

**FOUR-DIMENSIONAL VISUAL/COGNITIVE/MOTOR
SYMMETRY:**

A Theoretical Model for Human Peak Performance ©

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The peak performance state known as “flow” is considered the ultimate sport experience. Jackson and Csikszentmihalyi (1999) assert that flow has nine components, and by coordinating these, athletes can increase flow state experiences.

The Four-Dimensional Visual/Cognitive/Motor Symmetry (4DS) © Model of Peak Performance that has been devised by the authors deals with the Visual/Cognitive/Motor (VCM) operating system *underlying* these flow components. When athletes are in “flow” their operating systems function in a VCM configuration unique to peak performance state. Likewise, a normal performance state has its own unique VCM configuration. The difference in these two performance states is caused by the difference in VCM configurations. Athletes in “flow” operate in a 4D *Symmetrical* VCM configuration, whereas their normal performance state is one of 4D VCM *Asymmetry*. Simply stated, underlying the flow components is a unique 4-dimensional VCM architecture that, when engaged, makes it possible to control the reproduction of “flow”.

This model has enormous potential because every sport experience has an underlying VCM architecture. This architecture can be reconfigured to its highest-order 4D configuration; athletes can experience their highest-order performance state, i.e., “flow”.

Human performance can be viewed from this model as a fundamental cause/effect relationship between the 4D VCM architecture of the operating system and its resultant performance state:

Cause: 4D Asymmetrical VCM architecture.
Effect: normal conscious state, normal performance.

Cause: 4D Symmetrical VCM architecture.
Effect: flow state, peak performance.

The authors will present the model and also provide strategies for performance enhancement through demonstration.