**ASSESSMENT OF SKILL AND PERFORMANCE**

1. **Discuss differences in kinaesthetic sense, anticipation, mental approach and consistency for an elite performer compared to an inexperienced or unskilled performer.**
2. **It has been said that, 90% of a game is 50% mental.**

**With regard to this statement, discuss how elite athletes, compared to inexperienced or unskilled performers, maximise their performance by focusing on their mental approach.**

1. **Define and provide an example of the following measurement terms.**
   1. **Objective measurement**
   2. **Subjective measurement**
   3. **Test validity**
   4. **Test reliability**
2. **Analyse two physical components necessary to be an international field hockey goalkeeper and outline a skill-related test that would be valid and reliable for each of these named components.**
3. **Identify the specific abilities that distinguish skilled as opposed to unskilled performers.**
4. **Discuss both the positive and negative outcomes of skilled performance, providing some examples involving contemporary sporting personalities.**
5. **Briefly discuss the differences between personal and prescribed criteria when judging skilled performances, explaining who would utilise each judging form.**
6. **For many years the Olympic sports of figure skating and gymnastics have been engulfed in controversy due to inconsistent scoring and judging. How have they attempted to correct this problem in recent times?**