HUR

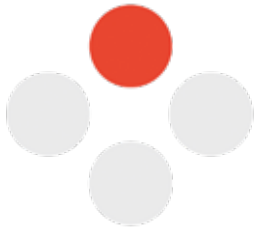## HUR SENSO

TRAINING PROGRAMS

Focused alertness and psychomotor processing speed

Training goal: The training program "Simple" trains the focused alertness – the ability to concentrate on stimuli and react to them as fast as possible.

Task: There are four white circle on the screen. One of them changes its colour to red. React as quickly as possible by making a step in the direction of the red circle.

Simple

Target-oriented reaction

Training goal: The training program "Targets" trains target-oriented reaction.

Task: Four targets are seen on the screen. From all directions, balls appear and fly in the direction of one of the targets. React with a step in the direction of the target as soon as the ball reaches the centre of the target.

Targets

Shared Alertness

Training goal: The training program "Divided" trains the shared alertness – the ability to react to multiple stimuli simultaneously, especially if they are of different modalities (visual, auditory, tactile).

Task: There are four white circles on the screen. One of them changes its colour to red. React as quickly as possible with a step in the direction of the red circle. Simultaneously, two acoustic stimuli appear – a higher and a deeper sound. Make a step forward as reaction to the higher sound and a step backward as reaction to the deeper sound.

Divided

Working memory

Training goal: The training program "Simon" trains rehearsal in the working memory.

Task: A series of tones with corresponding colour lights is presented, starting with one tone and continuously adding one. Repeat the tone series by making steps to the field with the right colour.

Simon

Cognitive flexibility

Training goal: The training program "Flexi" trains the ability to switch flexibly between different stimuli and concepts.

Task:
A: One number is seen in the middle of the screen and four others around it. Make a step in the direction of the next higher number as quickly as possible.
B: Additionally, either a circle or a triangle appears around the number in the centre. Make a step to the next higher number and alternate between numbers in circles and numbers in triangles.

Flexi

Visual-spatial processing

Training goal: The training program "Snake" trains the ability to orient oneself in a two-dimensional space.

Task:
A white snake sneaks across the screen. Help the snake to eat the red square through navigating it with steps to the right, left, front or back.

Snake

Selective Alertness

Training goal: The training program „Habitats" trains the selective alertness – the ability to react to certain stimuli and ignore others. Provoked reactions must be inhibited.

Task: Animals move through the four habitats on the screen. If an animal appears in an unusual habitat, make a step in this direction. But make sure not to disturb animals in their proper habitat.

Habitats

Cardio-vascular system

Training goal: The training program „Rocket" trains the cardio-vascular system.

Task: Make steps on the centre plate to fly the rocket through the universe. A green arrow in front of the rocket indicates that you should increase the speed. A red bar behind the rocket indicates that you are going too fast and should slow down.

Rocket

Spatial sense

Training goal: The training program „Tetris" trains the recognition of positions and incorporation of two-dimensional objects.

Task: Different stones fall from the top of the screen. The stones can be rotated by 90 degrees with steps forward and moved sideways with steps to the left or right. The aim is to create horizontal lines of ten units without gaps at the bottom of the screen. As soon as such a line is complete, it disappears and the still incomplete lines above it fall down and more of the screen is free again. If you make several lines disappear at the same time, you gain more points than for single lines.

Tetris

Allocation and selective alertness

Training goal: The training program "Birds" is very suitable for beginners. It trains the correct allocation of objects.

Task: Assign the feather in the centre to the corresponding bird. React as quickly as possible with a step in the direction of the right bird.

Birds

Static Balance

Training goal: The training program „Ski" is based on a new game mode. The multiple sensors underneath the plate detect movements of the centre of gravity which are performed by the player. By body shifting the static balance ability is trained.

Task: Navigate the skier by shifting your body to the left and right. Avoid trees, rocks and snow monsters!

Ski

Visual-spatial thinking, orientation and mental rotation ability

Training goal: The training program „Hexagon" promotes the spatial cognition, visual-spatial thinking and orientation. Additionally, it trains the mental rotation ability.

Task: Step to the left or right to pass through open edges.

Hexagon