JST Online Support
Modul 1: Training Fundamentals
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Coordination

The ability to organise ourselves

Coordination is important for our health and quality of life, but also for our daily lives. Good coordination skills enable us to move in a healthy and functional way. It also helps us to organise ourselves, to make the 'right' decision in intuitive situations and, last but not least, it dispels the social prejudice that 'some people are more talented than we are'. Good coordination therefore helps us in sport-specific situations, at work, in everyday life and in the way we see the world and our opportunities.

Let's start by describing the term: 'Coordination (Latin ordinare = to arrange, to regulate, to bring into a certain order; from the Latin coordinare = to assign, allocate) includes in its general meaning the coordination general meaning includes the harmonisation, the mutual allocation of different human, social, economic or technical processes. Coordination therefore generally requires the ability, consisting of several coordinative ability to harmonise various individual tasks or human activities human activities in a complex task field in such a way that they fit together sensibly and purposefully, regardless of whether they are organisational organisational processes (management) or motor movement sequences' - Wikipedia.

As this introduction relates to our physical practice, we will concentrate focus here on sport motor skills. To clarify the term for this the term once again:
Coordination is the ability to control and harmonise movements.

Coordination is a collective term for various sub-areas, which in turn can be interlinked. To be able to speak of good coordination, there must be harmonious interaction between the sensory organs, the peripheral and central nervous system (CNS) and the skeletal muscles. This interplay is brought about by coordinative abilities.

Coordinative abilities are generally understood to be the ability to organise various individual tasks or human activities in a complex task field in such a way that they interlock in a meaningful and targeted manner, i.e. are coordinated. In general, coordinative abilities ensure that a movement sequence with all its parameters can be coordinated. It should be noted that coordinative abilities should not be considered in isolation, as they influence each other on the one hand and also affect conditional abilities on the other.

The coordinative abilities include the ability to react, adapt, couple, rhythm, orientate, differentiate and balance. We will come back to this in another lecture. An important difference should be mentioned at this point: intramuscular coordination describes the interplay of nerves and muscles within a muscle, while intermuscular coordination refers to the interplay of several muscles. Indicators of good coordination in sport are precision of movement, flow of movement, rhythm of movement and speed of movement.

About coordination

Everyone learns to coordinate throughout their lives. While newborn babies still move completely reflexively, as we get older we learn to control, monitor and differentiate our movements more and more. Compared to infants, adults are moved less by reflexes.

Coordination means that I can decide what I move, when I move and how I move. When I ask what moves, I always ask what doesn't move. Reflexes are essential for our survival. Reflexes are also often 'perfect' in their movement. They are wonderfully coordinated in a way that is not easy for us to learn. This is because reflexes are an original type of movement.

Reflexes need something to trigger their movement. However, we can also move 'out of ourselves' and are therefore very free in our movement. However, this free movement is learnt and we have to practise it so that we can perform it.

A newborn calf can stand on its feet and walk in a very short time. Human children need about a year to do this. That's an incredibly long time. At first we are much slower than other animals, but then we far surpass them in our ability to move. We climb incredibly high walls or trees, dive deep into the sea, construct clockworks with our fingers and build houses. What we can potentially do is simply incredible.

Children understand the world through their physical experiences. His sensory impressions and his movement. We count to ten because we have ten fingers. In German we say BeGREIFEN, verSTEHEN, umGEHEN, entLEGEN, beHANDELN, geLÄUFIG. The German language has developed in relation to what we do in the world. Physical experience is fundamental to a child's mental development. And sensory impressions only play one role in this. Doing, going into movement/engaging with it, is incredibly important. Passive consumption does not work to understand the world. From our point of view, most people stop their coordinative development prematurely. Or it is cancelled by the environment.

As a result, people lack the decision-making power and understanding for their own movement. A major obstacle to cognitive development is our sedentary society. What makes matters worse, however, are conventional fitness programs that only focus on the conditional skills of strength and endurance and consist of the same movements over and over again.

When we move, it's always about coordination. It is the basis for strength, endurance, speed and agility. Every movement is a coordination.

Nevertheless, coordination training is not included at all or only to a very limited extent in many training programmes. As a result, there are many people who have strength and/or endurance etc. but whose ability to move is very limited. The lack of coordination and dexterity training creates Potemkin-like people: Facades with little behind them.

In another lecture, we will go into more detail about what coordination actually is and why or how we train it.