

Affordances for Exploration and The Regulation of Action in Sport, Exercise and Healthy Ageing

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For prospective guidance of action in complex environments, knowledge about *future* opportunities for action is imperative. In terms of affordances, this knowledge is expressed relative to an individual as the future individual-environment relationships. In social situations, such relationships give rise to the emergence and dissipation of social synergies that drive (transitions between) individual- and social action. Exploratory action, as movement aimed at revealing information about (future) affordances, is of vital importance in driving individual-environment interactions. In this presentation I will discuss exploration in team sport, in which athletes are presented with many affordances, related to, for instance, the ball, teammates, opponents, and space. In the context of our ongoing studies in team sport, exercise, and healthy ageing, I will present the development of a number of novel collective exploration variables.