Dr. Jan Wilke Neurocognitive function and decision-making in sports: the key for improved performance and reduced injury risk?

Whether soccer, basketball or handball: In most sports, athletes have to react under time pressure to a highly complex, constantly changing environment. The ability to perform spontaneous changes of direction, dribbling or evasive manoeuvres depending on the game situation is of paramount importance in terms of performance and injury risk. However, common training and testing methods for strength, agility, coordination, and speed usually do not adequately capture this facet of athletic movement.

﻿The lecture provides an introduction to relevant basic processes of information processing in the brain and presents evidence-based approaches to training and testing of sport-relevant cognitive functions.