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Study of proprioceptive sensibility in the motor competence of visual impairment

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The purpose of the present study was to evaluate the manual proprioceptive sensibility in subject's normal and visual impairment, practitioners and non-practitioners of physical activity.

The sample comprises 28 subjects (20-55 years old), 18 visual impairments (12 active and 6 non-active) and 10 normal visually (5 active and 5 non-active). The instrument used was the Test of Discrimination Weights. Statistical procedures included descriptive and inferential statistics (Independent-Sample t Test) using SPSS 16.0. The level of significance was 5% (p<0.05).

The main results and conclusions were: i. The normal and visual impairment subjects practitioners of physical activity had better results on manual proprioceptive sensibility in relation to the normal and visual impairment subjects non-practitioners of physical activity on the preferred hand; ii. The subjects with visual impairments practitioners of physical activity had better results on manual proprioceptive sensibility in relation to the visual impairment subjects non-practitioners of physical activity concerning to the preferred hand; iii. The normal subjects practitioners of physical activity had not better results on manual proprioceptive sensibility in relation to the normal subjects non-practitioners of physical activity concerning to the hand preferred; iv. The subjects with visual impairments practitioners of physical activity had better results on manual proprioceptive sensibility in relation to the normal subjects practitioners of physical activity concerning to the preferred hand; and v. The subjects with visual impairments non-practitioners of physical activity had better results on manual proprioceptive sensibility in relation to the normal subjects non-practitioners of physical activity concerning to the preferred hand. The subjects with visual impairments practitioners of physical activity had better results on manual proprioceptive sensibility in relation to the normal and visual impairment subjects non-practitioners of physical activity concerning to the preferred hand.

Key words: motor learning, manual sensibility, preferred hand