**THE LEARNING ENVIRONMENT**

1. **The learning environment includes everything outside the learner including the skill itself, coaching and the physical environment.**

**Provide examples of way the physical environment can affect the acquisition and execution of motor skills.**

1. **Complete the following series of continuums by describing the nature of skills and by using sporting examples to represent each range of skill.**
   1. **Open versus closed skill classification**

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| --- | --- | --- |
| **Open skills** | **Combinations of open and closed skills** | **Closed skills** |
|  |  |  |

* 1. **Gross versus fine skill classification**

|  |  |  |
| --- | --- | --- |
| **Gross skills** | **Combinations of gross and fine skills** | **Fine skills** |
|  |  |  |

* 1. **Discrete, serial and continuous skill classification**

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| --- | --- | --- |
| **Discrete skills** | **Serial skills** | **Continuous skills** |
|  |  |  |

* 1. **Self-paced versus externally paced skill classification**

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| --- | --- | --- |
| **Self-paced skills** | **Combinations of self-paced and externally paced skills** | **Externally paced skills** |
|  |  |  |

1. **Identify which type of skills would be more appropriate when dealing with young inexperienced individuals, justifying your choice with relevant examples.**
2. **Using the basketball lay-up and the serve in tennis as examples, discuss the benefits of using either the whole or part instructional method in the acquisition of a skill.**
3. **Two approaches used in the attempt to acquire and master skills are massed practice and distributed practice.**
   1. **Outline the advantages and disadvantages of massed practice in skill acquisition and mastery.**

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| --- | --- |
| **Advantages** |  |
| **Disadvantages** |  |

* 1. **Outline advantages and disadvantages of distributed practice in skill acquisition and mastery.**

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| --- | --- |
| **Advantages** |  |
| **Disadvantages** |  |

1. **Based on the advantages and disadvantages of massed and distributed practice outlined in the tables above, evaluate the usefulness of each approach.**
2. **The aim of feedback is to provide:**
   1. **Reinforcement of successful performance**
   2. **Recognition and diagnosis of movement error**
   3. **Motivation for continued involvement towards mastery**

**Explain how these aims are achieved through the use of internal, external, concurrent and delayed feedback.**

1. **Evaluate the effectiveness of knowledge of results versus knowledge of performance as a feedback tool in motor skill development.**