



COGNITIVE CAPACITIES

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David Ribera-Nebot, 2012

Based on the concepts learned from the Professor [Seirulo Vargas](#) since 1986, from its articles and papers, their class notes, talks, lectures and conferences, and training practical experiences, I propose the following cognitive capacities:

- * Capacities of Cognition of the Movement Skill
- * Capacities of Spatial Cognition
- * Capacities of Temporal Cognition
- * Capacities of Memory
- * Capacities of Comprehension-Understanding
- * Capacities of Reflection-Reasoning
- * Capacities of Concentration
- * Capacities of Decision Making
- * Capacities of Designing Movement and Spatial-Temporal Programs
- * Capacities of Self-Control and Self-Evaluation

The specific and relational development of each of the above capacities, alongside resources of preferably cognitive optimization and interacted with other structures of the person, is presented in the educational sessions of Sport Training.

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