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Class - D.1H Practical

Paper - Psychology

Topic - Sensory - Motor Learning

Sensory motor learning is how the acquisition and development of all human movement takes place. It begins in the information feedback process between one's senses, muscles and brain. During each movement, the senses of touch, balance and sight send the brain messages (input) about the body's position and muscles activity. The brain responds to these inputs and to one's thoughts in various ways (outputs). These can be summarised as mobility (primarily the legs), manual ability (what one does with the hands), and spoken language. There is interdependence between the abilities to varying degrees.

All human beings including animals get information about the external world through sensory organs such as eyes, ears, nose, skin, tongue etc., and respond to the stimuli by executing some action with muscular movements. In some cases, the sensory information is processed and integrated in the CNS, and the action is coordinated.

The cerebellum plays a pivotal role in the motor control of applying sensory information.

The efficacy or smoothness of action in a particular condition improves with practice. Such improvement is called the sensory motor learning.