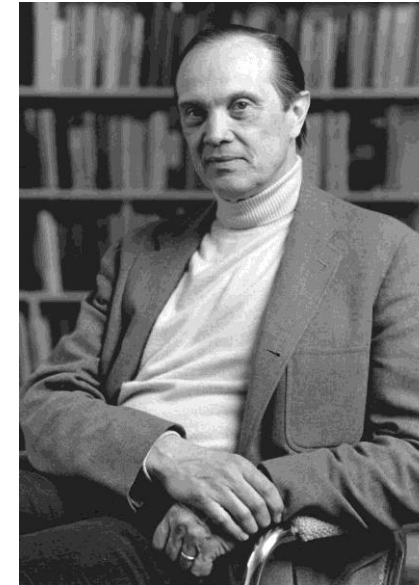
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THE PSYCHOLOGICAL REVIEW

THE MAGICAL NUMBER SEVEN, PLUS OR MINUS TWO:
SOME LIMITS ON OUR CAPACITY FOR
PROCESSING INFORMATION¹

GEORGE A. MILLER
Harvard University



Miller (1956)

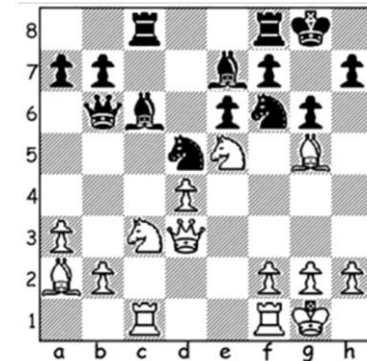


Thought and Choice in Chess



Experiment 1:

- **Schachmeister: ~ 93%**
- **Experten: ~ 72%**
- **Amateure: ~ 50%**
- **Anfänger: ~ 33%**



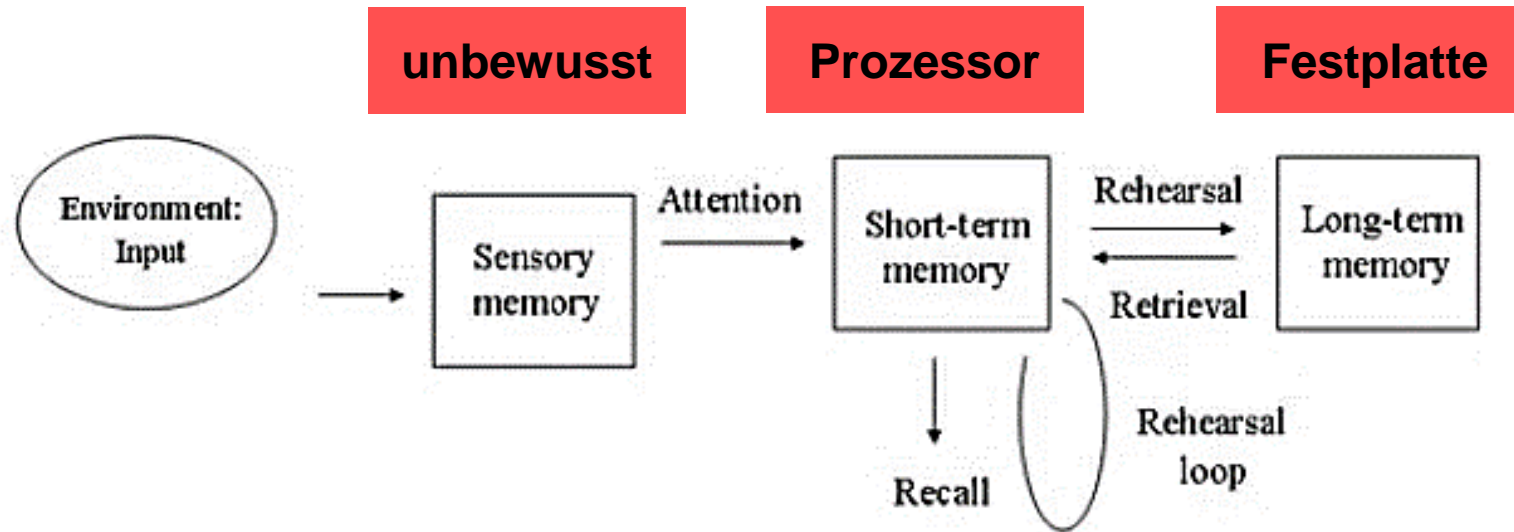
Experiment 2:

- **Alle Spieler erinnerten sich nur an etwa 3-4 Figuren**

de Groot (1965)



Human Memory: a Proposed System and its Control Processes



Atkinson & Shiffrin (1968)



The Magical Number Four



“If items must be perceived as separate objects within a short period, the typical limit is not about 7 as suggested by Miller, but on the order of 3 or 4”

Cowan (2001)



Memory in Indoor Bouldering



	Intermediate	Advanced	Elite
Rehearsal time (s)	106.5 ± 15*	85.4 ± 26*	43.4 ± 15*
Recalled holds (n)	3.9 ± 1*	6.4 ± 1	7.1 ± 2*
Recalled moves (n)	3.5 ± 1.1*	6.1 ± 0.8*	7.9 ± 0.3*

Medernach & Memmert (submitted)



Symposium: Memory in Sports

Vortrag



Prof. Dr. Daniel Memmert



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