

**S1 Table. Cochrane Risk of Bias Tool**

<i>Domain of bias</i>	<i>Qualification</i>	<i>Criteria for assigning risk of bias</i>
<i>Selection bias</i>		<i>Sequence generation</i>
	+	Computer based random number generators, a table with random numbers or similar methods
	-	Quasi randomization procedures e.g. allocation based on date of birth or on day of the week
	?	None described sequence generation
<i>Selection bias</i>		<i>Allocation concealment</i>
	+	Person(s) responsible for randomization should be independent and blinded to participant at randomization
	-	Person(s) responsible for randomization should are not independent or blinded to participant at randomization
	?	None described allocation concealment
<i>Performance bias (1)</i>		<i>Blinding of participants and personnel</i>
	+	Blinded participants and personnel; <i>It is stated that participants were not specifically informed about the nature of the intervention Personnel that provided intervention was not informed about nature of the intervention</i>
	-	Non blinded participants and personnel; <i>It is not stated that participants were not specifically informed about the nature of the intervention Personnel that provided intervention was not informed about nature of the intervention</i>
	?	None described or unclear blinding of participants and personnel
<i>Performance bias (2)</i>		<i>Manipulation check of degree to which motor learning had been implicit/explicit</i>
	+	Implicit group demonstrated significantly less movement-related knowledge than explicit group after learning
	-	No clear differences in movement-related knowledge between implicit and explicit groups
	?	No manipulation checks described/reported
<i>Detection bias</i>		<i>Blinding of outcome assessment</i>
	+	Blinded outcome assessor
	-	Non blinded outcome assessment
	?	Methods of (blinding) the outcome assessment were not described
<i>Attrition bias</i>		<i>Incomplete outcome data</i>
	+	Random lost to follow up of participants was present when $\leq 10\%$ was lost to follow up
	-	Selective lost to follow up of participants was present when $> 10\%$ was lost to follow up
	?	Unclear lost to follow up
<i>Reporting bias</i>		<i>Selective reporting</i> (www.controlled-trials.com, ClinicalTrials.gov, <a href="http://apps.who.int/trialsearch/">http://apps.who.int/trialsearch/</a> were searched for protocols)
	+	Articles that reported all a priori described outcomes
	-	Articles that did not report all a priori described outcomes
	?	The protocol was not found.
<i>Other biases</i>		
	+	No other systematic errors were present
	-	Any other systematic errors that could lead to bias (e.g., baseline differences between groups in motor skill, or other possibly relevant factors)