

MOTOR LEARNING IN DANCE QUIZ

ANSWER SHEET

Name: _____

1. The cognitive, associative, and autonomous stages are _____
 - a) The least stages in acquiring new knowledge to teach new dancers.
 - b) Need to be used by the dancers and teachers to work on the new skills.
 - c) Not related to the skills that dancers should know.
2. He is a well-known ecological motor theorist that draws most of his theories from the scheme of both dynamics systems theory and ecological perspective?
 - a) Paul Fitts
 - b) Antoinette Gentile
 - c) Karl Newell
3. The cognitive stage, the associative stage, and the autonomous stage, according to their idea, are the stages in which a skill is learned. The simplicity and practicality of this idea are among the numerous reasons why coaches and dance teachers find it appealing to use in training.
 - a) Paul Fitts and Michael Posner
 - b) Karl Newell
 - c) McCarthy and Kolb
4. It represents the sensory portion, assesses the result, and updates the motor program to fix the error.
 - a) Recognition schema
 - b) Recall schema
 - c) Ecological theory
5. This stage demands a lot of focus, and the learner tries out a variety of tactics. In addition, the student pays attention to detailed feedback and seeks out teacher support. Performance is inconsistent, with numerous faults, and improvements are significant
 - a) The Cognitive Stage
 - b) The Associative Stage
 - c) The Autonomous Stage
6. A psychology professor implements a two-stage model of motor learning that focuses on the goal of the learners. The two stages are namely the Initial stage and the later stages.
 - a) Paul Fitts
 - b) Karl Newell
 - c) Antoinette Gentile
7. Extra muscles are used than are needed on the primary level of learning in which the timing of activation is mostly not correct. Thereafter, the count of muscles that had been used is decreasing.
 - a) Coordination
 - b) Adjustments to familiar movement patterns or habits
 - c) Muscle selection during a skill
8. Also called implicit learning means learning with less effort and achieved with just repeated exposure.
 - a) Nonassociative Learning
 - b) Nondeclarative Learning

- c) Associative Learning
9. It is known as obtaining a movement skill by repeating it over and over again without no conscious attention. Progress of learning is slow through continuous repetition and expressed through polished performance.
- a) Classical Conditioning
 - b) Associative Learning
 - c) Procedural Learning
10. Abilities that are done absolutely the same way each time Level up the actions
- a) Closed skills
 - b) Open skills
 - c) Fixation
11. Cheer dance can perform using folk dance music.
- a) No
 - b) Yes
12. A student can learn the dance steps through music only.
- a) No
 - b) Yes
13. Dancing is about self-expression and can do during some recreational time.
- a) No
 - b) Yes
14. Dancers should perform without feelings to make it real and feel by the audience.
- a) No
 - b) Yes
15. There is a right angle on how the dancer performs well also to avoid injuries and mistakes.
- a) No
 - b) Yes

