**MOTOR LEARNING IN SPORTS QUIZ ANSWER SHEET**

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

1. It keeps a person healthy for leisure and sport.
2. Physical Education
3. Physical Activity
4. Physical Appearance
5. This includes athletics, tennis skating, etc. To compete with other people.
6. Sports
7. One Day League
8. Open League
9. In achieving common goals and objectives during team competition there is a specific sport except for \_\_\_\_\_\_.
10. Chess
11. Soccer
12. Lacrosse
13. 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.
14. Open Motor Skill
15. Closed Motor Skills
16. Serial Skill
17. 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.
18. Serial Skill
19. Closed Motor Skills
20. Open Motor Skill
21. It covers a wide range of events including involuntary movements.
22. Motion Learning
23. Measured Learning
24. Motor Learning
25. This is a less accurate action but involve large group of muscles.
26. Cross Motor Skills
27. Gross Motor Skills
28. Grass Motor Skills
29. A well-defined beginning or end that consist a single distinct movement.
30. District Skills
31. Discrete Skills
32. Discreet Skills
33. It includes a series of skills which is connected in an exact order.
34. Cerial Skills
35. Serial Skills
36. Seal Skills
37. It is kicking from different distances and angles each time.
38. Intertrial Variability
39. Internal Agility
40. External Ability
41. It is one of the most famous sports in the world.
42. Scrabble
43. Basketball
44. Chess
45. In sports, it is important to have camaraderie and sportsmanship.
46. Yes
47. No
48. Sports are very important to conduct not only in school but also in the community.
49. No
50. Yes
51. In any sport, Unity and Diversity are important in chasing victory.
52. No
53. Yes
54. In what sports that smash called spike in Volleyball.
55. Table Tennis
56. Badminton
57. Sepak