

MOTOR LEARNING IN SPORTS QUIZ

ANSWER SHEET

Name: _____

1. It keeps a person healthy for leisure and sport.

- a) Physical Education
- b) Physical Activity
- c) Physical Appearance

2. This includes athletics, tennis skating, etc. To compete with other people.

- a) Sports
- b) One Day League
- c) Open League

3. In achieving common goals and objectives during team competition there is a specific sport except for _____.

- a) Chess
- b) Soccer
- c) Lacrosse

4. Occurs in a controlled and predictable context. Because the performer chooses where to begin the action, it is referred to as self-paced. This means that the performer directs his or her actions toward the situation rather than reacting to it.

- a) Open Motor Skill
- b) Closed Motor Skills
- c) Serial Skill

5. Occurs in an uncertain and changing setting, and the performer must react and adjust the skill to the

circumstances. Since each skill's performance is unique, there are a lot of inertial variabilities also because the environment dictates the commencement of the movement, open motor abilities are externally timed.

- a) Serial Skill
- b) Closed Motor Skills
- c) Open Motor Skill

6. It covers a wide range of events including involuntary movements.

- a) Motion Learning
- b) Measured Learning
- c) Motor Learning

7. This is a less accurate action but involve large group of muscles.

- a) Cross Motor Skills
- b) Gross Motor Skills
- c) Grass Motor Skills

8. A well-defined beginning or end that consist a single distinct movement.

- a) District Skills
- b) Discrete Skills
- c) Discreet Skills

9. It includes a series of skills which is connected in an exact order.

- a) Cerial Skills
- b) Serial Skills
- c) Seal Skills

10. It is kicking from different distances and angles each time.

- a) Intertrial Variability
- b) Internal Agility
- c) External Ability

11. It is one of the most famous sports in the world.

- a) Scrabble
- b) Basketball
- c) Chess

12. In sports, it is important to have camaraderie and sportsmanship.

- a) Yes
- b) No

13. Sports are very important to conduct not only in school but also in the community.

- a) No
- b) Yes

14. In any sport, Unity and Diversity are important in chasing victory.

- a) No
- b) Yes

15. In what sports that smash called spike in Volleyball.

- a) Table Tennis
- b) Badminton
- c) Sepak

