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# The Influence of Tropical Climate on Cognitive Task Performance and Aiming Accuracy in Young International Fencers

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► **To cite this version:**

Nicolas Robin, Aurélie Collado, Stéphane Sinnapah, Elisabeth Rosnet, Olivier Hue, et al.. The Influence of Tropical Climate on Cognitive Task Performance and Aiming Accuracy in Young International Fencers. *Journal of Human Performance in Extreme Environments*, 2019, 15 (1), pp.4. 10.7771/2327-2937.1110 . hal-02193979

**HAL Id: hal-02193979**

**<https://hal.science/hal-02193979>**

Submitted on 8 Apr 2020

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## Abstract

This study examined how a tropical climate (TC) influences the cognitive and aiming task performances of young international fencers. The participants performed the tasks in TC and an air-conditioned room (AC). In each session, they completed questionnaires evaluating affective states, fatigue, and comfort and thermal sensations. They also carried out cognitive tasks (simple and choice reaction time, attention, and vigilance tasks) and a motor task testing aiming accuracy with a sword while wearing protective clothing and a mask. TC, which was observed to decrease thermal discomfort, was revealed to decrease aiming accuracy and positive affective states. No deleterious effect on cognitive task performance, nor on negative affective states, or fatigue and increased thermal discomfort. These results showed that TC can negatively influence motor performance.

Keywords: Fencing, cognitive task, aiming accuracy, tropical environment, affective states.

1 The Influence of Tropical Climate on Cognitive Task Performance and Aiming Accuracy in  
2 Young International Fencers

3 The Olympic sport of fencing is practiced all over the world. Competitions are  
4 sometimes held in tropical climates or gymnasiums without air-conditioning. This study  
5 evaluated the impact of a tropical climate (i.e., hot and wet) on the cognitive performance,  
6 affects, and accuracy of an ecological aiming task in young international fencers. The athletes  
7 wore their personal protective equipment, including the mask, and used their own sword (i.e.,  
8 épée or foil).

9 According to Kosonen and Tan (2004), the thermal environment (including heat and  
10 hygrometry) is one of the most important indoor environmental factors that affect human  
11 mental and physical performances. Many authors have observed that heat stress is associated  
12 with decreased performances for multiple cognitive tasks (Berg et al., 2015; Gaoua, 2010;  
13 Qian et al., 2015; Robin, Coudevylle, Hue, & Sinnapah, 2017) and physical activities (Hue &  
14 Galy, 2012; Gonzalez-Alonso, Crandall, & Johnson, 2008; Maughan, 2010; Périard et al.,  
15 2014). The physiological responses of the human body to heat have been well documented  
16 (Hancock & Vasmatazidis, 2003), but the effects of heat stress on human cognitive abilities are  
17 less well understood, with the research findings being inconsistent (Gaoua, 2010; Robin et al.,  
18 2017). For example, Ramsey and Kwon (1992) reported that simple mental tasks show little,  
19 if any, decrement in the heat. However, they also observed that more complex tasks (e.g.,  
20 perceptual motor or vigilance tasks) showed the onset of decrements between 30°C and 33°C,  
21 regardless of the duration of exposure. Gaoua, Racinais, Grantham, and El Massioui (2011)  
22 found that working memory was impaired in the heat and suggested that heat exposure might  
23 compete with cognitive processes. Hancock and Vasmatazidis (2003) pointed out that  
24 attentional resources are progressively drained as the level of environmental stress increases  
25 (e.g., in TC), and Robin et al. (2017) suggested that TC imposes a supplementary constraint

1 on cognitive resources. Indeed, the maximal adaptability model (Hancock & Warm, 1989)  
2 assumes that heat exerts its detrimental effects on performance by competing for and  
3 eventually draining attentional resources. In a notable example, Chase, Karwowski, Benedict,  
4 Quesada, and Irwin-Chase (2003) used a visual dual task on computer and observed a  
5 performance decrement at 35° compared with 20°C due to the participants' inability to  
6 successfully allocate attention to the tasks. Hocking, Silberstein, Lau, Stough, and Roberts  
7 (2001) suggested that cognitive task performance deteriorates when the total resources are  
8 insufficient for both the task and the thermal stress. Last, Qian et al. (2015) suggested that  
9 thermal stress induces central fatigue, which decreases motivation particularly when  
10 individuals are performing an attention task with high cognitive demand, such as fencing.

11         According to Azémar (1999), fencing requires a combination of physical attributes  
12 like speed, agility, accuracy, and power, as well as the mental capacity to anticipate, react and  
13 make split-second decisions. It thus calls on cognitive processes such as attention, vigilance,  
14 reaction time, visual perception, and decision-making (Hijazi, 2013). Cognitive tasks like  
15 simple and choice reaction time tasks, Stroop tests, and vigilance tasks should therefore be  
16 helpful in evaluating the influence of TC on fencers' cognitive performances. However, it is  
17 also important to carry out an ecological motor task in conditions close to the real situation  
18 (i.e., fencing strip, protective clothing, mask, and sword) to better understand how TC affects  
19 motor performance. An aiming accuracy task with the épée or foil seems to be a good  
20 compromise and corresponds to a specific fencing exercise used by "maîtres d'armes" (i.e.,  
21 fencing coaches).

22         According to Kobrick and Johnson (1991), motor and cognitive performances are  
23 dependent on psychological factors and affective states. These latter can be assessed by  
24 questionnaires like the PANAS (Positive and Negative Affect Schedule; Watson, Clark, &  
25 Tellegen, 1988) and are generally categorized as positive and negative. An individual with

1 positive affect (PA) feels enthusiastic, active, and alert, and PA is conceptualized along a  
2 continuum ranging from an optimal state of energy, concentration and pleasure in  
3 commitment to a state of sadness and lethargy (Villodas, Villodas, & Roesh, 2011). Negative  
4 affect (NA) is the experience of unpleasant emotions, including feelings of anger, disgust,  
5 guilt, fear and nervousness. Gaoua, Grantham, Racinais, and El Massioui (2012) showed an  
6 increase in NA in very hot environments (50°C) and suggested that the subjective state of the  
7 individual might be the main factor affecting cognitive performance in hot environments.  
8 Physical activity under thermal stress is also associated with NA (Kobrick & Johnson, 1991;  
9 Lane, Terry, Stevens, Barney, & Dinsdale, 2004; Wallace et al., 2017). According to Beedie,  
10 Terry, and Lane (2000), it is advisable to evaluate affect during stressful exercise because it  
11 can predict performance and reflect the individual's ability to cope with an opponent  
12 (Acevedo & Ekkekakis, 2001). To our knowledge, few studies have focused on the affective  
13 state during effort in TC and none has done so in fencing. Hue (2011) studied cyclic sports  
14 and reported that TC, which increased thermal discomfort (i.e., the condition of mind that  
15 expresses or dissatisfaction with the environment) was particularly disabling for motor  
16 performance.

17         The aim of this study was to evaluate the influence of TC on cognitive task  
18 performance, affective states, and motor performance. In line with Ramsey and Kwon (1992),  
19 we hypothesized that TC would have a more deleterious effect on complex tasks (e.g., Stroop  
20 interference, vigilance) than on simple tasks (e.g., simple reaction time, Stroop color and  
21 word). Moreover, as suggested by Johnson and Kobrick (1998), vigilance was expected to be  
22 affected by TC. Qian et al. (2015) proposed that heat stress has a potential fatigue-enhancing  
23 effect, and we also hypothesized that TC (compared with AC) would decrease PA and  
24 increase NA and the feeling of fatigue. A further hypothesis was that participants would  
25 express higher thermal discomfort in TC than in AC and, last, given that precision in fencing

1 requires mental processes (e.g., attention, vigilance, and concentration) that can be negatively  
2 influenced by TC, we predicted that the fencers' aiming accuracy would be lower in TC than  
3 in AC.

## 4 **Method**

### 5 **Participants**

6 Eleven young international fencers gave their informed consent to participate in the  
7 study (3 women, 7 men;  $M$  age = 16.1 years,  $SD$  = 1.66; age range 14–19 years). All were  
8 living in a tropical environment throughout the year and were part of the Fencing pole France  
9 Antilles-Guyane in Pointe-à-Pitre. One participant was excluded due to a between-sessions  
10 injury. This study adhered to the Helsinki Declaration II and was approved by the local ethics  
11 committee of the University of Antilles.

### 12 **Measures, Material and Tasks**

13 **Temperature.** TC is characterized by consistently high monthly temperatures, often  
14 exceeding 18°C throughout the year, and rainfall that exceeds evapotranspiration for at least  
15 270 days per year (Salati, Lovejoy, & Vose, 1983). The present experiment was conducted in  
16 a rectangular fencing gymnasium (9 × 25 meters). Sessions were conducted in AC conditions  
17 (mean temperature = 21.4°C,  $SD$  = 0.4; hygrometry = 43.5% rH,  $SD$  = 2.9) or TC conditions  
18 (mean temperature = 27.6°C,  $SD$  = 0.2; hygrometry = 67.8% rH,  $SD$  = 2.6). Temperature and  
19 hygrometry were recorded during the sessions with a WGBT QUESTemp° 32 Portable  
20 Monitor (QUEST Technologies, Oconomowoc, WI, USA).

21 **Perception of the Environment and Feeling of Fatigue.** Thermal sensation, comfort,  
22 and acceptability were recorded on three scales ranging respectively from -3: very cold to 3:  
23 very hot; from -2: very uncomfortable to 2: very comfortable; and from -1: clearly  
24 unacceptable to 1: clearly acceptable (for a similar procedure, see Xiong, Lian, Zhou, You, &  
25 Lin, 2015). The feeling of fatigue was recorded on a 7-point scale ranging from 1: not at all

1 tired to 7: totally tired.

2       **Affective states.** The participants completed the French version of the PANAS  
3 (Lapierre, Gaudreau, & Blondin, 1999), which consists of ten PA states (i.e., active, alert,  
4 attentive, determined, enthusiastic, excited, inspired, interested, proud, and strong) and ten  
5 NA states (i.e., guilty afraid, ashamed, distressed, guilty, hostile, irritated, jittery, nervous,  
6 scared, and upset). Intensity is rated on a 5-point scale (from 1: very slightly to 5: very much).  
7 For each participant, the mean negative and positive affect dimensions of the PANAS were  
8 measured.

9       **Stroop Test.** Participants were asked to perform the French adaptation of the Victoria  
10 Stroop Test (Strauss, Sherman, & Spreen, 2006). This test consists in three conditions of 24  
11 stimuli each: colored dots for the Dot condition, common words (i.e., when, but, thus, for)  
12 printed in colors for the Word condition, and color names (i.e., red, blue, yellow, green)  
13 printed in colors not corresponding to the words themselves for the Interference condition. In  
14 the Dot condition, subjects must name the color of the dots as quickly as possible. In the  
15 Word and Interference conditions, subjects must inhibit the written word in order to correctly  
16 name the color of the ink. For each condition, the participants performed a sample line to  
17 ensure that they understood the instructions. The completion time and the number of errors  
18 (corrected, non-corrected, and total errors) were measured, and two interference scores were  
19 calculated: the “if” ratio (i.e., Word/Dot for time) and the “IF” ratio (i.e., Interference/Dot for  
20 time) (see Moroni & Bayard, 2009, for a similar procedure).

21       **Simple Reaction Time, Choice Reaction Time and Vigilance Task.** Simple reaction  
22 time (SRT), choice reaction time (CRT), and vigilance were tested with three simple  
23 unimodal tasks. The participants were seated in front of a screen positioned at eye level, their  
24 dominant hand positioned on the home button. A black fixation cross followed by a black  
25 asterisk as the neutral visual stimulus was presented against a white background. They were



1 instructed to focus on the fixation cross in the center of the screen and to press the response  
2 button as quickly as possible when the stimulus (i.e., black asterisk) appeared, without  
3 anticipating their responses. Latencies faster than 160-ms were considered as anticipation and  
4 removed from the statistical analyses. Participants were requested to use the same finger (i.e.,  
5 index or middle finger) for all conditions and tasks. They attended a familiarization session  
6 one week before the first test session to ensure that they were fully familiarized with the task.  
7 Performances during the test sessions were assessed in milliseconds by calculating the median  
8 value for the trials. All tests were programmed with PsyScope (XB77) and performed on a  
9 Macintosh Apple computer with a 15-inch monitor.

10       **Simple Reaction Time and Vigilance Task.** In both conditions, stimuli appeared in  
11 the center of the screen and the participants had to press a designated response button on an  
12 AZERTY keyboard depending on the dominant hand (i.e., the “x” key for left-handers and the  
13 “period/semicolon” key for the right-handers). In the SRT condition, each stimulus randomly  
14 occurred within an interval of 1400-ms to 2000-ms after positioning the hand on the home  
15 button, and participants performed 30 trials. In the Vigilance condition, the stimulus randomly  
16 occurred within an interval of 5000-ms to 15000-ms after positioning the hand on the home  
17 button. The latter task required more vigilance than the SRT condition and the trials were  
18 therefore reduced to 15.

19       **Choice Reaction Time.** In the CRT condition, the stimuli randomly appeared on the  
20 side (left or right) of the screen and the participants had to press the corresponding response  
21 button on the AZERTY keyboard as quickly as possible (i.e., the “x” key for the left side and  
22 the “period/semicolon” key for the right side). Each stimulus randomly occurred within an  
23 interval of 1400-ms to 2000-ms after positioning the hand on the home button. Participants  
24 performed 30 trials. For this condition, a number of errors was considered, when the  
25 participants pressed the wrong button (score/30).

1           **Aiming task.** Participants had to perform three blocks of five trials that consisted of  
2 aiming their sword (épée or foil) at a standard round target (20-cm in diameter) composed of  
3 ten 1-cm concentric circles. The athletes wore their personal protective equipment and mask.  
4 As illustrated in Figure 1, in each trial, they had to start at the beginning of a fencing strip  
5 (which measures 14-m) and make round trips between studs before reaching the target at the  
6 opposite end of the fencing track as precisely as possible. After each trial, they had 10-  
7 seconds to go back to the starting lane and begin the next trial of the block. For each trial, the  
8 amplitude and direction errors were measured. Moreover, each block execution time was  
9 recorded with an electronic stopwatch (Geonaute ONstart 100, temporal resolution 1-ms). The  
10 participants had a 1-minute pause between blocks.

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Figure 1 near here

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#### 14 **Procedure**

15           The participants completed the two sessions, TC and AC, in randomized order, with a  
16 1-week interval. Before each session, they completed a control self-report questionnaire  
17 evaluating their consumption of medicine, drugs, and alcoholic drinks in the previous 24-  
18 hours. Moreover, it should be noted that the participants had to drink 6-ml of water per  
19 kilogram of body weight in the 4 hours before the start of the experiment and could drink ad  
20 libitum throughout the experiment. For each session, they had a 30-minutes acclimation phase  
21 (e.g., seated without movement) wearing protective clothing, and at the end of this phase they  
22 completed the scales assessing their environmental perceptions and feelings of fatigue, and  
23 the PANAS.

24           They then performed the cognitive tasks. Next, they warmed up for 30-minutes before  
25 performing the aiming task.

## 1 **Data Analysis**

2

3 The dependent variables (except for the aiming task) were compared using the Student

4 *t* test in function of the climate condition (TC vs. AC).

5 For each trial performed within the blocks of the aiming task, we measured the

6 differences in amplitude (up and down) and direction (right and left) between the center of the

7 target and the point of the sword. The mean absolute error (AE) and the variable error (VE)

8 for both the amplitude and direction components were computed and retained as dependent

9 variables. Each block execution time, in seconds, was also computed. The block execution

10 times and AE and VE for the amplitude and direction were submitted to ANOVAs (with

11 repeated measures) using the temperature condition (TC vs. AC) and the block (block 1 vs.

12 block 2 vs. block 3) as within-participant factors. All significant main effects and interactions

13 were broken down via the Newman-Keuls test. All variables were normally distributed and

14 tested with the Kolmogorov-Smirnoff test, except for the left-right response errors in the CRT

15 task, for which the Wilcoxon (non-parametric) test was used. Alpha was set at .05 for all

16 analyses, and effect sizes ( $\eta^2$ ) are indicated.

17

## **Results**

### 18 **Affective States**

19 The Student *t* test revealed lower PA scores in TC than AC [ $t(9) = 2.62, p = .027, \eta^2 =$

20  $0.23$ ]. The analysis did not reveal any significant difference in NA between climate conditions

21 [ $t(9) = 1.23, p = .25, \eta^2 = 0.12$ ]; see Table 1.

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Table 1 near here

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### 25 **Environmental Perception and Fatigue**

1 TC was perceived as warmer [ $t(9) = 3.79, p = .004, \eta^2 = 0.30$ ], less comfortable [ $t(9)$   
 2  $= 3.31, p = .009, \eta^2 = 0.27$ ], and less acceptable [ $t(9) = -6.86, p = .000, \eta^2 = 0.43$ ] than AC.  
 3 The latter results are illustrated on Figure 2.

4 The Student  $t$  test did not reveal any significant difference between climate conditions  
 5 concerning fatigue [ $t(9) = 0.00, p = 1.00, \eta^2 = 0.00$ ].

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 7 Figure 2 near here  
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### 9 Cognitive Tasks

10 The Student  $t$  test did not reveal any significant difference between climate conditions  
 11 concerning SRT [ $t(9) = 0.17, p = 0.86, \eta^2 = 0.01$ ], CRT [ $t(9) = 1.12, p = 0.29, \eta^2 = 0.11$ ],  
 12 Stroop color [ $t(9) = 0.47, p = 0.64, \eta^2 = 0.06$ ], Stroop word [ $t(9) = 1.85, p = 0.10, \eta^2 = 0.17$ ],  
 13 Stroop interference [ $t(9) = 1.78, p = 0.11, \eta^2 = 0.16$ ] or vigilance [ $t(9) = 0.98, p = 0.35, \eta^2 =$   
 14  $0.09$ ]. There was no difference in the left-right response errors in the CRT task [ $Z = 0.53, p =$   
 15  $0.59$ ]. Last, there was no difference in the completion time for the “if” ratio and the “IF” ratio  
 16 and in the number of corrected, non-corrected, and total errors (all  $p > .05$ ) in the Stroop  
 17 interference.

### 18 Aiming Task

19 **Amplitude.** The ANOVAs computed on AE and VE for amplitude revealed a  
 20 significant main effect of the climate condition [ $F(1, 18) = 8.63, p = .009, \eta^2 = 0.35$  and  $F(1,$   
 21  $18) = 4.79, p = .046, \eta^2 = 0.22$ , respectively]. The post-hoc Newman-Keuls tests revealed that  
 22 the athletes showed higher AE and VE errors in TC condition than in AC condition ( $p < .05$ ).  
 23 The analyses on AE and VE did not reveal any significant main effect of block [ $F(2, 36) =$   
 24  $0.13, p = .88, \eta^2 = 0.00$  and  $F(2, 36) = 0.52, p = .60, \eta^2 = 0.00$ , respectively] or any

1 interaction between block and climate condition [ $F(2, 36) = 1.34, p = .27, \eta^2 = 0.03$  and  $F(2,$   
 2  $36) = 1.28, p = .29, \eta^2 = 0.03$ , respectively] (Figure 3).

3

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Figure 3 near here

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5

6 **Direction.** The ANOVAs computed on AE and VE for direction did not reveal any  
 7 significant main effect of the climate condition [ $F(1, 18) = 2.29, p = 0.11, \eta^2 = 0.11$  and  $F(1,$   
 8  $18) = 2.48, p = .13, \eta^2 = 0.11$ , respectively] but revealed a significant main effect of the block  
 9 for VE only [ $F(2, 36) = 3.28, p = .49, \eta^2 = 0.15$ ]. The post-hoc Newman-Keuls test revealed  
 10 more errors in block 1 than in block 2 ( $p = .04$ ) (Figure 4). The analyses on AE and VE did  
 11 not reveal any significant interactions between the block and climate conditions [ $F(2, 36) =$   
 12  $0.35, p = .70, \eta^2 = 0.00$  and  $F(2, 36) = 1.41, p = .26, \eta^2 = 0.03$ , respectively].

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Figure 4 near here

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16 **Movement time execution.** The ANOVA did not reveal a significant main effect of  
 17 climate condition [ $F(1, 18) = 1.87, p = 0.19, \eta^2 = 0.09$ ] but showed a significant main effect  
 18 of block [ $F(2, 36) = 10.92, p = .000, \eta^2 = 0.23$ ] and an interaction between the block and  
 19 climate conditions [ $F(2, 36) = 5.96, p = .006, \eta^2 = 0.15$ ]. The post-hoc Newman-Keuls test  
 20 revealed that in TC the participants were slower in block 1 than in blocks 2 and 3 and slower  
 21 in block 2 than in block 3 ( $p = .01$ ) (Figure 5).

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Figure 5 near here

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## Discussion

The aim of this study was to evaluate the influence of a tropical climate on cognitive tasks, affective states, and aiming task performance in young international fencers.

### Cognitive Tasks

Contrary to the hypotheses, the results of the current study revealed no deleterious effect of TC on the performance of the simple and choice reaction time, Stroop interference, and vigilance tasks. This is contrary to the results of Ramsey and Kwon (1992) but confirms those recently reported by Robin et al. (2017). These authors observed no significant main effect of climate condition (AC vs. TC) in a mental rotation task performed by acclimatized and good imagers. Moreover, in the current study, the results of the simple and choice reaction time tasks are consistent with those of Gaoua et al. (2012), who showed that simple task (i.e., simple and choice reaction time) performances were not affected by heat stress. However, using a more complex cognitive task (i.e., planning task), these authors observed that performances were significantly reduced due to the “hot” environment. As noted by Gaoua (2010), it is difficult to conclude whether heat exposure has (Cian et al., 2000; Ernwein & Keller, 1998; Hancock, 1982; Hocking et al., 2001) or does not have (Amos, Hansen, Lau, & Michalski, 2000; Nunneley, Dowd, Myhre, Stribley, & McNee, 1979) an adverse effect on cognitive function.

According to Johnson and Kobrick (1998), the most vulnerable cognitive function in hot and humid conditions (i.e., TC) is probably the maintenance of alertness. Vigilance tasks, which are particularly important in the field of sports activities, require participants to remain attentive to a device and to respond to the appearance of random and uncommon signals (Delignières, 1994). Most studies based on this type of task have revealed a significant deterioration in vigilance when the temperature is between 30°C and 35°C (Hancock, 1982; Mortagy, 1971). However, the results of the current study did not reveal a main effect of the

1 climate condition on the vigilance task. The absence of a significant effect of TC on cognitive  
2 task performance raises the issue of task difficulty: it may be that our CRT, Stroop  
3 interference, and vigilance tasks were not sufficiently complex, particularly for international  
4 fencers. Further research is needed using tasks that involve more complex processes in order  
5 to determine whether TC has deleterious influences on cognitive processes and whether  
6 psychological factors (e.g., motivation, self-handicapping strategies) would explain the motor  
7 performance decrease in TC that we will now discuss.

### 8 **Aiming Task**

9         The main result of this study is that TC negatively influenced motor task accuracy.  
10        The decrease in aiming task performance in TC compared with AC may have been due to the  
11        supplementary constraint that TC imposes on cognitive resources. As recently suggested by  
12        Robin et al. (2017), this can be explained by the maximal adaptability model (Hancock &  
13        Warm, 1989), which assumes that heat exerts its detrimental effects on performance by  
14        competing for and eventually draining attentional resources. Indeed, Hancock and  
15        Vastmatzidis (2003) noted that attentional resources are progressively drained by rising  
16        environmental stress. Moreover, Hocking et al. (2001) argued that task performance  
17        deteriorates when the total resources are insufficient for both the task and the thermal stress.  
18        Gaoua (2010) suggested that humans have a limited cognitive capacity because of the many  
19        external stimuli constantly competing for conscious access to the vast global workspace  
20        (Baars, 1997) that ensures successful outcomes. It can be assumed that the resources needed  
21        for aiming accuracy, added to the resources assigned for thermal stress, which can be  
22        considered as a cognitive load, exceeded the total resources of the global workspace.

23        It is important to note that direction accuracy was less but not significantly affected by  
24        TC in comparison with AC, whereas the amplitude error in TC significantly increased. This  
25        might be explained by the fencers' need to pay more attention to direction in ecological

1 situations, as direction is a smaller touch constraint than amplitude. In the aiming task used in  
2 the current study, the target was composed of concentric circles with amplitude and direction  
3 equally represented (in terms of touch possibility surface). Therefore, we assume that aiming  
4 accuracy for amplitude exerted more attentional demand in the experimental task than it  
5 would have in dual exercise. The supplementary resource needed for aiming amplitude  
6 accuracy would have no influence on task performance in AC but would overtake the total  
7 resources of the global workspace when added to the resources assigned for thermal stress in  
8 TC, thereby decreasing motor precision. We might also assume that the control of direction  
9 needs fewer attentional resources than the control of movement amplitude, as proposed by  
10 Robin et al. (2007) in a tennis accuracy task. In addition, according to the participants' coach,  
11 the control of distance in ecological situations seems to require considerable attentional  
12 resources compared with the control of direction and amplitude, for which there was no  
13 uncertainty in the aiming task. The fact that TC negatively influenced aiming task accuracy  
14 seems to be an important element to take into account when helping fencers train. Further  
15 research is needed to evaluate the influence of TC in more ecological conditions where the  
16 distance to the target can be varied.

17           Last, the results concerning movement time execution revealed that in TC, the  
18 participants were faster in block 2 than in block 1 and faster in block 2 than in block 3. As  
19 proposed by Lan, Wargocki, Wyon, and Lian (2011), the thermal discomfort caused by hot  
20 temperature and high hygrometry probably prompted the participants to accelerate their  
21 movements in order to finish the task more quickly. This point will be discussed in the  
22 following paragraph.

### 23 **Environmental Perception**

24           Hue (2011) showed that TC is particularly disabling to motor performance and  
25 increases thermal discomfort. The participants in our study expressed more thermal



1 discomfort and felt warmer in TC, making this climate less acceptable than the neutral  
2 environment represented by AC. In line with Lan et al. (2011), we can therefore assume that  
3 TC negatively influences aiming accuracy in fencing. Indeed, many authors have suggested  
4 that the feeling of thermal discomfort may be responsible for impaired task performance  
5 (Gaoua et al., 2012; Kosonen & Tan, 2004; Robin et al., in press; Wijayanto, Toramoto,  
6 Maeda, Sonomi, & Tochihara, 2017). Moreover, it is important to note that other studies have  
7 shown that TC, which adds a high level of hygrometry to thermal stress, also affects thermal  
8 comfort (Lan, Lian, Liu, & Liu, 2008; Robin, Coudevylle, & Anciaux, in press). An increase  
9 in humidity reduces the loss of human heat by evaporation, which can then increase the  
10 feeling of discomfort. For example, Kosonen and Tan (2004) showed that even at 27°C, a  
11 change in relative humidity (rH) from 35% to 75% significantly increased the discomfort of  
12 the participants. However, the adaptive model of thermal comfort predicts that people become  
13 adapted to the environment (e.g., hygrometry, heat) to which they are most exposed (de Dear  
14 & Brager, 1998). Hwang and Chen (2007) showed that residents of Taiwan, which is  
15 characterized by a hot and humid climate, appear to be more tolerant of their environment  
16 than people living in temperate zones because they are due to acclimatization to the TC.  
17 These results were recently confirmed by Wijayanto et al. (2017), who observed that people  
18 who were non-acclimatized to TC found the environmental conditions warmer and less  
19 comfortable than those who were acclimatized, and they also reported having more negative  
20 feelings. Therefore, it is likely that the cognitive and motor performances of those who live  
21 year round in TC are less negatively affected by this deleterious climate than those living in  
22 neutral climate. Further research is needed to compare acclimatized with non-acclimatized  
23 athletes and to evaluate more precisely the influence of high hygrometry in aiming task  
24 performance. However, as recently evoked by Coudevylle, Sinnapah, Robin, Collado, and

1 Hue (2019), we could suggest to consider acclimatizing athletes by conducting training  
2 session in tropical environment before the start of competitions.

### 3 **Affective States**

4 Gaoua et al. (2012) proposed that the subjective state of individuals is the main factor  
5 affecting task performance under conditions of heat stress. Our study showed that the athletes  
6 had significantly lower PA in TC than in AC and confirmed the results recently obtained by  
7 Coudeville, Poparoch, Sinnapah, Hue, and Robin (2018) with students in tropical and neutral  
8 conditions. As PA is related to social activity, satisfaction, and the frequency of pleasant  
9 events (Watson et al., 1988), it may have been more pleasant for the athletes to be in AC than  
10 in TC, as confirmed by the results for thermal comfort. However, there was no significant  
11 difference in NA between AC and TC, which contrasted with the finding of Gaoua et al.  
12 (2012), who observed that participants expressed more NA after a brief exposure to a very hot  
13 environment (50°C) than in neutral conditions (24°C). This discrepancy could be explained  
14 by the difference in the definition of “hot” in these two experiments. Moreover, a low NA  
15 score denotes calmness and serenity, which might apply to international athletes who live all  
16 year round in TC (Villodas et al., 2011). Indeed, as already noted, De Dear and Brager (1998)  
17 argued that humans become adapted to the thermal environments to which they are most  
18 exposed. Hwang and Cheng (2007) observed that the Taiwanese (living in a hot and humid  
19 climate) have a high tolerance of humidity because they are acclimatized to it. It can be  
20 assumed that the participants of the current study were more tolerant of TC and experienced  
21 less NA probably due to acclimatization (Coudeville et al., 2019).

22 Fatigue can also influence task performance (Lan et al., 2011). However, the feeling of  
23 fatigue did not differ between the AC and TC conditions. This result contrasted with the  
24 finding of Qian et al. (2015), who proposed that heat stress has a potential fatigue-enhancing  
25 effect. This discrepancy has two possible explanations: the participants were acclimatized to

1 TC, which may have limited the deleterious effects of heat stress, and they were also  
2 internationally ranked athletes whose good physical condition may have delayed the onset of  
3 fatigue. In addition, although Hue (2011) suggested that environmental conditions, including  
4 hygrometry and ambient temperature, have a strong influence on fatigue and the performance  
5 of cyclic exercise, the motor task of our study, although intense, was probably not long  
6 enough (9 minutes including 2 minutes of rest) to induce early fatigue onset.

7 Hygrometry has attracted little attention in the heat stress literature but seems to be an  
8 important factor (Pepler, 1958). Vasmatazidis, Schlegel, and Hancock (2002) showed that high  
9 rH (70%) at 34°C was more detrimental to task performance (i.e., time-sharing) than a lower  
10 level (30%). The rH in AC in our study was 43.5%, in great part due to the air-conditioning  
11 system, whereas in TC it was 67.8.2%, and this factor may have influenced the participants'  
12 affect and/or aiming task accuracy. Further research is needed to investigate the hygrometry  
13 effects on PA, NA and motor performance.

#### 14 **Limitations**

15 The small number of participants is a limitation of this study, but one that is difficult  
16 to overcome when the sample is international athletes. Our sample was similar to those in  
17 many studies of young or elite athletes (Périard et al., 2014; Neave et al., 2004), particularly  
18 in fencing (Devienne, Ripoll, Audiffren, & Stein, 2000; Williams & Walmsley, 2000).  
19 Moreover, every year, only 15 young fencers competing at the national or international level  
20 are accepted into the French Caribbean Fencing Pole. One of them started the experiment and  
21 participated in the first session but was unable to participate in the second session because of  
22 an injury.

23 The use of only one scale for fatigue estimation (Samn & Pirelli, 1982) is another  
24 limitation. As in Robin et al. (in press), fatigue was used as a control variable and future  
25 research using more a complex subjective estimation of fatigue is needed. Moreover, studies

1 with more dependent variables, such as cognitive tasks performed during the physical effort  
2 phase, are needed to better understand the influence of TC. Additional researches using more  
3 complex tasks performed in TC and qualitative measures are needed for a better  
4 understanding.

### 5 **Conclusion**

6 This study showed that TC can negatively influence aiming task accuracy in young  
7 international fencers without affecting performance in cognitive tasks. This decrease in motor  
8 performance can be explained by the thermal discomfort due to TC and the loss in positive  
9 affect that can lower the motivation to exert effort. We therefore recommend “maîtres  
10 d’armes” (i.e., fencing coaches) to favor training in AC in order to preserve positive affective  
11 states and aiming accuracy, except when competitions in TC are upcoming. Indeed, in a mini-  
12 review recently published, Coudeville and collaborators (2019) evoked strategies to cope  
13 with the tropical climate of Tokyo Olympic/Paralympic Games 2020. The researchers  
14 suggested the use of subjective strategy as cold suggestion and the use of objective  
15 intervention as cooling vest, provided that it does not disturb the athletes, during timeouts in  
16 duel sports in tropical environments. The authors also encouraged to realize, a few weeks  
17 before competitions in TC, acclimation training in order to become psychologically and  
18 physiologically accustomed to the negative consequences of this detrimental environment.  
19 Finally, it is recommended to athletes to arrive on site early enough to have the time to test  
20 individual strategies and find the most effective one in terms of cognitive abilities (e.g.,  
21 reaction time, attention), perceptions (e.g., affects or thermal comfort), and feelings and  
22 emotions (e.g., motivation, self-confidence or flow states). Further research should evaluate  
23 whether motivation or self-handicapping strategies explain the negative influence of TC and  
24 whether the use of cooling techniques (e.g., ice cooling jacket or head cooling, cold water  
25 ingestion) would limit the deleterious effects of this climate on fencer’s motor performance.

## Acknowledgment

We would like to thank the “maître d’armes” Patrice Carrière and the athletes of the pole France Antilles-Guyane.

This study was funded by PO-Feder 2015-2018, Région Guadeloupe, ACTES-APPLI.

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## 1 Table 1

2 *PA and NA Summary Scores*

Affect	AC		TC	
	M	SD	M	SD
PA scores	25.77	6.83	21.05	7.97
NA scores	11.84	2.54	12.46	2.69

3 *Note.* PA = Positive Affects; NA = Negative Affects; AC = Air Conditioning; TC = Tropical

4 Climate.

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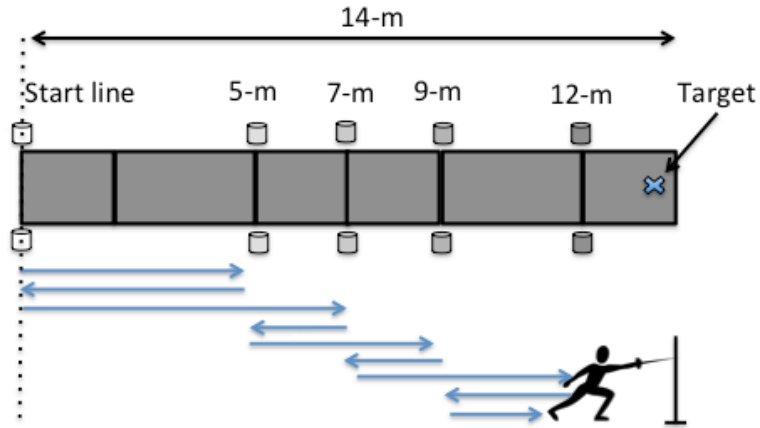


Figure 1. Illustration of the movement of the athletes during each aiming trial realized on the fencing track

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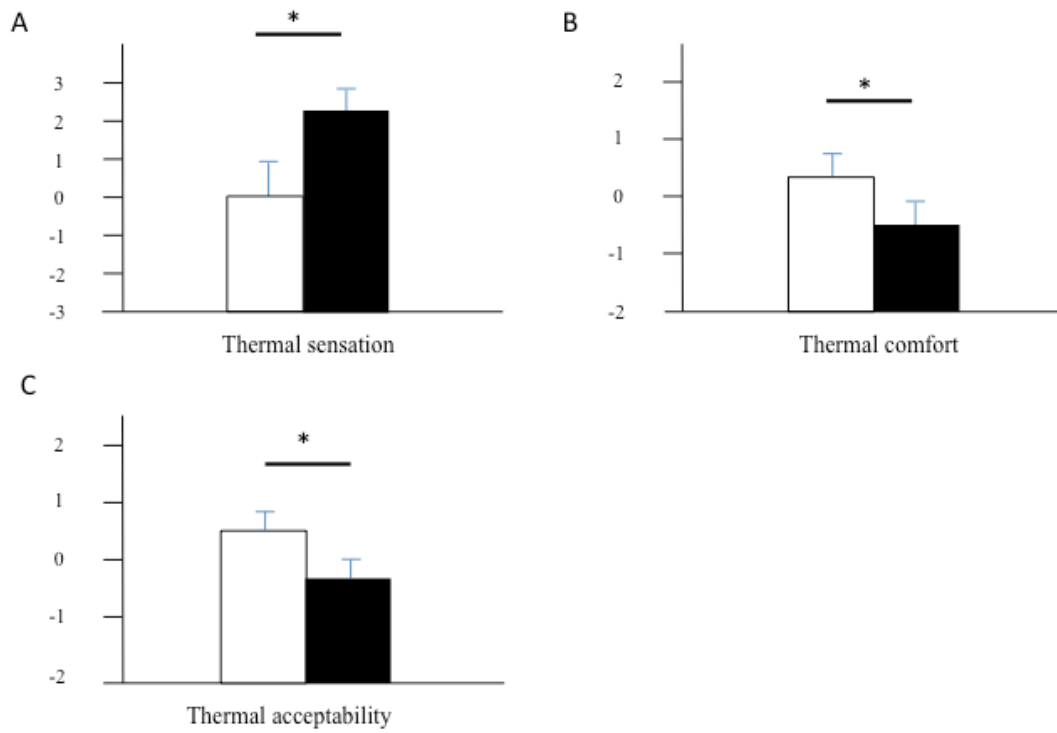


Figure 2. Thermal sensation (A), thermal comfort (B), and thermal acceptability (C) scores in Tropical Climate (TC, black bars) and Air Conditioning (AC, white bars) condition. I-beams indicate the 95% confidence intervals for the mean values. Significant difference,  $p < .05$ .

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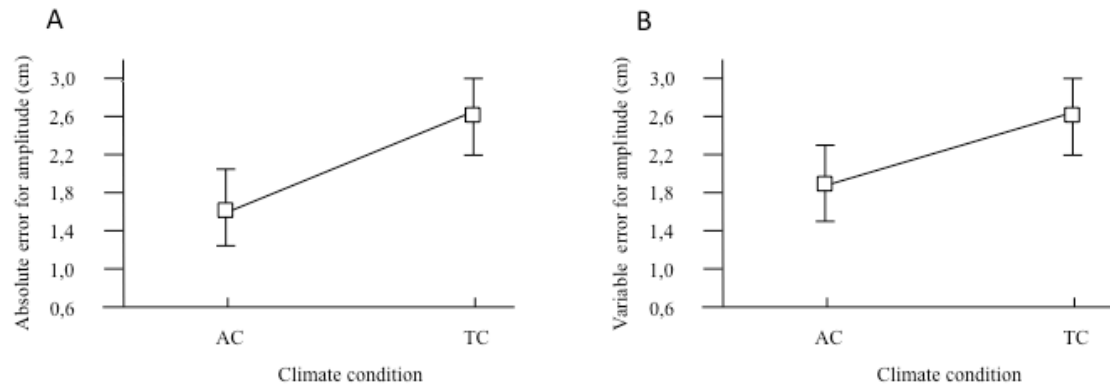


Figure 3. Main effects of the absolute errors (A) and the variable errors (B) for the amplitude of the aiming performance as a function of the climate condition. AC, air conditioning; TC, tropical climate.  $p < .05$ . I-beams indicate the 95% confidence intervals for the mean values.

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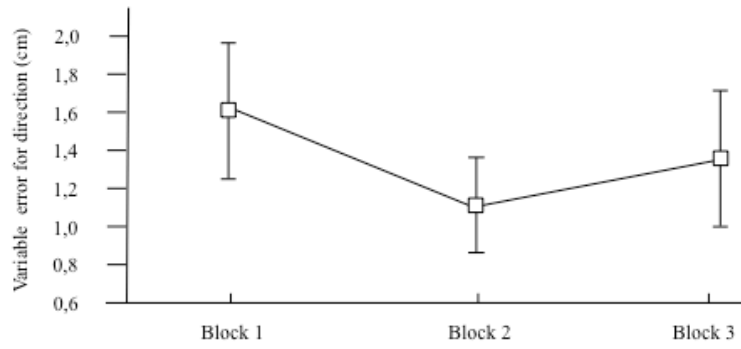
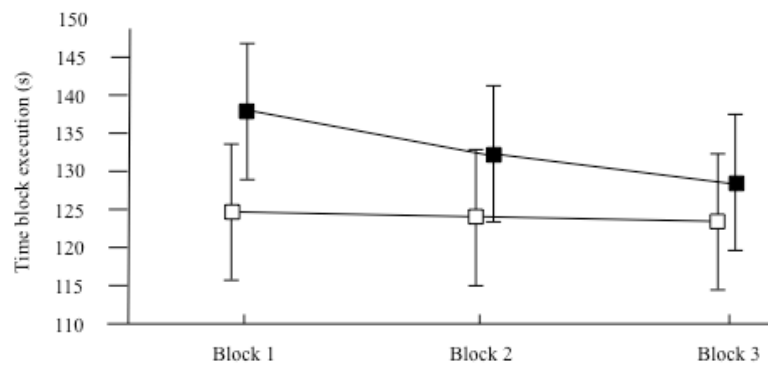


Figure 4. Main effect of the variable error for the direction of the aiming task performance as function of the blocks.  $p < .05$ . I-beams indicate the 95% confidence intervals for the mean values.

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*Figure 5.* Significant interaction between the climate condition (TC: Black squares vs. AC: White squares) and the blocks for the movement time execution.  $p < .05$ . I-beams indicate the 95% confidence intervals for the mean values.