Physical Education Studies

Units 3 and 4

Motor Learning and Caching Test

2020

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Time allowed for this paper: 55 minutes

No special items required

**Section 1. Multiple Choice**

Question 1.

When teaching a simple skill which method is most effective?

1. Part method
2. Full method
3. Whole method
4. Some method

Question 2.

Finishing a 50m swimming time trial and hearing your coach call out your time is an example of which type of feedback?

1. Intrinsic
2. Knowledge of results
3. Knowledge of performance
4. Augmented

Question 3.

A highly skilled elite performer will mostly rely on what type of feedback?

1. Augmented
2. Extrinsic
3. Intrinsic
4. Concurrent

Question 4.

A coach making hand gestures to a player during a basketball game is an example of what type of feedback?

1. Verbal feedback
2. Terminal feedback
3. Concurrent feedback
4. Non-verbal feedback

Question 5.

Front loading can be described as:

1. The process of setting up how a coach wants an athlete/group to interpret an activity – what the purpose of the activity is
2. The process of reflection at the completion of a training session
3. Showing an athlete a video of the skill before performing the skill
4. Feedback from the coach on the last games performances.

**Section 2. Short answer**

Question 4.

Explain how extrinsic feedback is different from intrinsic feedback (2 marks)

1 mark outlining what each is

1 mark for highlighting the difference

Example: Extrinsic is feedback additional to that of which the performer gets for themselves – coming from an external source such as a coach. Intrinsic feedback is derived from the performer such as proprioceptive feeling or vision of the shot

Question 5.

1. Define chaining and provide an example of a skill that would be suited to this coaching method, justify your response. (3 marks)

1 mark definition of chaining

1 mark providing a correct sporting example

1 mark for justification of how that example is chaining

1. Define shaping and provide an example of a skill that would be best suited to this coaching method, justify your response. (3 marks)

1 mark definition of shaping

1 mark providing a correct sporting example

1 mark for justification of how that example is shaping

1. A diver standing at the top of the platform going through their dive in their mind is a type of what practice? (1mark)

1 mark Mental practice

Question 6.

Define debriefing and outline what opportunities debriefing provides within a coaching plan

(3 marks)

1 mark definition of debriefing: guided reflection on what happened during an activity

1 mark for each opportunity debriefing provided up to 2 marks:

* allows players to express thoughts and feelings
* enables the coach to assess how successful the players have been at integrating and applying skills and strategies
* fostering a positive team environment – players have value and voice

Question 7.

Joshua has just signed up for his first ever coaching role and is quite nervous. He will be in charge of the local under 9’s football team

1. As a coach Joshua will have many responsibilities. Describe three responsibilities of a coach and provide examples of each relevant to Joshua’s context. (9 marks)

1 mark for each correct responsibility

1 mark each description of that responsibility

1 mark each example relevant to context

1. Practice alone is not sufficient for effective learning of a motor skill. The performer must also receive feedback. There a three main roles of feedback, discuss each and their importance to skill learning. (6 marks)

1 mark each role of feedback

1 mark each discussion of importance

Answers could include:

* Feedback to motivate; increasing motivation can enhance learning, provision of feedback can enhance motivation by approval, recognition, words of encouragement
* Feedback to change performance; specific feedback at targeted skill error detection and correction
* Feedback to reinforce what was learned; given as a reinforcement will cause athletes to replicate or repeat behaviour

Possibly could include for one extra mark in this section an example of each feedback

Eg.

* motivation that was so much better that time, I can really see your improvement, you are going to get it next time
* Reinforcement: great effort I really liked how your fingers followed through on the release of the ball
* Change performance: great try but your ball drop was a little high, next time lets try holding the ball a little lower and concentrating on not tilting back on your kick.

**END OF TEST**