



Representative co-design: Involving athletes in their learning journey

Representative *learning* design outlines how constraints available to interact with in practice should be like those shaping behavior in competition. Since its conceptualization, researchers have adapted representative learning design to acknowledge the role of the athlete in co-designing practice. Representative *co-design* places the learner at the center of the learning process and centralizes athlete-environment interactions by capturing athletes' valuable experiences. In this session, Dr. Yearby will illustrate how coaches and teachers can engage individuals, especially athletes in sports, to assist in activity design and constraint manipulation during practice to dramatically influence their skill adaptability. Using his experience working with American football players, Dr. Yearby will offer examples of using representative co-design during the following periods: pre-session, within-session, and post-session.