

## CWSF 2005 - Vancouver, British Columbia



### Arielle Maler

#### Learning Without Knowing

**Division:** Health Sciences

**Category:** Senior

**Region:** United Counties

**City:** Crysler, ON

**School:** North Dundas D.H.S.

**Abstract:** This project investigated implicit and explicit learning in children and young adults. It demonstrates that subjects who attempt to use explicit learning in an implicit learning task, have degraded performance. This suggests that rehabilitation and sports training should be optimized for the individual's learning style.