

Muscle Memory Task: Juggling and Cupstacking

Brain Studies

Learning Objectives

1. Demonstrate how we learn a new muscle memory, including the value of careful rehearsal and repetition.
2. Demonstrate a whole brain learning style.
3. Create a performance challenge that may cause a sympathetic nervous system stress response thus requiring that the student use stress management techniques to accomplish the challenge.
4. Demonstrate the value of visualization in learning a new skill.
5. Understand that creating new neural networks can actually have value in other related skills involving bilateral manipulation and hand eye coordination.
6. Underscore the benefits that a good attitude and optimistic thought can play in obtaining goals.

Assignment

Before the end of the course (specific deadline to be announced at a later time) you must complete one of the following two tasks:

1. Perform a three-ball cascade juggle for 10 seconds.
2. Cupstack a full 3-6-3, 6-6, 1-10-1 competition cycle with correct form in 27 seconds or less.

Additional Details

- You must perform the task in front of the teacher.
- You may only make a total of three attempts per day.
- The assignment is worth 25 points and no partial credit is given.
- Time to practice and be tested will be provided throughout Unit 4

Extra Credit Options

1. Five (5) points extra credit can be obtained by performing both tasks successfully.
 2. Five (5) points extra credit for juggling for 30 seconds without a stop or drop.
 3. Five (5) points extra credit for performing the full cupstack cycle in under 20 seconds. An additional 5 points extra credit if you can perform the full cupstack cycle in under 16 seconds.
- Total extra-credit for both may not exceed 15 points.