

## Homework assignment 3

KINESIOL 1E03 - Motor control and learning

**Due date: Oct 29 2021 by 23:59 EST**

### Questions

1. Consider the task of stick-handling while skating, as well as passing and shooting a puck while playing ice hockey. Outline how the stages of learning might proceed in this scenario according to:
  - a) Fitts' model of skill acquisition **[5 marks]**
  - b) Bernstein's model of skill acquisition **[5 marks]**

### Submission guidelines

Your answers to the homework assignment questions should be typed and submitted via Avenue as a **PDF** file. Late assignments will be penalized 20% per day.

The file you submit must include your last name, first initial, and student ID using the following format: a3\_last-initial\_ID.pdf. For instance, I would submit an assignment named: a3\_carter-m\_3351871.pdf. Files submitted in the wrong format (e.g., Microsoft Word's .docx) **will not be marked**.

Be sure to submit your file to the correct folder. Files submitted to the wrong folder **will not be marked**. If you need to resubmit your file to the correct folder after the due date, it will be considered late.