Aiming evokes explicit motor adaptation
’t Hart BM, Taqvi U, Gastrock RQ, Ruttle JE, Modchalingam S, Henriques DYP

As context for our work on implicit adaptation processes, we wanted to see if asking people to think hard about how they will reach to a target on every single trial makes adapting to a small rotation more explicit.

aiming (N=24)
instructed (N=24)
control (N=24)

PDP: include & exclude strategy

For ⅓ of people, aiming acted as an instruction, and had no effect on others.