



TACTICAL-STRATEGIC OPTIMIZATION

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David Ribera-Nebot, 2012

Based on the concepts learned from the Professor [Seirul-lo Vargas](#) since 1986, from its articles and papers, their class notes, talks, lecture conferences, and training practical experiences, I propose the following priorities for tactical-strategic optimization:

- * **Cognitive Structure:** Cognition of the Movement Skill, Spatial Cognition, Temporal Cognition, Memory, Comprehension-Understanding, Reflection-Reasoning, Concentration, Decision Making, Designing Movement and Spatial-Temporal Programs, Self-Control and Self-Evaluation.
- * **Socio-Affective Structure:** Mutual Help, Cooperation, Assertive Communication and Empathic Communication.

The specific and relational development, alongside resources of preferably cognitive and socio-affective optimization interacting with other structures of the person, is presented in the classes about Methodology and Practice of Sport Training.

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