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)

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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)

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

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

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Question 6.

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

(3 marks)

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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)

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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)
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**END OF TEST**