

1 **Experimental and theoretical study of velocity fluctuations**
2 **during slow movements in humans**

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4 **Running head:** Velocity fluctuations during slow movements

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21

22 **Abstract**

23 Moving smoothly is generally considered as a higher-order goal of motor control and moving
24 jerkily as a witness of clumsiness or pathology. Yet many common and well-controlled
25 movements (e.g. tracking movements) have irregular velocity profiles with widespread
26 fluctuations. The origin and nature of these fluctuations have been associated with the
27 operation of an intermittent process, but in fact remain poorly understood. Here we studied
28 velocity fluctuations during slow movements using combined experimental and theoretical
29 tools. We recorded arm movement trajectories in a group of healthy participants performing
30 back-and-forth movements at different speeds, and we analyzed velocity profiles in terms of
31 series of segments (portions of velocity between two minima). We found that most of the
32 segments were smooth (i.e. corresponding to a biphasic acceleration), had constant duration
33 irrespective of movement speed and linearly increasing amplitude with movement speed. We
34 accounted for these observations with an optimal feedback control model driven by a
35 staircase goal position signal in the presence of sensory noise. Our study suggests that one
36 and the same control process can explain the production of fast and slow movements, i.e. fast
37 movements emerge from the immediate tracking of a global goal position and slow
38 movements from the successive tracking of intermittently updated intermediate goal
39 positions.

40 **New & Noteworthy**

41 We show in experiments and modeling that slow movements could result from the brain
42 tracking a sequence of via-points regularly distributed in time and space. Accordingly slow
43 movements would differ from fast movement by the nature of the guidance and not by the
44 nature of control. This result could help understanding the origin and nature of slow and
45 segmented movements frequently observed in brain disorders.

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48 Keywords: arm movement, intermittent control, modeling

49

50 **Introduction**

51 Motor coordination is defined as the ability to control the kinematics and dynamics of
52 multiple degrees of freedom in space and time in order to reach intended goals (Bernstein
53 1967). Solutions to the coordination problem have been inferred from experimental
54 observations and computational modeling (Todorov and Jordan 2002; Torres and Zipser
55 2004). A central and popular trend is based on the observed smoothness and gracefulness of
56 goal-directed movements (Flash 1990) which has been turned into the statement that
57 smoothness is a performance index which guides the production of movement (Nelson 1983;
58 Flash and Hogan 1985). Although it is still debated whether movements are planned to be
59 smooth or smoothness is only a by-product of other optimization processes (Uno et al. 1989;
60 Harris and Wolpert 1998), most computational models of motor control produce smooth
61 movements (Harris and Wolpert 1998; Todorov and Jordan 2002; Guigon et al. 2007).

62 Yet, this “perfect” marriage between experiments and models is probably not the end
63 of the story of motor control. There are at least two reasons for this. First, smoothness is an
64 ill-defined quantity. Many different measures of smoothness exist but not all give a consistent
65 description of actual movement regularity (Balasubramanian et al. 2012). Second, many
66 categories of movement are not smooth, i.e. they are made of segments, units,
67 submovements, and contain multiple velocity peaks, multiple velocity inversions, multiple
68 zero-crossings of acceleration (different terms and quantifications are used in different fields
69 and by different authors): tracking movements (Miall et al. 1985; Doeringer and Hogan
70 1998), slow movements (Wadman et al. 1979; Morasso et al. 1983; Darling et al. 1988;
71 Vallbo and Wessberg 1993; van der Wel et al. 2009), precision movements (Milner and Ijaz
72 1990; Boyle et al. 2012a,b), developing and unskilled movements (Clifton et al. 1994; Torres
73 and Andersen 2006), pathological movements (Hallett and Khoshbin 1980; Warabi et al.
74 1986; Krebs et al. 1999; Shaikh et al. 2015). A common observation is that, for a given

75 amplitude, the velocity profile of the movement changes with duration, i.e. the profile
76 becomes more irregular and contains more peaks as duration increases. This has been
77 observed qualitatively for movements of varying durations obtained by different instructions
78 and conditions: duration imposed by a tempo (Wadman et al. 1979; Darling et al. 1988; van
79 der Wel et al. 2009; Shmuelof et al. 2012; Park et al. 2017; Salmond et al. 2017), duration
80 imposed by velocity instructions (e.g. slow, natural, fast; Darling and Cole 1990; Messier et
81 al. 2003; Ambike and Schmiedeler 2013; Rand and Shimansky 2013), duration constrained
82 by target size (Boyle and Shea 2011; Boyle et al. 2012a,b; Michmizos and Krebs 2014). More
83 quantitatively, several studies have reported an approximate linear relationship between
84 movement duration and different measures of smoothness (number of velocity peaks: van der
85 Wel et al. 2009; Salmond et al. 2017 — number of submovements: Lee et al. 1997; Shmuelof
86 et al. 2012 — frequency of submovement: Meyer et al. 1988 — jerk: Salmond et al. 2017). In
87 these conditions, smoothness increased with average movement velocity (Hernandez et al.
88 2012; Ambike and Schmiedeler 2013). A consistent result was obtained when movement
89 velocity was directly manipulated in tracking tasks (Miall et al. 1986; Beppu et al. 1987;
90 Vallbo and Wessberg 1993; Asano et al. 2013; see also Doeringer and Hogan 1998; Levy-
91 Tzedek et al. 2010), i.e. slow movements were segmented and segmentation decreased as
92 tracking velocity increased (Miall et al. 1986; see also Doeringer and Hogan 1998; Levy-
93 Tzedek et al. 2010). More specifically, Vallbo and Wessberg (1993) reported a specific
94 temporal organization of slow movements in terms of ~8-10 Hz discontinuities in
95 acceleration profiles which was invariant with respect to movement speed. This proposal is
96 currently the most detailed available description of slow movements.

97 The main characteristic of movement segmentation is illustrated schematically in
98 Fig. 1A. Both fast and slow movements begin with a rapid increase in velocity and end with a
99 rapid decrease, but they differ by the presence of velocity fluctuations between these two

100 phases which are specific to the slow movements. These fluctuations are not predicted by
101 motor control models that embed an optimization criterion since these models would
102 typically produce movements as shown in Fig. 1B, i.e. smoothness is independent of
103 movement duration. Asymmetric velocity profiles (Harris and Wolpert 1998; Guigon et al.
104 2007; Berret and Jean 2016) and submovements (Li et al. 2018) are found in some optimal
105 control models, but nothing resembling the results of Fig. 1A has ever been reported. In fact,
106 optimal control does not a priori embed a principle that would make a solution with multiple
107 impulses more optimal than a solution with a single impulse. An attractive concept to account
108 for movement segmentation is the notion of intermittency, i.e. a movement would be
109 composed of a series of "intermittently executed overlapping segments" (Doeringer and
110 Hogan 1998). Yet intermittency has been mainly used as a descriptive principle while
111 computational bases of intermittency remain elusive (see **Discussion**).

112 The goal of this article is to provide an experimental and computational description of
113 velocity fluctuations during slow movements. Our experimental design resembles that used
114 by Vallbo and Wessberg (1993). While their conclusions were based on a spectral analysis,
115 we perform a fine-scale kinematic analysis of velocity fluctuations. First, we report
116 quantitative experimental observations on movements executed by a group of young, healthy
117 participants. Then we describe a model that gives a detailed account of these observations.

118 **Materials and Methods**

119 **Ethics statement**

120 The experiment was approved by the Ethical Assessment Committee at the Sorbonne
121 Université, protocol IRB-20141400001072. Participants signed a consent form prior to
122 participating in the experiment and in accordance with the ethical guidelines of Sorbonne
123 Université and in accordance with the Declaration of Helsinki.

124 **Participants**

125 Ten volunteers (23–28 yr old, 6 male and 4 female) participated in the behavioral experiment.
126 They were all right-hand according to the Edinburgh Protocol of handedness (Oldfield 1971).
127 They had no known neurological disorders and normal or corrected to normal vision and they
128 were uninformed as to the purpose of the experiment.

129 **Apparatus**

130 Participants were seated on a chair and used their right hand to move a stylus on a graphic
131 tablet (54.5 cm diagonal, active area 47.9×27.1 cm, resolution 1920×1080 pixels; CINTIQ
132 22HD, Wacom, Vancouver, WA). The flow of the task was controlled by a personal
133 computer running Windows 7 (Microsoft Corporation, USA). The 2D position of the tip of
134 the stylus was recorded at ~ 130 Hz, resampled by interpolation at 200 Hz to obtain fixed time
135 steps, and stored on the computer for offline processing and analysis using custom written
136 Matlab scripts (Mathworks, Natick, MA, USA).

137 **Experimental procedure**

138 The purpose of the procedure was to induce movements at constant speed. We controlled the
139 speed by manipulations of movement amplitude and duration. As a task with both spatial and
140 temporal constraints can be difficult and elicit odd behaviors (e.g. fast displacements with
141 long pauses to fulfill the temporal constraints, multiple corrections to control spatial
142 precision), we emphasized the temporal over the spatial constraint. At the beginning of a trial,
143 two lines (10 cm long) appeared on the tablet: they were perpendicular to the bottom/left to
144 top/right diagonal and at equal distance from the center of the display. When ready,
145 participants triggered the start of the trial, positioned the tip of the stylus at the center of the
146 bottom/left line, and paced their movements with acoustic cues (frequency 700 Hz, 30 ms,
147 40 dB) delivered through headphones. The participants were given the instructions of:

148 1. moving the tip of the stylus periodically between the two lines and perpendicularly to the
149 lines (Fig. 2A), the acoustic cues indicating the time to revert movement direction; 2. moving
150 as smoothly as possible and avoiding terminal corrections to guarantee spatial precision. No
151 instructions were given regarding the contribution of arm segments (shoulder, elbow, wrist)
152 to stylus displacement, yet the movements were dominated by elbow displacements (Salmond
153 et al. 2017). Trial duration was 30 s. Visual feedback of the arm was available and visual
154 feedback of stylus position was drawn online and remained available for the duration of the
155 trial.

156 Eight task conditions, i.e. eight combinations of movement amplitude (in cm) and
157 *period* (in s), were used: 3.53/2.5, 7.07/3.5, 3.53/1.5, 7.07/2.5, 15/3.5, 7.07/1.5, 15/2.5, 15/1.5
158 corresponding to mean *speed* (in cm/s): 1.41, 2.02, 2.35, 2.83, 4.29, 4.71, 6, 10. Each
159 condition contained 4 trials (120 s). The conditions were delivered in the indicated order
160 (increasing mean speed). The total acquisition duration was ~40 min, including breaks
161 between trials and between conditions. Prior to data collection, the participants performed
162 several trials to become familiar with the stylus and the task.

163 **Data processing**

164 At this stage, a usual operation is the filtering of the raw data to reveal significant patterns
165 and remove noise and irrelevant patterns. This operation is fundamental as it dictates the
166 timescale of events that will be detected at the data analysis stage (see below). We reviewed a
167 set of studies that analyzed similar types of data. Most of the studies used a low-pass filter
168 with cut-off frequency in the range 5-100 Hz without any justification. In this framework, we
169 proposed a new approach to the choice of the cut-off filtering frequency. This approach,
170 described in the **Results** section, lead to a 9 Hz cut-off frequency. The data were thus filtered
171 with a 4th order Butterworth low-pass filter at 9 Hz.

172 Velocity, acceleration and jerk were obtained numerically from the two-sample
173 difference of the position, velocity and acceleration signals, respectively.

174 **Data analysis**

175 Filtered kinematic data corresponding to horizontal displacement (displacement along the
176 horizontal dimension of the tablet; Fig. 2A) were processed to quantify movement
177 segmentation. An example of velocity profile (participant NH, movement speed 4.71 cm/s) is
178 shown in Fig. 2B. To simplify processing, we identified unidirectional displacements
179 (positive velocity for a left-to-right displacement, *white box* in Fig. 2B; negative velocity for
180 a right-to-left displacement, *gray box* in Fig. 2B) and we changed the sign of velocity for the
181 right-to-left displacements. We defined a segment as a pulse in the velocity profile, i.e. a
182 portion between two consecutive positive minima (delimited by vertical dashed lines in
183 Fig. 2B and shown schematically in Fig. 2C). Note that segments corresponding to a change
184 in direction were not included in the analysis. A segment was initially described by two
185 elementary quantities: *duration* (time between the two minima), and *velocity* (difference
186 between peak velocity and velocity at start). Note that the terms *duration/velocity* are used to
187 describe a segment and the terms *period/speed* refer to the overall movement. We added a
188 third quantity (*number of units*, N_{unit}) that characterizes the jerkiness of the pulse, i.e. the
189 number of impulsions that are necessary to produce the pulse. We chose a quantification
190 based on acceleration (rather than jerk) as it is an easily understandable quantity that is
191 lawfully related to force. The number of units is related to the total number of acceleration
192 peaks (in the ascending part of the pulse) and deceleration peaks (in the descending part of
193 the pulse). For instance, a minimum-jerk segment has 2 units. To explain how we calculated
194 N_{unit} , we consider two schematic cases illustrated with velocity, acceleration and jerk
195 profiles (Fig. 2C,D,E and Fig. 2F,G,H). In the case of Fig. 2C, N_{unit} is 4 (Fig. 2D). A more
196 complex case is shown in Fig. 2F. The ascending part has one unit (one acceleration peak)

197 but the acceleration profile is highly irregular (Fig. 2G). In this case, the jerk is decreasing at
198 the start of the segment and a jerk peak occurs before the start of the segment (Fig. 2H,
199 compared to Fig. 2E). We add one unit to account for this irregularity.

200 Each task condition (i.e. 120 s of back-and-forth movements of given movement
201 speed) can be described by the set of segments it contains and summarized by 3 concise
202 characteristics: 1. the distribution of numbers of units (i.e. how many segments have 2 units,
203 3 units, ...); 2. the relationship between N_{unit} and duration of the segments; 3. the relationship
204 between N_{unit} and velocity of the segments. The experiment can be described by the
205 influence of movement speed on the distribution of numbers of units, the duration and the
206 velocity of segments.

207 **Statistical analysis**

208 In general, we used classical statistical tests. When necessary, we used Bayesian statistics
209 (ANOVA, linear regression) to assess the evidence for the null hypothesis (absence of effect;
210 see Etz et al. 2018 for a tutorial on Bayesian data analysis). In Bayesian statistics
211 (https://en.wikipedia.org/wiki/Bayes_factor), the ratio B_{10} (Bayes factor) of the likelihood
212 probability of two competing hypotheses H_1 and H_0 (e.g an alternative and a null hypothesis),
213 is calculated to quantify the support for H_1 over H_0 . If $B_{10} > 1$, H_1 is more strongly
214 supported by the data under consideration than H_0 . In the case when H_0 corresponds an
215 absence of effect, a scale for interpretation of B_{10} is: <0.01 *decisive=*, $0.01-0.03$ *very*
216 *strong=*, $0.03-0.1$ *strong=*, $0.1-0.3$ *substantial=*, $0.3-1$ *anecdotal=*, $1-3$ *anecdotal≠*, $3-10$
217 *substantial≠*, $10-30$ *strong≠*, $30-100$ *very strong≠*, >100 *decisive≠*. If a Bayes factor is for
218 instance < 1 , we will say that the evidence is *anecdotal= or better*. Bayes factors were
219 calculated using JASP (JASP 2018).

220 **Results**

221 **Compliance with task instructions**

222 The participants performed back-and-forth movements paced by a metronome (Fig. 2B). For
223 each task condition, we calculated the period P and mean speed S (i.e. mean of the velocity
224 signal) of each unidirectional displacement and compared it to the desired period P_d and
225 speed S_d . As P and S were not normally distributed in general (Shapiro-Wilk test), we used a
226 one-sample Wilcoxon rank test. For each participant, we could not reject the null hypothesis
227 that the median of the distribution of $P - P_d$ is 0 ($p < 0.05$) in more than 6/8 conditions (75/80
228 across participants). Then we performed a regression analysis between P_d and $P - P_d$ across
229 conditions for each participant. The slope (range $-0.029/0.023$) was non-significantly
230 different from 0 in the 10 participants. Bayes factors (full vs intercept-only regression) were
231 < 1 for the 10 participants. These results indicate that the participants complied with the
232 request of the experimenter.

233 **Movement segmentation**

234 The main results of this experiment are shown in Figs. 3 and 4:
235 - For a given participant and a given condition (movement speed), the velocity profile was
236 made of segments (Fig. 2B). A large majority of the segments had 2 units (439/558, $\sim 79\%$), a
237 minority 3 units (98/558, $\sim 18\%$), and the remainder 4 or more (21/558, $\sim 3\%$) (Fig. 3A).
238 Mean segment duration increased with N_{unit} (Fig. 3B; correlation coefficient, $r = 0.82$). The
239 distribution of segment duration is shown in Fig. 3C. Segment velocity and N_{unit} were
240 loosely related (Fig. 3D; correlation coefficient, $r = 0.28$). Note that for this participant and
241 this condition, only 3 segments had 5 units (in *blue* in Fig. 3). Accordingly, the mean and std
242 of duration and velocity of 5-unit segments were not meaningful. These observations were
243 robust across participants and conditions. In particular, only a mean of 6/568 segments had 5

244 units. We did not analyze these results further as they are not directly informative on the
245 strategy used to perform slow movements. Yet it is interesting to note that the model to be
246 described accounts for these results (see Fig. 8).

247 - For a given participant, the distribution of N_{unit} (Fig. 4A) and the duration of n -unit
248 segments ($n = 2-5$; Fig. 4B) varied little with movement speed and the velocity of n -unit
249 segments increased with movement speed (Fig. 4C). These observations were robust across
250 participants.

251 We performed single-participant analysis to assess the statistical strength of these
252 observations:

253 - We performed a one-factor Bayesian ANOVA on 2-unit segment duration with movement
254 speed as factor. Bayes factors for the 10 participants (P_a) were: $P_{a1}=0.09$ (*strong=*),
255 $P_{a2}=0.039$ (*strong=*), $P_{a3}=0.004$ (*decisive=*), $P_{a4}=0.016$ (*very strong=*), $P_{a5}=204.4$
256 (*decisive≠*), $P_{a6}=0.003$ (*decisive=*), $P_{a7}=0.186$ (*substantial=*), $P_{a8}=13.59$ (*strong≠*),
257 $P_{a9}=0.004$ (*decisive=*), $P_{a10}=0.000041$ (*decisive=*). Analysis of P_{a5} gave a Bayes factor of
258 0.022 (*very strong=*) when the 1st speed condition is removed. Analysis of P_{a8} gave a Bayes
259 factor of 0.0032 (*decisive=*) when the 3rd speed condition is removed. Post hoc tests gave
260 Bayes factor < 1 (*anecdotal= or better*) in 82% of the comparisons.

261 - We performed a linear regression between movement speed and 2-unit segment duration.
262 We could not reject the hypothesis that the regression slope is null ($p < 0.05$) in five
263 participants. Bayes factors (full vs intercept-only regression) for the 10 participants were:
264 $P_{a1}=0.0623$ (*strong=*), $P_{a2}=2.06$ (*anecdotal≠*), $P_{a3}=3.03$ (*substantial≠*), $P_{a4}=0.445$
265 (*anecdotal=*), $P_{a5}=10227$ (*decisive≠*), $P_{a6}=0.123$ (*substantial=*), $P_{a7}=0.171$ (*substantial=*),
266 $P_{a8}=1.678$ (*anecdotal≠*), $P_{a9}=0.0818$ (*strong=*), $P_{a10}=0.04$ (*strong=*).

267 - We performed a linear regression between movement speed and 2-unit segment velocity.
268 Slope range was 0.296/0.439, intercept range -0.22/0.14 and mean R^2 0.187 ($p < 0.001$). We

269 could not reject the hypothesis that the regression intercept is null ($p < 0.05$) in 7/10
270 participants.

271 - Similar results were obtained for 3- and 4-unit segments. The 5-unit segments were not
272 included in the statistical analysis due to the small size of the samples.

273 - Group data were used for comparisons with a model and can be seen in Figs. 7 and 8.

274 **Choice of the cut-off filtering frequency**

275 Our results have been obtained with a specific choice of filtering frequency ($F_s = 9$ Hz, s for
276 stylus) and would remain qualitatively similar but quantitatively different for a different
277 filtering frequency (see Salmond 2014; Salmond et al. 2017). We propose the following
278 explanation of our choice (we only describe the method and do not provide experimental
279 results). We can consider the mean duration of the 2-unit segments (which is a well-defined
280 quantity; Fig. 3) as an elementary timescale of motor processing. The most plausible
281 timescale of motor processing should be found when well-identified and easily detectable
282 events (e.g. spikes) trigger elementary motor outputs. For example, simultaneous recordings
283 of single motor unit discharges and correlated fluctuations in force during index finger
284 abduction reveal a specific rise and fall of force after each discharge of a motor unit (Fig. 4 in
285 Galganski et al. 1993). The duration of this elementary pulse of force is around 120 ms. We
286 reproduced the experimental protocol of Galganski (without motor unit recordings).
287 Participants were instructed to exert a constant force (20% MVC) with the index finger on a
288 pinchmeter (P200, Biometrics Ltd, UK; sampling at 1 kHz) guided by a visual feedback. The
289 recorded force profiles (see Fig. 4A in Galganski) were filtered (cut-off frequency F_p , p for
290 pinchmeter) and analyzed to identify "force" segments (same method as that used for the
291 velocity profiles recorded with the stylus). The characteristics of segments in the force
292 profiles were qualitatively similar to those found in the velocity profiles. We adjusted F_p so
293 that the mean duration of 2-unit "force" segments is 120 ms. We found $F_p = 10$ Hz. F_p can be

294 considered as an appropriate filtering frequency for force signals recorded at 1 kHz. Then we
295 reproduced our velocity experiment using an accelerometer (ACL300, Biometrics Ltd, UK;
296 sampling at 1 kHz) as measurement system. The recorded acceleration profiles were
297 integrated to obtain velocity profiles which were filtered (cut-off frequency $F_a = F_p = 10$ Hz,
298 a for accelerometer) and analyzed to identify "velocity" segments. Again the characteristics
299 of segments recorded with the accelerometer were qualitatively similar to those found in the
300 velocity profiles recorded with the stylus. On this basis we adjusted F_s so that the mean
301 duration of 2-unit segments in the stylus experiment is equal to the mean duration of 2-unit
302 segments in the accelerometer experiment. We found $F_s = 9$ Hz. This value of cut-off
303 frequency was actually used for data processing (see **Data processing**).

304 To confirm this method, we calculated the power spectral density function of the
305 unfiltered acceleration signal. For one participant, there was a broad spectrum between 4 and
306 12 Hz with a peak around 8 Hz for all task conditions (Fig. 5A). Across participants, peak
307 frequency varied little with movement speed, with a mean of 8.05 Hz (Fig. 5B). This
308 observation indicates the putative presence of events of ~ 120 ms duration in the acceleration
309 signal, and lends some independent support to the methodology described above and to our
310 choice of cut-off frequency.

311 **Modeling**

312 In order to make sense of these results, we developed a computational model based on
313 optimal feedback control theory (see **Discussion** for alternative models). We used the
314 framework of control theory (Todorov 2004), i.e. we considered an object to be controlled
315 with dynamics

$$\frac{d\mathbf{x}(t)}{dt} = \mathbf{f}(\mathbf{x}(t), \mathbf{u}(t)) + \mathbf{n}_{dyn}(t),$$

316 where \mathbf{x} is the state of the object, \mathbf{f} a function, \mathbf{n}_{dyn} a noise term, and \mathbf{u} an input defined by
 317 the control policy

$$\mathbf{u}(t) = \boldsymbol{\pi}(\mathbf{x}^*(t), \hat{\mathbf{x}}(t)),$$

318 where \mathbf{x}^* is the goal state and $\hat{\mathbf{x}}$ the estimated state of the object (*italic* is used for scalars,
 319 ***bold italic*** for vectors, and **bold** for matrices). If \mathbf{f} describes the dynamics of a moving limb
 320 and $\boldsymbol{\pi}$ tracks a goal (e.g. trajectory, fixed point), the model produces displacements which can
 321 be analyzed in terms of segments and compared to the experimental data. We chose for $\boldsymbol{\pi}$ an
 322 optimal feedback control policy (combined with an optimal state estimator), i.e. at each time
 323 t between t_0 and t_f , the input \mathbf{u} minimizes the cost function

$$J(\mathbf{u}) = \int_t^{t_f} L(\mathbf{x}(\xi), \mathbf{u}(\xi)) d\xi,$$

324 subject to object dynamics, with boundary conditions $\mathbf{x}(t_0) = \mathbf{x}_0$, $\mathbf{x}(t) = \hat{\mathbf{x}}(t)$ and $\mathbf{x}(t_f) =$
 325 $\mathbf{x}^*(t)$, where L is a positive function. The rationale for this choice is to consider a controller
 326 that solves central problems of motor control (trajectory formation, degree-of-freedom
 327 problem, structured variability; Hoff and Arbib 1993; Todorov and Jordan 2002; Liu and
 328 Todorov 2007; Guigon et al. 2008a,b; Izawa et al. 2008). The quantity $t_f - t$ defines the
 329 prediction horizon of control. If t_f is fixed, the prediction horizon decreases as the controlled
 330 object approaches its goal. In this case, the control policy is nonstationarity and lacks the
 331 required flexibility in time observed in motor control (Torres and Andersen 2006; Guigon
 332 2010; Rigoux and Guigon 2012). This issue can be addressed using an infinite-horizon
 333 formulation of optimal control (i.e. $t_f = +\infty$; Rigoux and Guigon 2012; Qian et al. 2013).
 334 Here we exploited the notion of receding horizon (i.e. $t_f = t + T_H$, where T_H is a fixed
 335 duration) which corresponds to a fixed prediction horizon ($t_f - t = T_H$). This means that at
 336 each time, there is a fixed duration T_H to reach the intended goal, irrespective of the time
 337 already spent for this goal. Control with a receding horizon defines model predictive control

338 (Camacho and Bordons 1999), and has already been used in models of motor control (Bye
 339 and Neilson 2008, 2010; Berio et al. 2017).

340 As it is formulated, the model has a single free parameter T_H , and, in the case of a
 341 second-order linear dynamics (f) and quadratic cost (L), would produce smooth velocity
 342 profiles as T_H is varied (e.g. Fig. 1B). In detail, the state \mathbf{x} is a vector of position and velocity
 343 $[p \ v]^T$, $\mathbf{x}_0 = [p_0 \ 0]^T$, and $\mathbf{x}^* = [p_f \ 0]^T$, where p_0 and p_f define the initial and final positions,
 344 respectively. There is evidence that only the fastest movements are smooth (see
 345 **Introduction**), which suggests that T_H is constant.

346 The model can be used without modifications to produce a movement of a given
 347 amplitude (or duration) at constant speed. The principle is to set the goal velocity to the
 348 intended movement speed and increment periodically the goal position by a fixed quantity
 349 equal to the expected displacement in a period at the given speed. Formally, we note s the
 350 movement speed and T_1 the period. In the case of a second-order dynamics, the goal state
 351 $\mathbf{x}^*(t)$ is the vector $[p^*(t) \ v^*(t)]^T$. We set $v^*(t) = s$ and

$$p^*(t) = sT_1 \sum_{k=0}^N h(t - kT_1),$$

352 where h is the step function ($h(t) = 0$ if $t < 0$ otherwise $h(t) = 1$) and $N = \lfloor D/T_1 \rfloor$ (for
 353 given movement duration D) or $N = \lfloor A/s/T_1 \rfloor$ (for given movement amplitude A). In fact, the
 354 goal position is a regular staircase signal. Note that the control principle is not to follow
 355 instantaneously the trajectory defined by the goal state, but to reach the goal state defined at
 356 each time t at the horizon $t + T_H$. The staircase signal can be considered as a sequence of via-
 357 points regularly distributed in time and space.

358 We simulated the model for an inertial point actuated by a linear muscle, i.e.

$$\mathbf{f}(\mathbf{x}(t), u(t)) = \begin{cases} \dot{x}_1 = x_2 \\ m\dot{x}_2 = x_3 \\ \tau\dot{x}_3 = -x_3 + x_4 \\ \tau\dot{x}_4 = -x_4 + u \end{cases}$$

359 where m and τ are parameters, with $L(\mathbf{x}, u) = u^2$. State estimation was defined by

$$\dot{\hat{\mathbf{x}}}(t) = \mathbf{f}(\hat{\mathbf{x}}(t), u(t)) + \mathbf{K}(\mathbf{y}(t) - \mathbf{H}\hat{\mathbf{x}}(t)),$$

360 where \mathbf{K} is the Kalman gain, \mathbf{H} the observation matrix, and

$$\mathbf{y}(t) = \mathbf{H}\mathbf{x}(t) + \mathbf{n}_{obs}(t),$$

361 where \mathbf{n}_{obs} is a noise term. Parameters were $m = 1$ kg, $\tau = 0.05$ s, $T_H = 0.28$ s, and
 362 $T_I = 0.13$ s, and \mathbf{H} is the 4×4 identity matrix.

363 We first considered the noise-free case. Simulated position and velocity profiles for 4
 364 movement speeds (1, 2, 5, 10 cm/s) are shown in Fig. 6A,B. The staircase goal position $p^*(t)$
 365 and the constant goal velocity $v^*(t)$ are shown only for the fastest movement in Fig. 6A,B.
 366 The velocity profiles were segmented. All the segments had 2 units. Their duration was
 367 constant (~ 130 ms) independent of movement speed (Fig. 6C) and their velocity increased
 368 linearly with movement speed (Fig. 6D). Segment duration was strictly determined by T_I . The
 369 slope of the speed/velocity relationship decreased with T_H .

370 The deterministic model provides an elementary mechanism that can partially account
 371 for the experimental observations. In fact, the model cannot explain the existence of segments
 372 with more than 2 units and properties related to variability (Fig. 3). An hypothesis is that the
 373 existence of segments with more than 2 units and the observed variability in segment
 374 duration, velocity and N_{unit} are due to the corruption of a nominal deterministic process by
 375 noise. We explored this issue using a classic approach to noise modeling, i.e. dynamic
 376 (motor) and observation (sensory) noises contained an additive (signal-independent) term and
 377 a multiplicative (signal-dependent) term, and had Gaussian distributions (Todorov 2005;
 378 Guigon et al. 2008a,b). Multiplicative sensory noise is an instantiation of Weber's law

379 (Burbeck and Yap 1990). Many parameters are necessary to specify noise properties. A
380 thorough exploration of these parameters is a daunting task and would not lead to a decisive
381 conclusion due to the highly simplified nature of the model. We proceeded in the following
382 way. We tested each type of noise separately. We observed that: 1. Gaussian noise has too
383 fast variations and needs to be filtered (time constant 0.05 s); 2. additive observation noise
384 does not create segments with more than 2 units; 3. additive dynamic noise creates segments
385 with more than 2 units but all the segments have the same duration irrespective of N_{unit} ;
386 4. multiplicative dynamic noise has a deleterious effect on control. This latter observation
387 does not contradict the fact that signal-dependent noise plays a central role in motor control
388 (Harris and Wolpert 1998; Todorov and Jordan 2002). In fact, slow movements (as compared
389 to fast movements) are produced by weak signals, and a large and probably unrealistic
390 quantity of signal-dependent noise is necessary to induce variability for these movements.

391 We ran simulations with multiplicative observation noise (same conditions and
392 parameters as in noise-free simulations; $D = 240$ s). We considered the noise model
393 described in Guigon et al. (2008a). Multiplicative observation noise is given by

$$\mathbf{n}_{obs}(t) = \sum_{i=1}^2 \zeta_i(t) \mathbf{D}_i \mathbf{x}(t),$$

394 where $\boldsymbol{\zeta} = [\zeta_1 \zeta_2]$ is a zero-mean Gaussian random vector with covariance matrix Ω^ζ , and \mathbf{D}_i
395 a 4x4 matrix. We took

$$\Omega^\zeta = \sigma_{noise} \begin{bmatrix} 1 & 0 \\ 0 & 1 \end{bmatrix}$$

396 and

$$397 \quad \mathbf{D}_1 = \begin{bmatrix} 1 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 \end{bmatrix} \text{ and } \mathbf{D}_2 = \begin{bmatrix} 0 & 0 & 0 & 0 \\ 0 & 10 & 0 & 0 \\ 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 \end{bmatrix}.$$

398 For comparison, we built an average participant. We found a set of noise parameters that
399 satisfactorily accounts for the average experimental observations ($\sigma_{noise} = 0.45$; Figs. 7,8).
400 Figures 7 and 8 show that the model qualitatively captures the properties of segments:
401 distribution of number of units (Fig. 7A), invariance of segment duration with movement
402 speed (Fig. 7B), scaling of segment velocity with movement speed (Fig. 7C,D,E,F),
403 relationship between N_{unit} and duration (Fig. 8A), relationship between N_{unit} and velocity
404 (Fig. 8B). There are several reasons why some of the trends in the experimental data are not
405 captured by the model. First, we did not attempt to find the best fit which would not be
406 especially meaningful due to the highly simplified nature of the model (linear dynamics,
407 Gaussian noise, ...). Second we observed that the power spectrum of simulated acceleration
408 was almost exclusively concentrated at a single frequency around 8 Hz, which suggests that
409 other forms of variability should be considered. Third, the range of movement speed (1-10
410 cm/s) might not be entirely homogeneous at all levels of data analysis. Fourth, we have built
411 a "mean" participant for comparison with the model. Due to the averaging process,
412 characteristics of the mean participant may differ from those of any single participant.

413 We note that the model is linear and thus invariant relative to movement speed.
414 Accordingly, it does not predict a change in behavior (segmentation) as movement speed
415 increases. This may not be a limitation of the model (see **Discussion**).

416 **Discussion**

417 In summary, our results show that: 1. movements in a certain range of speeds are made of
418 segments defined as pulses in the velocity profile; 2. the segments are made of units defined
419 from peaks in the acceleration and jerk profiles, and most of the segments have only two
420 units (i.e. one acceleration and one deceleration phase); 3. the duration of the segments
421 depends on their number of units and not on instructed movement speed; 4. the velocity of

422 the segments scales with movement speed. A model explains these results by the optimal
423 tracking of a staircase goal position signal in the presence of sensory noise.

424 **Task design**

425 The starting point of this study is the observation that there exists a large class of nonsmooth
426 movements whose properties are not well explained by current computational approaches.
427 Yet this class is not homogeneous as it encompasses movements of various velocities and
428 governed by various instructions. The only common property is that of being markedly
429 slower than the fastest possible movements (see **Introduction**). Here, we studied linear
430 movements in a specific range of mean velocity (1.4-10 cm/s). This range overlaps with
431 ranges used in previous studies of so-called "slow" movements (Vallbo and Wessberg 1993;
432 Doeringer and Hogan 1998; Park et al. 2017) and corresponds to movements with pervading
433 velocity fluctuations (Fig. 2B). As in Park et al. (2017), our participants were instructed to
434 match the period of a metronome. In other studies, the participants tracked a "velocity"
435 reference (Vallbo and Wessberg 1993; Doeringer and Hogan 1998). In preliminary
436 experiments, we tested participants in a tracking task and found little difference with the
437 metronome task.

438 **What are "slow movements"?**

439 We have repeatedly used the term "slow movements" as a proxy for a large and
440 inhomogeneous class of movements, but we lack a definition of these movements. The
441 proposed model suggests as a definition that a slow movement is a movement guided by
442 partial successive goal position and velocity signals (the staircase position and the constant
443 velocity signals), irrespective of the global goal defined by the desired duration and
444 amplitude of the movement. By contrast, a fast movement is guided by a single stair
445 corresponding to the global goal of the movement. An analogy with stair climbing is

446 instructive. A slow movement would correspond to stair-by-stair climbing until the next
447 floor, a fast movement to a direct jump to the next floor.

448 According to the model, the only condition for segmentation is the presence of a
449 staircase goal position signal. Since the model is linear, the actual size of a stair (and thus
450 movement speed) has no direct influence on segmentation. Although it can be considered as a
451 limitation of the model, an alternative view is that the very mechanism of the model (the
452 control policy) is not sensitive to movement speed, but the choice of the goal position and
453 velocity signals (stair-by-stair vs direct jump) is. In fact, this property can be considered as a
454 prediction of the model. The characteristics of segmentation (distribution of number of units,
455 Fig. 4A; invariance of segment duration, Fig. 4B; scaling of segment velocity, Fig. 4C)
456 should not change as movement speed increases as long as the movement is performed as a
457 slow movement. In this framework, a slow movement would be defined as a movement of
458 sufficient duration so that the participant focuses locally on the control of velocity (as defined
459 by the presence of characteristic fluctuations in the velocity profile) rather than globally on
460 the spatial goal of the movement. In our experimental protocol, we observed velocity
461 fluctuations for durations > 1.5 s, which, given the size of the tablet, corresponds to
462 movement speeds < 10 cm/s. Using free arm movements rather than movements on a tablet,
463 we could obtain a much larger range of amplitude and thus a larger range of speed.

464 An open question is whether the reported characteristics of slow movements might be
465 specific to our experimental procedure and related to an unusual, artificial mean of producing
466 movement. We believe this is not the case for two reasons. First, the procedure induces a
467 similar behavior and similar movement properties in all participants. Furthermore, in
468 preliminary experiments, we observed that movements obtained in tracking a slowly moving
469 target had similar properties than movements in the metronome task. Second, our results are

470 consistent with those of previous studies in which slow movements were induced by various
471 means (tempo, instructions, target size; see **Introduction**).

472 Here we considered a comparison between slow and fast *discrete* movements (i.e.
473 movements that terminate with zero speed and acceleration), and did not address the
474 distinction between *discrete* and *rhythmic* movements (Guiard 1993; Hogan and Sternad
475 2007). In fact, as the speed of the movement increases with the frequency of the metronome,
476 our slow movements should transform into rhythmic rather than discrete movements. Yet
477 neither our results nor our model provide new insights into this distinction.

478 **Time invariance**

479 We observed that changes in instructed movement speed did not modify the temporal
480 structure of movement segmentation, i.e. segment duration remained unchanged as speed
481 increased while segment velocity scaled with speed. The strategy to increase movement
482 speed is thus to produce segment of constant duration and longer amplitude. This strategy
483 confirms the results of Vallbo and Wessberg (1993) who observed velocity and acceleration
484 profiles with discontinuities at 8-10 Hz independent of movement speed. Their conclusions
485 based on frequency analysis are supported here by both frequency and fine-scale kinematic
486 analysis. This strategy is also consistent with the notion of isochrony, i.e. changes in velocity
487 scale with amplitude in order to keep movement duration constant, which is an ordinary
488 feature of different types of movement (Binet and Courtier 1893; Stetson and McDill 1923;
489 Denier van der Gon and Thuring 1965; Glencross 1975; Freund and Büdingen 1978; Viviani
490 and Terzuolo 1982; Jeannerod 1984; Gordon and Ghez 1987; Sartori et al. 2013). The origin
491 of isochrony is unknown. In the model, isochrony results from a rhythmic goal position
492 signal. Interestingly the clearest examples of isochrony are found in motor activities with
493 prevalent underlying rhythms, e.g. eyelid movements (Gruart et al. 2000), handwriting
494 (Freeman 1914), typing (Terzuolo and Viviani 1980), speech (Alexandrou et al. 2016).

495 The results of Krebs et al. (1999) are highly relevant to the present study. They
496 analyzed slow movements of individuals with brain damaged and concluded that sub-
497 movements speed profile was invariant and that the sub-movements shapes were unaffected
498 by peak speed. Yet the duration of submovements was not reported. We analyzed original
499 data from Krebs (1997). Krebs (1997) reported total movement amplitude, total movement
500 duration, submovement peak velocity and submovement duration for different participants
501 (control, stroke patients). From these data, we calculated mean movement speed (total
502 amplitude/total duration). There is a clear scaling of submovement peak velocity with
503 movement speed, but there is no clear invariance of submovement duration. A central
504 difference with our results is the range of submovement duration (0.5-1 s in Krebs vs 0.1-
505 0.5 s here).

506 **Intermittency, discontinuity, pulsatile control**

507 Our results and our model are consistent with notions such as intermittency, discontinuity and
508 pulsatile control which have been proposed to account for the apparently discrete nature of
509 motor control (Navas and Stark 1968; Neilson et al. 1988; Vallbo and Wessberg 1993; Welsh
510 and Llinás 1997; Doeringer and Hogan 1998; Cabrera and Milton 2002; Gross et al. 2002;
511 Loram and Lakie 2002; Jaberzadeh et al. 2003; Fishbach et al. 2007; Bye and Neilson 2010;
512 Karniel 2013). Yet most studies used these notions in a purely descriptive way. Some
513 computational accounts of intermittency have been proposed for the control of unstable
514 dynamics (quiet standing, stick balancing, virtual unstable objects, ...; Cabrera and Milton
515 2002; Bottaro et al. 2008; Asai et al. 2009; Gawthrop et al. 2011), and trajectory tracking
516 (Bye and Neilson 2010; Sakaguchi et al. 2015). The central idea in these proposals is the
517 existence of "open-loop" periods, i.e. periods during which no control is applied (act-and-
518 wait; Asai et al. 2009) or feedback is not processed (Gawthrop et al. 2011), which can be
519 triggered or stopped by a clock or by a specific event (e.g. threshold crossing). Here we

520 propose a different view of intermittency. Intermittent control is defined as the guidance of a
521 continuous closed-loop controller by a rhythmic goal signal. Closed-loop control is deemed
522 necessary for the model to solve central problems of motor control (Todorov and Jordan
523 2002). Accordingly one and the same controller can produce fast and slow movements. The
524 central element of intermittency is the ~8 Hz rhythmic goal signal and could correspond to
525 oculomotor signals indicating anticipatory eye movements or signals contributing to eye-hand
526 coordination (McCauley et al. 1999a,b). The neurophysiological origin of this signal is
527 unknown. Vallbo and Wessberg (1993) thoroughly addressed the 8-10 Hz discontinuities in
528 the kinematics of slow movements and physiological tremor, and concluded that they have
529 not the same nature. They argued that the observed discontinuities are of supraspinal origin,
530 and result from the action of a biphasic pulse generator functioning at regular rate. Primary
531 motor cortex is a likely source of inputs to the spinal cord in this range of frequency (Conway
532 et al. 1995). Furthermore, there is a significant coherence between finger acceleration and
533 activity in local field potentials and single units in monkey motor cortex during slow finger
534 movements (Williams et al. 2009). Yet multiple brain regions (e.g. in the cerebellum and the
535 reticular formation) may contribute to the production of discontinuities (Williams et al.
536 2010).

537 **Alternative explanations**

538 An open question is whether there are alternative ways to explain our experimental results.
539 Irrespective of the theoretical framework (except pure open-loop control), a movement of a
540 system is a consequence of a discrepancy between the current state of the system and a goal
541 state. In the task dynamics framework (Kelso 1995), the discrepancy is defined by the
542 distance to an attractor state of the system (fixed point, limit cycle) and the spatiotemporal
543 characteristics of the movement are an emergent property of the dynamics of the attractor. A
544 dynamical system with a limit cycle attractor can produce slow rhythmic movements, but it

545 will not by itself generate velocity fluctuations. In the control theory framework, the
546 discrepancy is the distance between the current state and the goal state. The movement can be
547 produced either by a fixed gain (e.g. Proportional-Derivative controller) or by a time-varying
548 gain (e.g. optimal feedback controller). Consider first the case where the goal state is fixed.
549 The PD controller generates an oscillatory pattern whose frequency is determined by the gain.
550 Appropriate damping can transform this pattern into a slow displacement toward the goal.
551 The optimal feedback controller generates a smooth displacement whose velocity is dictated
552 by the chosen time horizon (Fig. 1B). There are no mechanisms in these controllers to
553 produce velocity fluctuations. If the goal is a staircase signal, both controllers produce slow
554 displacements with velocity fluctuations, although the fluctuations correspond to abrupt
555 (nonsmooth) changes in velocity in the case of the PD controller.

556 An alternative view would be that fluctuations result from intermittent motor
557 commands or intermittent updates in the feedback loop (see above; Asai et al. 2009;
558 Gawthrop et al. 2011). In these scenarii, the fluctuations are produced by periods of open-
559 loop control during which the dynamics of the system (e.g. an inverted pendulum) is not or
560 only approximately controlled. These approaches are pertinent for the control of unstable
561 dynamics but have no direct counterpart for the control of stable dynamics. It is still unclear
562 whether different types of intermittency are necessary in motor control, e.g. intermittent
563 open-loop control to exploit the dynamics of unstable objects vs intermittent closed-loop
564 control for stable objects.

565 **Rationale for the staircase goal signal**

566 The model is based on the idea that motor control results from the interplay between a
567 "universal", task-independent controller (e.g. optimal feedback controller) and a task
568 representation in terms of goals (Todorov and Jordan 2002). In this framework, we have
569 translated the task at hand (movements of constant velocity) into a set of via-points that

570 indicate partial successive goals. In fact, to produce a movement at constant speed, the
571 controller needs to track goals on a constant-speed trajectory, i.e. a staircase positional signal
572 and constant velocity signal. The staircase signal needs not be regular although this is the
573 simplest solution. In this case, the only open parameter is the frequency of the staircase
574 signal.

575 The staircase signal is considered as a computational necessity. But is it a
576 physiological necessity? If we consider the problem from the point of view of the nervous
577 system, it is clear that there are some constraints on the motor control machinery that prevent
578 the production of smooth movements of arbitrary duration. The origin of such a limitation is
579 unknown but we can speculate that it is related to the rhythmic and pulsatile nature of neural
580 processes (Vallbo and Wessberg 1993; Gross et al. 2002) which plays a prevalent role in the
581 production of skilled actions (Shaffer 1982), e.g. handwriting (Freeman 1914), typing
582 (Terzuolo and Viviani 1980), speech (Alexandrou et al. 2016). In this framework, the
583 staircase signal can be considered as a task representation adapted to the properties of the
584 sensorimotor apparatus.

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991

992 **Figure captions**

993 **Figure 1. A.** Schematic properties of segmented movements. (*left*) Velocity profiles of
994 movements of 4 different durations (*black*, short — *red/green*, intermediate — *blue*, long).
995 (*right*) Number of velocity peaks as function of movement duration. **B.** Schematic properties
996 of smooth movements. Velocity profiles were built with the minimum-jerk model. A
997 minimum-jerk trajectory is defined by a duration D and initial and final (boundary)
998 conditions ($pos_i, vel_i, acc_i, pos_f, vel_f, acc_f$). Units are arbitrary. **A** (*black*) $D = 0.5$ and $(0, 0, 0,$
999 $1, 0, 0)$. **A** (*red*) $D = 0.5$ and $(0, 0, 0, 0.5, 0.5, 0) + D = 0.5$ and $(0.5, 0.5, 0, 1, 0, 0)$. **A** (*green*)
1000 $D = 0.55$ and $(0, 0, 0, 0.33, 0.25, 0) + D = 0.55$ and boundary conditions $(0.33, 0.25, 0, 0.66,$
1001 $0.25, 0) + D = 0.55$ and boundary conditions $(0.66, 0.25, 0, 1, 0, 0)$. **A** (*blue*) $D = 0.6$ and
1002 boundary conditions $(0, 0, 0, 0.25, 0.25, 0) + D = 0.6$ and boundary conditions $(0.25, 0.25, 0,$
1003 $0.5, 0.25, 0) + D = 0.6$ and boundary conditions $(0.5, 0.25, 0, 0.75, 0.25, 0) + D = 0.6$ and
1004 boundary conditions $(0.75, 0.25, 0, 1, 0, 0)$. **B** (*black*) $D = 0.6$ and boundary conditions $(0, 0,$
1005 $0, 1, 0, 0)$. **B** (*red*) $D = 1.2$ and boundary conditions $(0, 0, 0, 1, 0, 0)$. **B** (*green*) $D = 1.8$ and
1006 boundary conditions $(0, 0, 0, 1, 0, 0)$. **B** (*blue*) $D = 2.4$ and boundary conditions $(0, 0, 0, 1, 0,$
1007 $0)$. The properties of segmented movements correspond to what was known before the
1008 present study (velocity fluctuations, scaling of the number of velocity peaks with movement
1009 duration).

1010

1011 **Figure 2. A.** Experimental setup. **B.** Example of velocity profile (participant NH, movement
1012 speed 4.71 cm/s). The *white box* (*gray box*) indicates a left-to-right (right-to-left) movement.
1013 Vertical dashed lines are the limits of segments (minima of velocity). **C.** Schematic
1014 representation of a segment of velocity with 4 units, i.e. 4 peaks of acceleration (see **D**).
1015 **D.** Acceleration (derivative of the velocity segment in **C**). There are 4 peaks in the
1016 acceleration profile. **E.** Jerk (derivative of the acceleration segment in **D**). **F.** Another

1017 segment of velocity with 4 units. In this case there are only 3 peaks of acceleration (see **G**).
1018 **G**. Acceleration (derivative of **F**). There are 3 peaks in the acceleration profile, but the
1019 acceleration profile is highly irregular (*arrow*). **H**. Jerk (derivative of **G**). A peak of jerk is
1020 observed before the beginning of the segment and is responsible for the irregular initial
1021 acceleration (see **G**).

1022

1023 **Figure 3**. Data for participant NH, movement speed 2.35 cm/s. **A**. Distribution of N_{unit} .
1024 **B**. Relationship between mean segment duration (*dot*) and N_{unit} . The central mark in the box
1025 is the median, the edges of the box are the 25th and 75th percentiles, the whiskers extend to
1026 the most extreme data points not considered outliers. **C**. Distribution of segment duration.
1027 **D**. Relationship between mean segment velocity and N_{unit} . Same conventions as in **B**.

1028

1029 **Figure 4**. Data for participant NH. **A**. Distribution of N_{unit} for the 8 task conditions.
1030 **B**. Relationship between mean segment duration and movement speed for 2-unit (*black*), 3-
1031 unit (*red*), 4-unit (*green*) and 5-unit (*blue*) segments. Bar indicates standard deviation.
1032 **C**. Relationship between mean segment velocity and movement speed. Standard deviation
1033 divided by 7 for legibility. Colored lines correspond to linear regression
1034 ($R^2 = 0.98, 0.92, 0.62, 0.64$).

1035

1036 **Figure 5**. **A**. Power spectral density function (smoothed with 5-point moving average) of the
1037 acceleration signal (participant TV). Color code for movement speed (see **B**). Vertical dashed
1038 lines indicate peak frequency. **B**. Peak frequency of the power spectral density function for all
1039 participants (open symbols) and all conditions (colors). Horizontal dashed line indicates mean
1040 frequency.

1041

1042 **Figure 6.** Simulation of the noise-free model. **A.** Position (*black*, 1 cm/s — *dark gray*, 2 cm/s
1043 — *gray*, 5 cm/s — *light gray*, 10 cm/s). The staircase trace is the goal position for the
1044 movement at 10 cm/s. **B.** Velocity profile. The constant trace is the goal velocity for the
1045 movement at 10 cm/s. **C.** Duration of segments. **D.** Velocity of segments.

1046

1047 **Figure 7.** Simulation of the model with noise and comparison with an average participant.
1048 **A.** Distribution of N_{unit} for the 4 simulated conditions (*gray bars*; see Fig. 6) and 8 task
1049 conditions (*colored lines*; see Fig. 5). **B.** Relationship between mean segment duration and
1050 movement speed for 2-unit (*square*), 3-unit (*diamond*), 4-unit (*up triangle*) and 5-unit (*down*
1051 *triangle*) segments. Bar indicates standard deviation. Grays and colors as in **A.**
1052 **C.** Relationship between mean segment velocity and movement speed for 2-unit segments.
1053 **D.** Same as **C** for 3-unit segments. **E.** Same as **C** for 4-unit segments. **F.** Same as **C** for 5-unit
1054 segments.

1055

1056 **Figure 8.** Simulation of the model with noise and comparison with an average participant.
1057 **A.** Slope, intercept and R^2 of the linear regression between N_{unit} and segment duration.
1058 **B.** Slope, intercept and R^2 of the linear regression between N_{unit} and segment velocity. Same
1059 color code as in Fig. 7.

1060

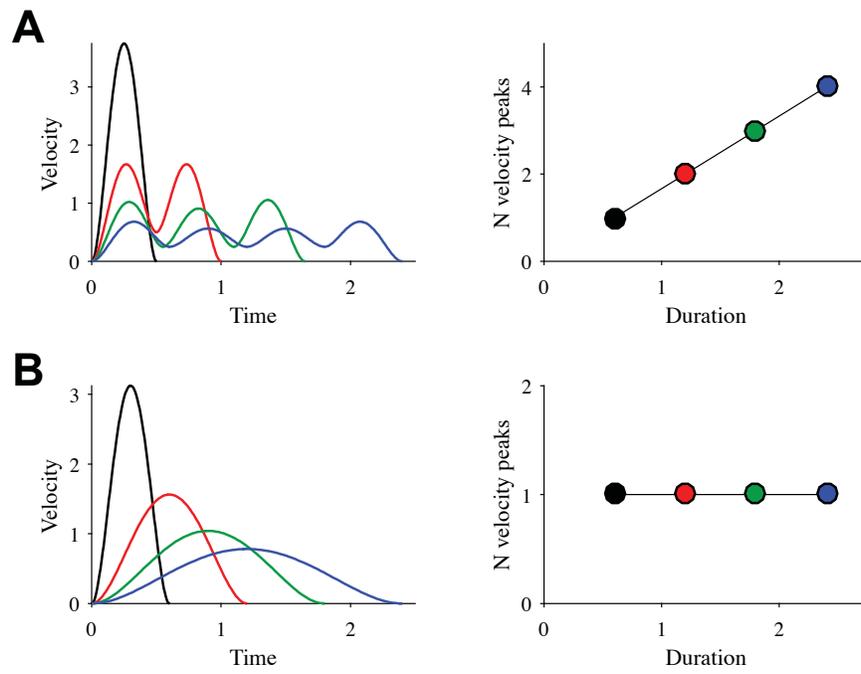


Figure 1

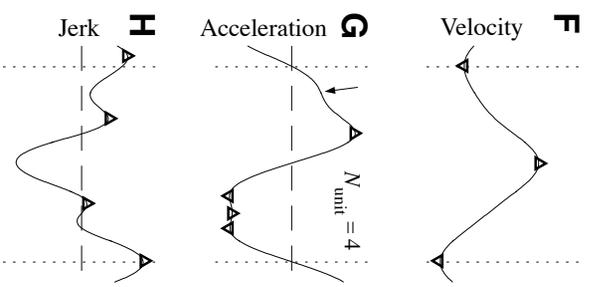
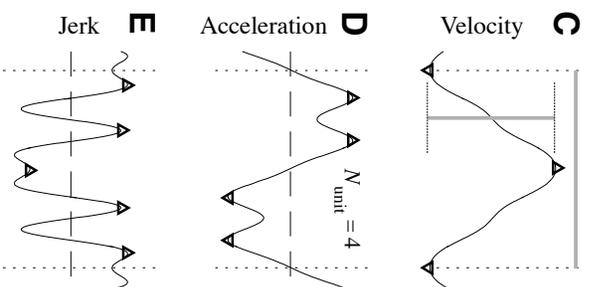
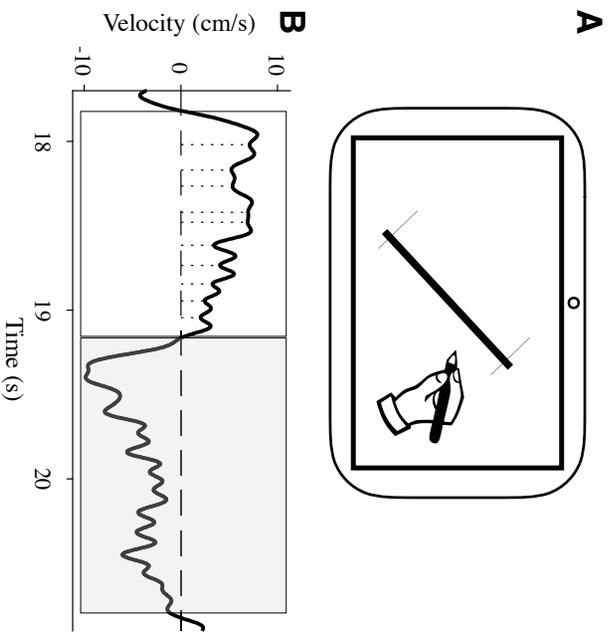


Figure 2

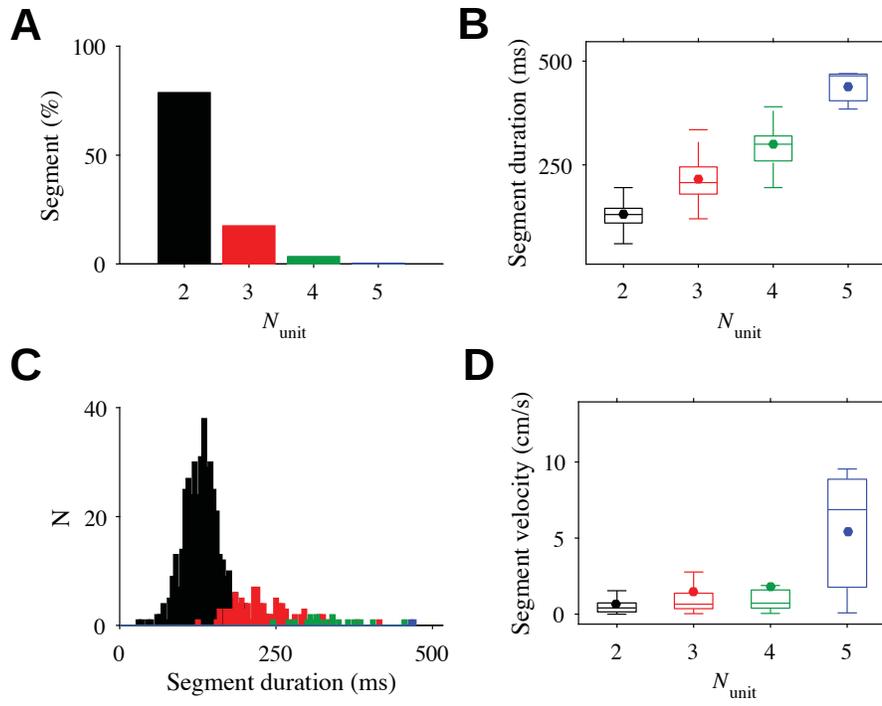


Figure 3

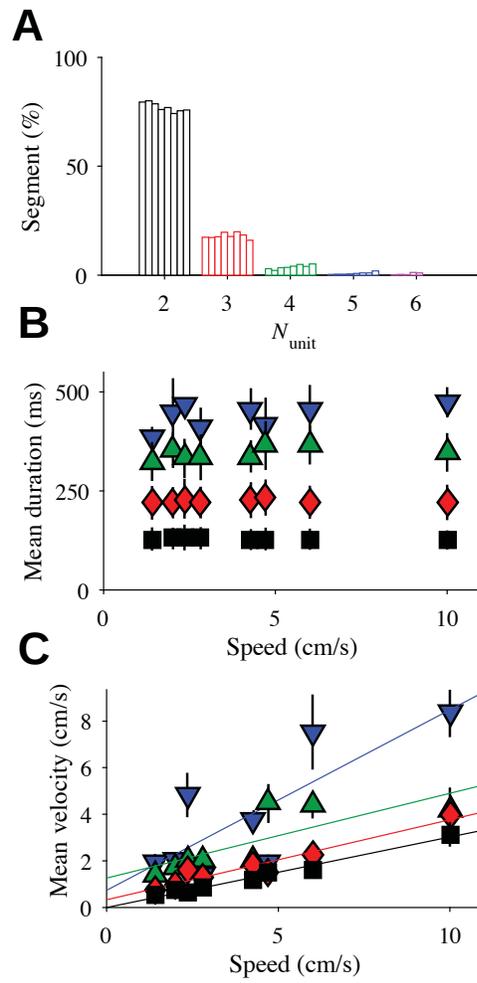


Figure 4

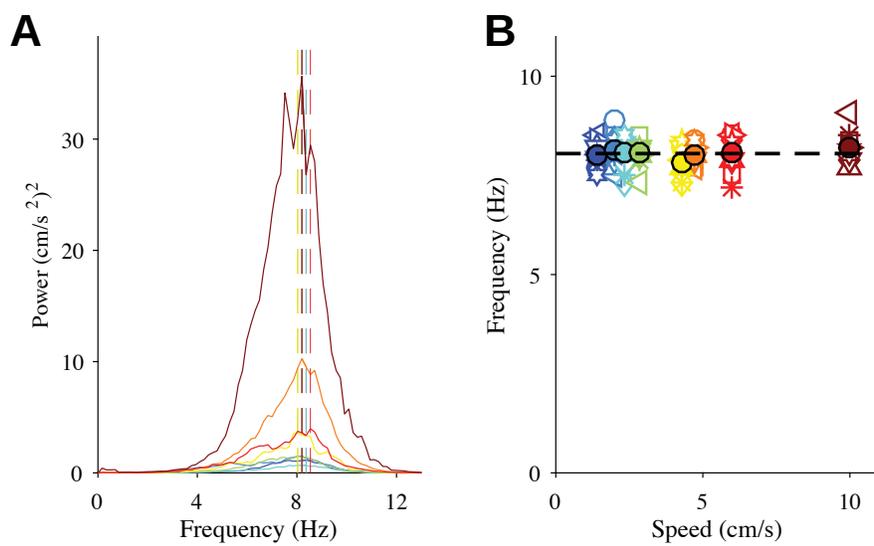


Figure 5

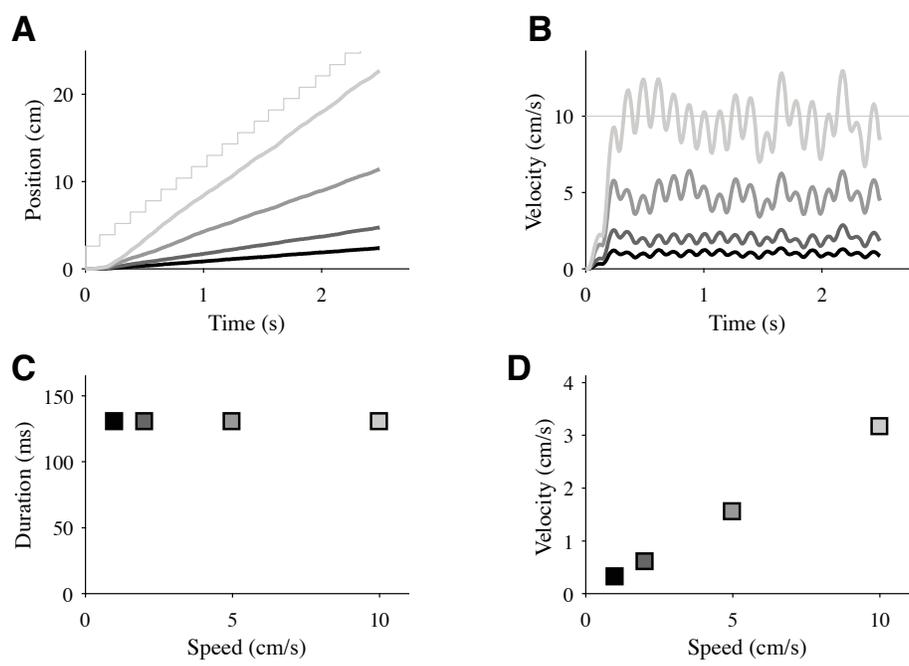


Figure 6

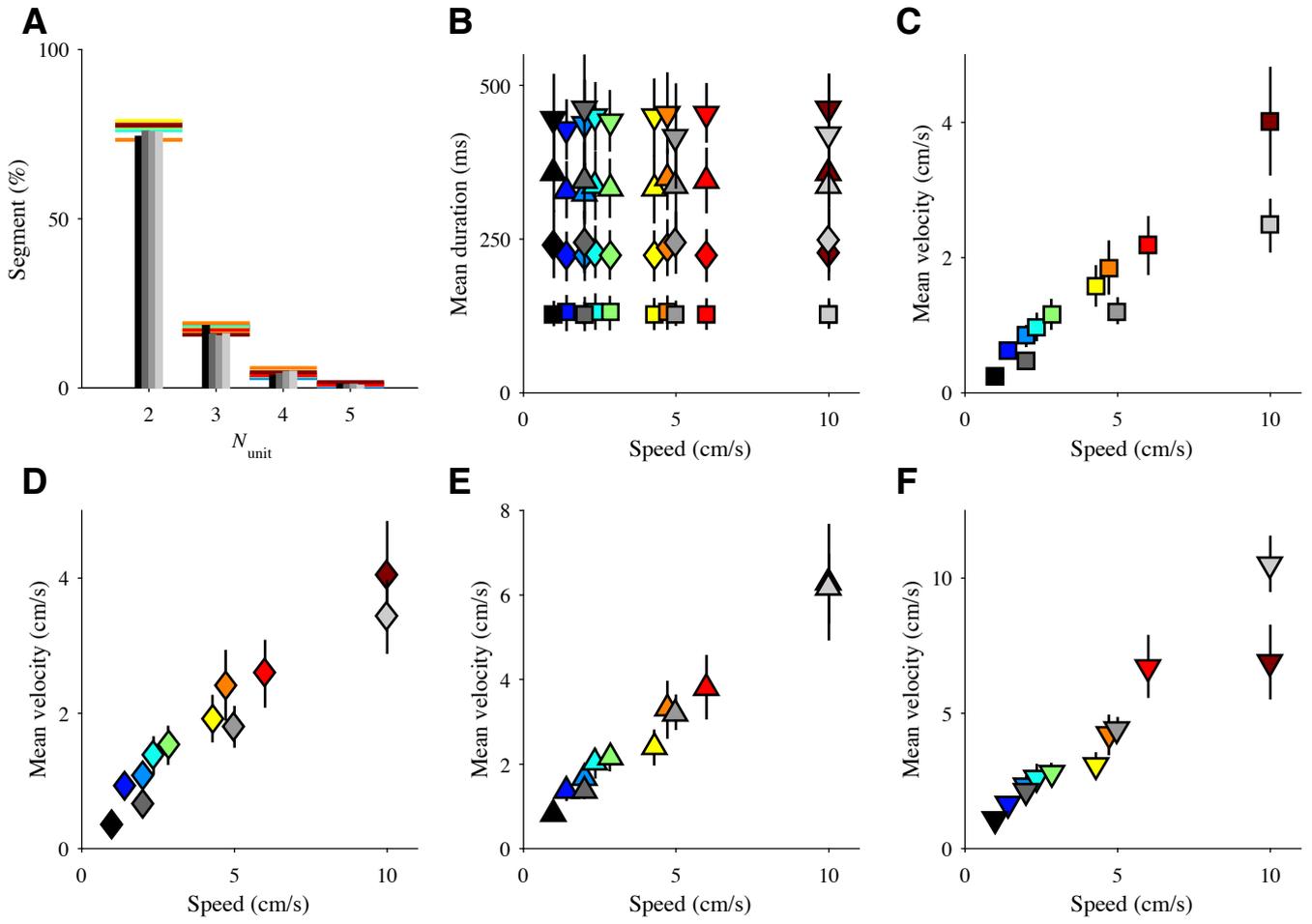


Figure 7

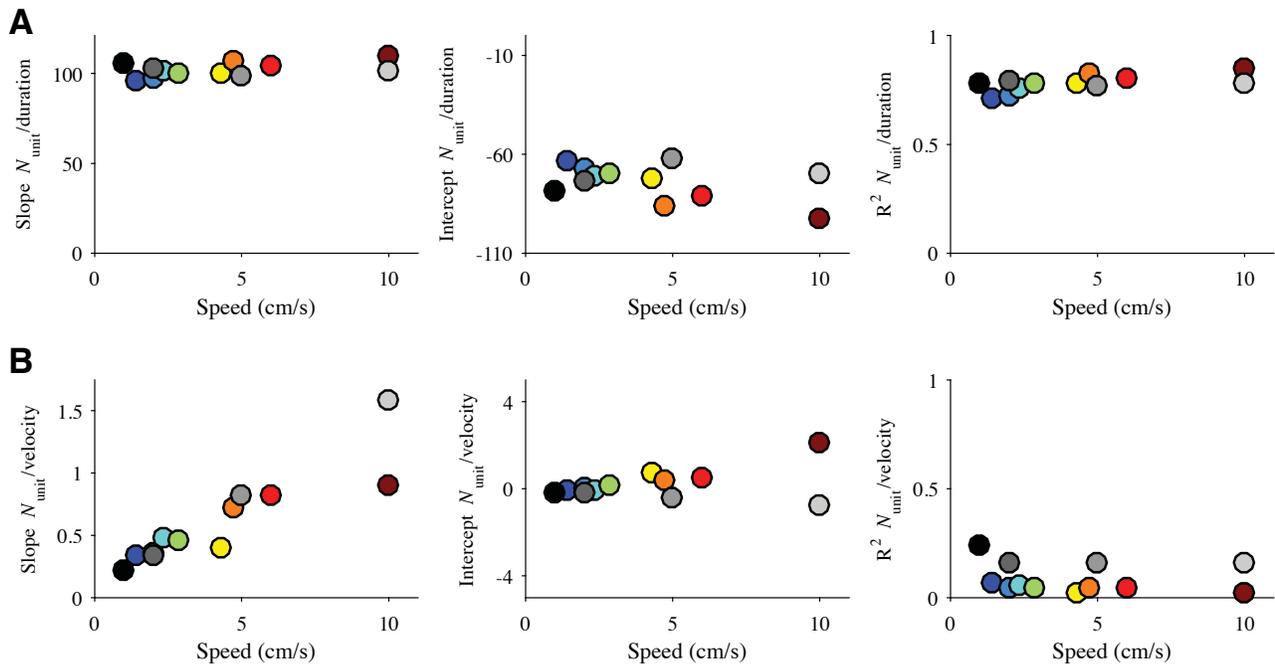


Figure 8