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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Enhancing Human Performance; Copyright; Contents; PREFACE; PART I OVERVIEW; 1 Introduction; THE COMMITTEE'S TASK; THE ARMY'S NEEDS; A SELLER'S MARKET; IMPROVED PERFORMANCE: COMPLEX ISSUES, SIMPLE SOLUTIONS; EVALUATING THE TECHNIQUES; 2 Findings and Conclusions; GENERAL CONCLUSIONS; Scientific Evidence; Testimonials as Evidence; Conditions for Implementation; Rational Decision Making; Mechanisms for Advice; Bidding Procedures; SPECIFIC FINDINGS AND CONCLUSIONS; Learning During Sleep; Accelerated Learning; Improving Motor Skills; Altering Mental States; Stress Management; Influence Strategies Group Cohesion; Parapsychology; 3 Evaluation Issues; STANDARDS FOR EVALUATING BASIC RESEARCH; STANDARDS FOR EVALUATING FIELD TESTS OF PROGRAMS; The Organizational Context; Describing a Program's Consequences; Immediate Effects; Side Effects; Assigning Value to Pilot Programs; Meeting Needs; Likelihood of Transfer; Contrast with Alternatives; CURRENT STATUS OF ARMY EVALUATIONS; QUALITATIVE APPROACHES; PART II PSYCHOLOGICAL TECHNIQUES; 4

Learning; LEARNING DURING SLEEP; Other Types of Learning Without Awareness; Types of Knowledge; Measurement of Memory "Strength" Remembering With and Without Awareness; Potential Applications of Learning During Sleep; Applications of Learning During Verified Sleep; Applications of Disrupted-Sleep Learning; Direction and Design of Future Research; Research on Stimulus-Driven Learning During EEG-Verified Sleep; Research on Sleep-Disrupted Learning; Sources of Information; ACCELERATED LEARNING; Packaged Programs for Accelerated Learning; The SALTT Classroom; The Evidence; Assumed Theoretical Support; Support for Traditional Instructional Components; Generation and Elaboration; Spacing of Repetitions; Imagery Songs and Rhythm as Mnemonic Devices; Cooperative Learning; Advanced Organizers; Tests as Motivational Devices and Learning Events; Review of the SALTT Learning Literature; Testimonial Evidence; Confounding Factors; Weak Designs and Questionable Interpretations; Independent Evaluations; Direction and Design of Future Research; Sources of Information; 5 Improving Motor Skills; MENTAL PRACTICE; Previous Reviews; Theoretical Explanations for Mental Practice; SyberVision®; Conclusions; VISUAL CONCENTRATION; Cognitive-Behavioral Techniques; Visual Training Programs; The ProVision Training Program Research Literature on Visual Training; Direction and Design of Future Research; Conclusions; BIOFEEDBACK; Electromyography; Electroencephalography; Spontaneous EEG Activity; Event-Related Potentials; Slow Potentials; Heart Rate; Concurrent Task Performance; Economy of Effort in Static and Dynamic Exercise; Respiration; Thermal Self-Regulation; Multiple Autonomic Responses; Conclusions; SOURCES OF INFORMATION; 6 Altering Mental States; ALTERING MENTAL STATES FOR PEAK PERFORMANCE; BRAIN ASYMMETRY; The Nature of Hemispheric Differences; Information-Processing Capacity; Hemisphericity; Synchronizing Hemispheric Activity

Sommario/riassunto

In its evaluation, Enhancing Human Performance reviews the relevant materials, describes each technique, makes recommendations in some cases for further scientific research and investigation, and notes applications in military and industrial settings. The techniques address a wide range of goals, from enhancing classroom learning to improving creativity and motor skills.
