

*Cómo mejorar tus  
habilidades mentales*

*How to improve  
your mental skills*

*Manual*



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## **INTRODUCTION**

"How to Improve Your Mental Skills." presents a practical and innovative way of training and developing certain mental abilities related to self-control, attention and concentration. It is specially designed for those individuals who are training specific high sport performances. But it also can be used by children and adults who want to develop new strategies in order to improve their discrimination, identification, and observation skills. It is also useful to those who want to learn how to control their experience in anxiety or stress related situations.

There are not specific criteria for using the program, but the users would need to have some minimum educational skills, including basic reading, short-term memory, and attention. It may be also helpful for students in the last years of primary school, and/or for students in high school.

This material is intended to be an effective and useful instrument for those people working in the educational field, including teachers, psychologists or counsellors. In addition, it may be profitable in psychotherapy and sports training, as a way of teaching more effective ways to get psychological skills. To be precise, some activities of "Relaxation" and/or "Attention and concentration" can be practised through images and different interactive games.

A rank of theoretical aspects introduce the individual to the activity that he or she can execute with different levels of difficulty (easy, average & hard). Using a simple navigational procedure, you will have easy access to activities, enabling you to practice and also to print the results of the training. Coaches, psychologist, teachers and counsellors can maintain lasting records of the performances of their gymnastics or students. All of the activities have the option of using two languages: Spanish and English.

**I. INSTALLING THE PROGRAM "HOW TO IMPROVE YOUR MENTAL SKILLS."**

**1. HARDWARE AND SOFTWARE REQUIRED**

<b>"HARDWARE"</b> Minimum requirements:	486 DX 33Mhz 4 Mbytes RAM CD-ROM 2X Sound card SVGA 640 x 480 and 8 bits of Color (256 colors)
<b>"HARDWARE"</b> Óptimo:	486 DX 100Mhz 8 Mbytes RAM or superior CD-ROM 4X or superior Sound card SVGA 640 x 480 and 16 bits of Color or high or real density.
<b>"SOFTWARE"</b>	DOS+ WINDOWS 3.x , or WINDOWS 95 MACINTOSH or POWERMACINTOSH

## 2. INSTALLATION PROCEDURE OF THE PROGRAM

The program has been designed using the authoring system AUTHORWARE 3.5. The program "How to Improve Your Mental Skills" can be installed in the operating system WINDOWS-95 (or earlier versions), and MACINTOSH system. The program has a short executable file on the CD-ROM called INSTALAR.EXE. Clicking on this file will enable a selection of the language you want to use (see Figure 1).

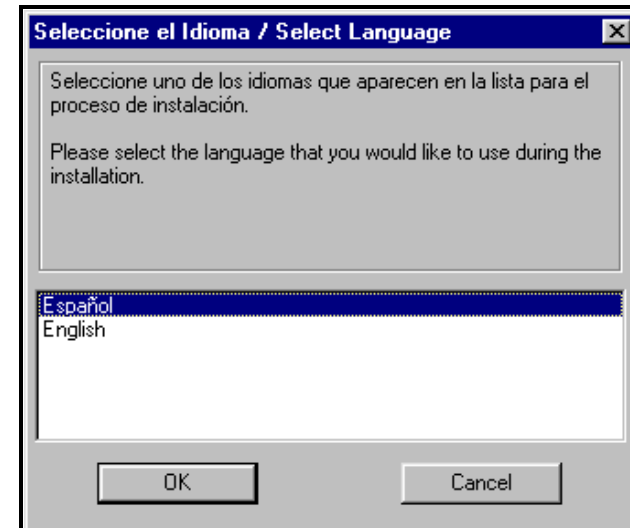


Figure 1.: Select Language



There are two ways of doing the installation, one is by copying all the contents of the CD-ROM on the hard driver (in order to do that, you need 100Mb available in your hard drive). The other method is by installing only the execution file. So that, the application will start from the CD-ROM player. To do this, you continue with the dialogue window as it appears in Figure 2.

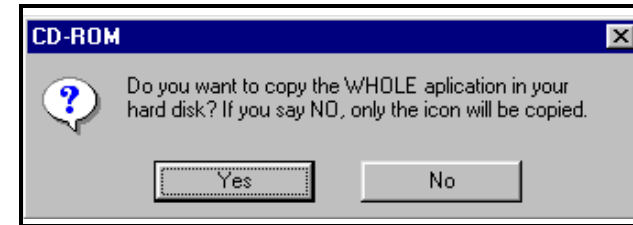


Figure 2.: CD-ROM.

Since the program has diverse videoclips in Quick Time format, you must proceed with the installation of the Quick Time drivers for Windows, just in case you do not have them in your computer system. Follow the instructions of the dialogue window as they appear in Figure 3.

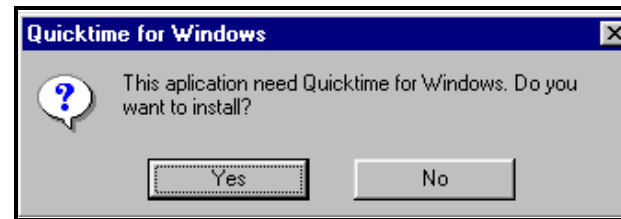


Figure 3.: Quicktime for Windows.

The dialogue window in Figure 4 indicates the destination directory where the program is going to be installed. Follow the instructions by clicking "O.K.", and the program will be installed at that location on your hard drive.

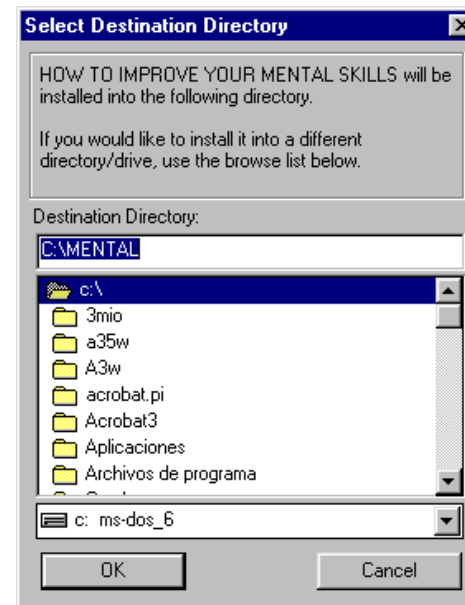


Figure 4.: Select Destination Directory.

The dialogue window in Figure 5 will tell you that the installation has been completed correctly.

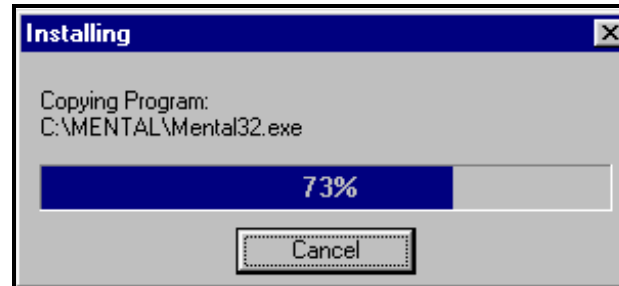


Figure 5.: Installing.

You should remember to adjust the volume of the speakers of your computer in order to have a better sound quality. To do this, you can use the control panels of WINDOWS or MACINTOSH.

## **II. COACHES, TEACHERS, COUNSELLORS AND STUDENTS GUIDE**

### **1. EDUCATION OBJECTIVES OF THE PROGRAM**

The main objective of the program is to train and develop the basic mental skills of relaxation, attention and concentration to allow better performance in academic, personal or sport settings.

The specific objectives of the program include:

1. Permit the individuals to practice general and specific relaxation techniques.
2. Correct attention and concentration deficit.
3. Promote, in a progressive manner attention and concentration skills.
4. Enrich behaviour guidelines that can make self control easier.
5. Generalise healthy habits.
6. Increase the knowledge about the capacities of our body and its control.

## 2. RULES FOR THE ACTIVITIES SUGGESTED

"How to improve your mental skills" consists of two basic units of training; one for practicing "relaxation" techniques and the other for practicing "attention and concentration" techniques.

The unit on "relaxation" deals with exercising in general and specific techniques, considering also the basic theoretical foundations that justify its practice, in order to create a motivating previous environment.

On the other hand, "Attention and Concentration" presents four training games that gradually teach the individual these skills. All games end with an evaluation of the performance of each activity. An evaluation form can be printed out to make monitoring easier in the training progress for coaches, teachers or counsellors

When the program begins, the user can choose the language, by clicking on the proper icon (Figure 6).



Figure 6: Select Language

Next, the user must choose options "INTRODUCTION" or "TRAINING" (Figure 7).



Figure 7: "INTRODUCTION" & "TRAINING"

## 2.1. INTRODUCTION

At this time, three buttons "ADVANCE", "MENU" and "EXIT" (Figure 8) will appear that allow you to go to the next activity, come back to the previous menu or exit the program.



Figure 8.: "FORWARD", "MENU" & "QUIT"

By clicking the option "INTRODUCTION", you will see a description concerning the importance of developing mental abilities:

"Every athlete feels the need of a physical workout. As training keeps improving, he/she gradually realizes that his/her mind needs to be trained as well. Sometimes, athletes cannot understand how they could not get a better mark in competition or how it was not possible to perform an exercise to perfection if everything was doing fine while working out. The mind is also a part of our body that we can get to know, train and control. With this program you'll develop mental skills. Doing different exercises you'll increase your attention, relaxation, and concentration abilities. Please, follow the instructions, and practice frequently."



## 2.2. RELAXATION/ ATTENTION AND CONCENTRATION TRAINING

The option "TRAINING" includes the selection between the practice in "RELAX TRAINING" or "ATTENTION & CONCENTRATION" (Figure 9).



Figure. 9.: "RELAX TRAINING & ATTENTION & CONCENTRATION".

### **2.2.1. RELAXATION**

After clicking on the "RELAX TRAINING" icon, you will see a theoretical introduction about the Human Nervous System:

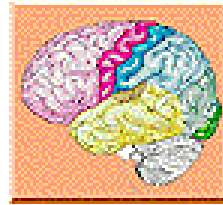
#### **"THE HUMAN NERVOUS SYSTEM"**

"The Human Body has a Central Nervous System (CNS) and a Peripheral Nervous System (PNS).

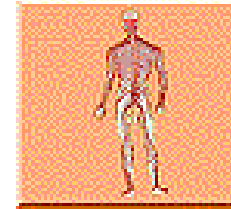
The Central Nervous System (CNS) is made up of the Brain, the Cerebellum, the Medulla and the Spinal Cord, among other structures. It is in charge of controlling the most complex psychological processes.

The Peripheral Nervous System (PNS) is composed of nerves that radiate throughout the rest of our body. Among other functions, they control the activity of our muscles."

If you press the buttons "CNS" and "PNS" (Figure 10), more detailed information about the Central Nervous System and/or the Peripheral Nervous System will appear in the screen:



**CNS**



**PNS**

Figure 10.: "CNS" & "PNS"

#### "THE CENTRAL NERVOUS SYSTEM"

"The Central Nervous System is made up of four main structures: Brain, Cerebellum, Medulla and Spinal Cord. All the brain functions are related to each other.

The Spinal Cord consists of a group of nerves that transmit the information from the periphery of the body to the brain, and carry out the orders given by the brain to muscles and internal organs.

The Medulla has a large amount of functions. It controls vital functions in the body, such as the transition from wakefulness to sleeping, heart activity, or breathing.

The Cerebellum is in charge of the critical functions of movement control.

And, finally, the Brain, which performs essential analysis functions and the processing of the most complex information."

#### "THE PERIPHERAL NERVOUS SYSTEM"

"The Peripheral Nervous System controls the functioning of many of the internal organs in our body. It is usually divided into two main levels:

- Somatic Peripheral Nervous System.
- Autonomic Peripheral Nervous System.

The Autonomic Peripheral Nervous System is in charge of mobilizing the necessary energy when we work out. At the same time, it readjusts the body when we do not need to use all of our energy. This is performed by both the Sympathetic and the Parasympathetic branches.

The Somatic Nervous System is more important to us, because it controls the voluntary muscles. It is this part of the nervous system that is involved when we are exercising or competing in sports.

Through relaxation exercises you will learn to have a better control of this part of your Nervous System which controls the muscles used in sport and exercise."

#### **2.2.1.1. RELAXATION TRAINING**

The information about Relaxation training will appear when you press the icon "NEXT" (see Figure 8):

"RELAXATION"

"Relaxing means doing nothing with your muscles. You can do it wherever and whenever you want to. During your workout, prior to competition, or even while competing. By yourself or when you are surrounded by a crowd of people, coaches or judges. It only depends on you, and nobody else.

Relaxation training has its own procedures and their exercises are quite simple.

You need to remember that our body has two types of muscles: VOLUNTARY MUSCLES and INVOLUNTARY MUSCLES

Voluntary muscles are in our legs, arms, neck,.... They are easy to relax when you try. Involuntary muscles are inside our body, they make our heart, intestines, and other organs work. There is not much we can do to relax them voluntarily.

Remember, relaxing means learning to do nothing with your voluntary muscles."

The icon "TRAINING" leads directly to the first practice activity in relaxation:

**A. GENERAL RELAXATION TRAINING**

Pressing the "VOICE" icon (Figure 11) provides you with the option of listening to the written text:

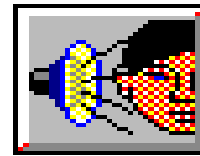


Figure 11.: "VOICE"

**"GENERAL RELAXATION TRAINING"**

"Sometimes you may have noticed that when you get nervous, certain muscles are under tension. Relaxation can help you get control over this tension. Although it is not able to remedy extreme anxietis, relaxation training is able to generally decrease the anxiety and tension of your body. You can consider that Relaxation Training is like a "Physical & Mental Game"; all you need to do is PRACTICE. When you practice frequently you will see the advantages. It is like working out. If you do not work out every

day you will not reach your highest level of performance.

It is easier to get relaxed if you think of some nice thoughts, pleasant memories or nice places that you have visited. It is useful if you breathe deeply, and also helpful if you think positively during the relaxation training exercises. You will feel better if you practice the relaxation training day after day. Only after a period of consistent practice, you will feel deeply relaxed. Then you will know that it is a result of your effort and your consistent work.

Remember to sit comfortably. It is better if you wear loose clothes. When you first practice relaxing, try it in a noise-free and low-light room. Take your time. And please, don't rush. You should reserve about 15 minutes total during the day. You do not need more time. Try to achieve a deep concentration on what is happening in the room where you are in. Sometimes, you'll probably get distracted. In this situation, try to go back to the relaxation training, and concentrate on what is happening inside the room.

You already know, that in order to be relaxed you need "TO DO NOTHING WITH YOUR MUSCLES". In order to achieve this, mentally you release muscles in the chair. Calm down. During the 15 minutes all you have to do is follow the instructions. Do not think of anything else. If you lose concentration, please try to return to your relaxed state.

First you have to breath deeply through your nose, and then expell the air through your mouth very slowly. After doing that, you may feel a little dizzy. Don't worry, it is a temporary effect of your

body from hyperventilation. In a couple of seconds you will feel much better.

Then, perhaps you can focus on a pleasant mental image. Many people feel relaxed when they think of the beach. They imagine that they are far away from the shore, and that the waves are moving very slowly to the beach. One after the other.

Now, you may be able to achieve a deeper relaxation. I am going to count slowly from 1 to 20. There is no rush. At the same time that I count the numbers, think of going down a 20-step ladder. Each step that you go down is as if you got a deeper relaxed.

[ NOW, YOU CAN KEEP READING THIS TEXT OR CLICK "NEXT" TO START THE RELAXATION TRAINING]

Now, as I start counting the number 1 ...2 ...3 .... check how relaxed your arm is. First the left arm, and then the right one. It will help if you imagine that you are recording your arm's muscles with a small video-camera. From the shoulder to your fingertips.

Number 4... 5... 6... check how relaxed your leg is. First the left leg, and then the right one. It will help if you imagine that you are recording your leg's muscles with a small video-camera.

Next number 7 ... 8 ... 9 ... maintaining your concentration you can check the abdomen's muscles. Slowly. There is not rush at all. Try to relax this part of your body.



Next number 10 ... 11 ... 12.... The muscles that you will try to relax are the chest & shoulder's. First, release those muscles, then try to do absolutely nothing with that part of your body.

13 ... 14 ... 15... Pay attention to your neck's muscles, and just keep this part of your body relaxed. Imagine that those muscles are being recorded with the video camera.

16 ... 17 ... 18 .... now the face and forebrain's muscles are ready for relaxation. It is very important for you to learn how to relax your face, lips, and eyes. Keep this part of the body relaxed.

19 and 20. Very slowly, we have reached your head. Try to relax your head completely.

Well done! The first part of General relaxation training is almost over. You should breathe deeply through your nose 3 or 4 times. Then, release the air through your mouth. Now, relaxation training is over.

Remember that all you need is 15 minutes. It is not necessary for you to spend a longer period of time on the relaxation training. But, if you want achieve faster results, you will need to PRACTICE more.

You can continue with this information, or you can click on "NEXT" to access the General Relaxation activities with music and images."

## **B. SPECIFIC RELAXATION TRAINING**

After practicing General Relaxation, you will automatically be sent to Specific Relaxation Training, where you can press the "VOICE" icon to listen to the written text:

"SPECIFIC RELAX TRAINING"

"After you practice the previous general relaxation training exercises, you can start the specific muscle relaxation training. The first rule is to concentrate as much as you can. Isolate yourself from everything else and focus your attention on your own body.

This specific relax training, is intended to isolate specific groups of muscles. To attain this you have to tense the muscles as much as you can for 10 seconds, and then release the tension until the muscles get relaxed. You have to check the difference between being relaxed and the tension you feel in your own muscles. You will soon notice how different it feels.

Now breathe deeply again and slowly. Fill up your lungs with as much air as you can. Remember that if you lose concentration, you can go back by thinking pleasant thoughts. For example, sea waves slowly coming to the shore.

Start by relaxing your ARMS. First tense your arms, and clench your hands tightly for 10 seconds. Slowly! It may hurt you a little bit. 9 ... 8 ... 7 ... 6 ... Focus where ever you feel the most tension. 5... 4 ... 3 ... 2 ... 1 ... OK. Release the tension. That is fine. Try to relax your arms. Check

whether your muscle's tension is decreasing. Your arms will feel better when they are relaxed.

Now tense your LEFT LEG. Slowly! Lean a little bit on one leg. Stretch your feet and your toes, but do not bend your knee. Slowly! Just 10 seconds. ... 9 ... 8 ... 7 .... 6 .... Focus your attention where you feel the most tension. 5... 4 .... 3 .... 2 .... 1 .... OK. Release the tension. That is fine. Try to relax the leg. Check whether your muscle's tension is decreasing. Your leg will feel better when it is relaxed.

Now repeat the same exercise with the RIGHT LEG. Slowly! Lean a little bit on the right leg. Stretch your feet and your toes, but do not bend your knee. Slowly! Just 10 seconds. . 9 ... 8 ... 7 .... 6 .... Focus your attention where you feel the most tension. 5... 4 .... 3 .... 2 .... 1 .... OK. Now, release the tension. That is fine. Try to relax your leg. Check whether your muscle's tension is decreasing. Your leg will feel better when it is relaxed.

Now, please, tense your ABDOMEN for 10 seconds. . 9 ... 8 ... 7 .... 6 .... Hold your abdomen muscles tightly. It may hurt you a little bit. Focus your attention where you feel the most tension. Hold on a little bit more. 5... 4 .... 3 .... 2 .... 1 .... OK. Now, release the tension. Very good! Check how your muscle's tension is decreasing. Your abdomen will feels better when it is relaxed.

Now let's work on your SHOULDERS and CHEST. Hold your chest tight and try to get your shoulders closer to each other. Ten seconds. 9 ... 8 ... 7 .... 6 .... Hold it a little bit more. . 5... 4 .... 3 .... 2 .... 1 .... OK. Now, release the tension. Very good! Check whether your muscle's tension is decreasing. Your shoulders and chest will feel better when they are relaxed.

Now tense your NECK's muscles. Hold your neck tightly by leaning your head backward. Just 10 seconds. 9 ... 8 ... 7 .... 6 .... Hold on a little bit longer... . 5... 4 .... 3 .... 2 .... 1 .... OK. Now, release the tension. Very good! Check whether your muscle's tension is decreasing. Your neck will feel better when it is relaxed.

Very good! Now tense the muscles in your FACE. To do that, close your mouth as if you are biting something with your teeth. Also close your eyes by pressing your eyebrows down tightly. Ten seconds. ... 9 ... 8 ... 7 .... 6 .... Hold on a little bit longer. ... 5... 4 .... 3 .... 2 .... 1 .... OK. Now, release the tension. Very good! Check whether your muscle's tension is decreasing. Your face will feel better when it is relaxed.

Now for the last exercise. Tense your HEAD. You achieve tension on your head by opening your eyes in an exaggerated way. As if you are getting a big surprise. Now, try to move your ears. Just 10 seconds. 9 ... 8 ... 7 .... 6 .... Hold it a little bit longer. . 5... 4 .... 3 .... 2 .... 1 .... OK. Now, release the tension. Very good! Check whether your muscle's tension is decreasing. Your head will feel better when it is relaxed.

Before leaving the relaxation training, slowly down, count the numbers from 1 to 20. Try to imagine a pleasant scene like the sea waves.

Remember that you can do the tension-relaxation exercises every day for about 15 minutes (more or less). It is not necessary for you to spend a longer period of time on them to achieve the best results.

You'll notice the effects on your body more when you practice regularly."

You can continue with this information, or you can click on "NEXT" and access the Specific Relaxation Training activities. Here, you will find explanatory images telling you how to perform exercises for different parts of the body. It ends with a screen that review the Specific Relaxation sequence. From here, you can go directly to the first relaxation screen or you can quit the program.

### **C. TO RELAX QUICKLY**

Doing this exercise will allow you to obtain a relaxed state quickly. By clicking on the "ADVANCE" icon, fast exercises of tension-relaxation of arms, hands, neck and different muscular groups of the legs will be presented to you. The instructional text can be heard by pressing the "VOICE" icon.

"If you have already practiced using the general and specific relaxation exercises, you can also achieve a state of relaxation quickly. Just by doing the next tension-relax exercises. It'll be useful when you cannot do the entire relax training activities (e.g. when you are traveling, or when there are too many people around you)."

### 2.2.2. ATTENTION AND CONCENTRATION

By clicking on the "ATTENTION & CONCENTRATION" icon, you will see a menu with four game options: "The Hidden Book", "Adjustment of Lines", "Line Equalization Task", and "Electronic Gymnastics" (Figure 12).

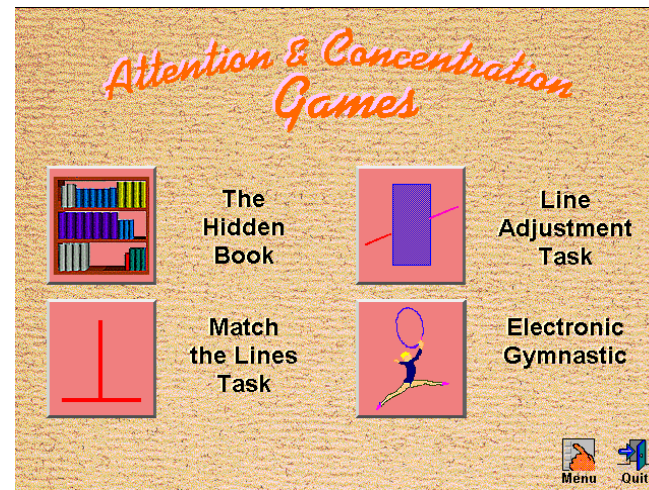


Figure 12.: Attention & Concentration Games

Each one of these games has three different levels of difficulty (EASY, AVERAGE & HARD), and about five or ten trials in each game.

#### **2.2.2.1. "THE HIDDEN BOOK"**

The general instructions for the game are as follows:

"The Hidden Book"

"Directions":

"This is a game designed to improve your concentration skills. You are required to focus your attention for a few seconds, trying to maintain it consistently. This will help you train your reflex speed since the computer will require you to respond as quickly as you can.

The game consists of a bookcase full of books. One of the books will move very quickly and your task will be to click on that book with the mouse (or on the shelf where the book is, if you chose the "easy level")

Before you start you can give it a try to familiarize yourself with the game; you just have to click on the button that says "press here". Press it a couple of times and you will see how quickly a book moves.



The game has three levels of difficulty: Easy, Average and Hard. On levels "Average" and "Hard" you will click on the moving book itself. Only one book will move at a time. However on the "Easy" level you will have to click on the shelf where the book has just moved. However, if you click on the book, that is even even better.

Before you start you must type in your name. Later you will see a scoreboard on the screen informing you that you have five seconds left before the first attempt. When "O" appears on the screen, you will hear a "gong" indicating the beginning of the game.

From that moment on, do not lose your concentration! You will have ten attempts, with a book moving on the shelf during each one of them (only one at a time). Try to respond as fast as you can on either the moving book or on the bookcase, if you have chosen the "Easy" option. You will have the choice of leaving the game whenever you want by clicking on "QUIT", or by going back to the initial menu.

When you are through, you will see your own score on the screen. Both your correct responses and the reaction time will be shown. You will be able to keep a record of how your own concentration and reflexes improve."

The computer will show the results of your identifying data, the date, and a description of the results with tables and graphics of :

-Percentage of correct / wrong answers.

-Reaction time for the correct answers.

By clicking "PRINT", you can edit the results (Figure 13).

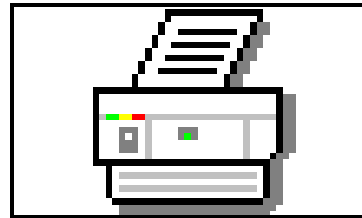


Figure 13.: "PRINT"

#### **2.2.2.2. "ADJUSTMENT OF LINES"**

The instructions for the game are as follows:

" ADJUSTMENT OF LINES "

"Directions":

"This is a game designed to improve your concentration and attention skills. You are asked to focus your attention for awhile.

The game consists of a line adjustment task. You will see a box with a line protruding from each side. You are required to adjust the segment on the right side of the box so that it lines up perfectly with the segment on the left side to form a straight line.

Before you start you can give it a try in order to familiarize yourself with the task. You just have to click on the button that reads "CLICK HERE".

The game has three levels of difficulty: Easy, Average and Hard. Select the level, type in your name, and press return. From that moment try not to lose your concentration. You will have ten attempts.

You have to click and drag the line on the right until it forms a straight line through the box with the line on the left. The computer will always give you feedback about your performance, and you will also be able to check your answer.

When you are through, you will see your own results on screen. The scoreboard shows your responses for each attempt. You will be able to print out your records of how much your concentration and attention skills have improved."

The results screen will show the identification data, the date, and also a description of the results with tables and graphics of :

-Percentage of Correct / Wrong answers

You will also be able to print out the results by clicking on the printer icon (Figure 13).

#### **2.2.2.3. "LINE EQUALIZATION TASK"**

The general instructions for the game are as follows:

("VISUAL ILLUSION")

"Directions":

"This game will help you improve your perceptual acuity, which is used to perform precision exercises, such as calculating your distance from an apparatus. Perceptual acuity helps you improve your perception different apparatus by calculating the timing to open your hand to catch a club, or anticipate

the distance you'll have to move in order to catch a ball in the air.

First you will see a horizontal line and a vertical line with different lengths. Your task is to increase the size of the vertical line until, from your point of view, its length coincides with the horizontal one. If you use the mouse to click on the button you will see how the vertical line equals the horizontal one. Even though it looks as if it doesn't, both are actually the same. However, its position in space tricks our eye by producing an optical illusion, making it look like they are not equal in length.

Working with this activity will improve two important aspects of your training: your perceptual acuity, which is used in your workouts and competition; and your ability to concentrate. This task requires you to focus your attention on one point on the screen for awhile, helping you to learn how to those stimuli that might distract you.

#### How to play

It is very easy. Type your name and give it a try by pushing the button that reads "Press here" next to the square with your name in it.

Next, choose the level of difficulty that you want: Easy, Average, or Difficult. If you are not familiar with the game begin with the easy level.

At that time, you will see both the vertical and horizontal lines on the screen. On the right-hand side you'll see some buttons that, when pressed, will increase the length of the vertical line at greater or

lesser speed (10, 5, 1), in an upwards or downwards direction.

When you think that both lines are equal in size press the button "End" and you will find out whether your answer is right or not. You will also be shown on the screen the right answer using the same line you have drawn.

You will be able to make as many attempts as you want. The computer will always give feedback regarding your answer and you will also be able to check your answers. However, you have a limited amount of time to answer. Please, try to match the lines as quickly as possible.

#### The results

The scoreboard shows the degree of closeness of using a bar diagram where each attempt you have made is represented. You will see that the more you advance in your training, the closer this percentage gets to 100%. When this occurs, your perception and concentration will have improved noticeably."

#### **2.2.2.4. "ELECTRONIC GYMNASTICS"**

The general instructions for the game are as follows:

"Directions":

"This is a game designed to improve your concentration skills. You will be required to focus your attention for a few seconds, trying not to lose it. It will also be used to train your reflex speed, since the computer will ask you to respond as fast as possible.

The game consists of a gymnast, on the corner of the mat, who carries an apparatus in her hands which will be thrown up to the ceiling. Once it has been thrown and gone up to the ceiling, a different apparatus will fall and you will have to "catch" it. But before you do this you will have to click on the games menu at the bottom of the screen. Depending on the type of falling apparatus, the gymnast will perform an exercise, which has been previously chosen. There are five possible exercises: leg twist, doe, somersault, roll over, and stride. And the apparatus used by the gymnast are the five usual ones: ball, ribbon, cord, club, and hoop.

Before you start you can give it a try to familiarize yourself with the game. To do that, you just have to click on any "demo" button. Press it a couple of times and you will see how the gymnast, after a double step, throws up an apparatus and performs the corresponding exercise according to the falling apparatus.

The game has different levels of difficulty: Easy, Average and Hard. On the Average level the falling speed of the apparatus increases. In addition, on the Hard level the response buttons change their positions during each trial.

Before you start you must type in your name. From that moment on, do not lose your

concentration. You will have ten attempts, each one of them shows a gymnast with a different apparatus with another one falling from the ceiling. Remember you must choose the exercise for the gymnast to perform as fast as possible.

You will have the choice of exiting the game whenever you want by clicking on the button that reads "quit", or by returning to the initial menu.

When you are through, you will see your own results on the screen. Both your responses and reaction time will be shown for each attempt, as well as the final average. Also, your anticipatory responses will be recorded, (i.e., when you click before you should). You will be able to keep a record of how well your concentration and reflexes improve. A print out of results is also available."