

GP 3.3

Assessor's
use only.

3) PLANNING

Unskilled can be fixed =

- genetics

- nutrition

psychological f. - self confidence / self efficacy

- technique

- physical conditionning

- quality of improvement

- culture (social economic status)

- Harass

- drugs / drug taking

- elitism v. socialism

Health

There are many things which can influence the application of skill learning theory. These include nutrition, genetics, psychological factors, technique, physical conditionning, technique and the quality of improvement. Socio cultural factors such as economic status, drugs, and healthism and elitism v. socialism must also be considered, as they are highly influential. In my essay, I will critically evaluate how all of these factors under skill learning theory, can be fixed to fix unskilled people. I will also be looking at the negatives and positives of all, and decide whether this

Statement is true, that unskilled can be 'fixed'.

The role of genes or genetics plays a huge role in this issue, as it comes under the question whether athletes are born or made. I believe that genetics do play a huge role in the making of an athlete, as it is the build or muscle collaboration which I believe ~~says~~ divides the performances of athletes away from others.

CR
PO

however, it is suggested that people without this ~~g~~ successful genes can also be made into athletes, or 'skilled' people. Nutrition is something that I believe can really improve or accelerate the fixing of the unskilled.

BPF

Nutrition plays a huge part in an athlete's life, and can make, or break a performance. It is heavily relied on with most athletes.

R

Correct. The world health organisation has said that the optimum amount of rest for an adult is 6-9 hours. Any more or less is said to be unhealthy. A glass of water ~~be~~ before, and every half an hour cycling exercise is also noted by WHO to be vital to optimum performance.

OE

When I was completing a training programme for a duathlon, I made sure to increase the intake amount of carbohydrates, to replace the energy expenditure during increased

training sessions. The correct use of nutrition during my programme is what I believe kept me healthy and it is why I believe that with the correct use of nutrition (drl and sleep) an unskilled person can be fixed.

An athlete, or skilled person is strong in their area of expertise, because of self-efficacy. Self-efficacy is built by the increase of self-confidence through achieving goals or seeing high level of improvement. or because of extrinsic or intrinsic psychological factors. Extrinsic factors are the enjoyment or motivation because of the awards or recognition received through their sporting. In usually, this high level of ~~confid~~ self-efficacy is due to their enjoyment, but also because there is knowledge that they are doing well. An unskilled person, aiming to be at this same level, will find it hard to find motivation to continue if they find that they are not receiving the same recognition or awards as others. However, this is only an assumption, and most people might not care because of the enjoyment that they get when participating. However, this will not fix them. By setting more achievable SMART goals,

D
SCF

AS

C

The feelings of achievement and success can be reached and can also provide motivation to continue. When completing my own improvement programme, setting small goals throughout was something that I applied throughout. I was an unskilled person at this sport, and due to long feelings of self-worth because I struggled, I found it hard to stay focused and wanted to give up. Setting goals that I could reach were attainable, provided a challenge and also motivation to continue with the programme. I was able to continue, but this did not help me to become a skilled player.

Technique involving biomechanics and video analysis ~~played a big~~ can be used accelerable learning, and fix an unskilled player. Through taking a video of a person completing a certain skill, it can be analysed and broken down into sections or parts — and the skill can be practised in these sections first before combining the whole action together. The video is even more useful ~~area~~ if compared to the correct performance, and ~~aspects~~ wrong movements are easily spotted. The analysing period however can take a while, and applying correct biomechanics to the

movements for more success can take even more time. However, when done correctly, the player is able to see all the areas in which need improving, and can be worked on. This is best done on a skill that is complex such as a golf swing or soccer kick — a movement that uses large muscle groups. This is because it is easier to break apart the actions into sections, and perfect each section before moving onto the next. The application of video analysis and biomechanics is something that I believe, can make the unskilled, more skillful as it is able to fix errors in movement, and enables them to be corrected so the overall skill is more successful.

6

SIC

Economic stability has a huge influence over most activities. ~~It is often said that~~ SCF R. SPARC found that the biggest barrier to physical activity was cost, being this backed up by finding that those in lower economic statuses are less active rest of the population (SPARC). Involving physical exercise or activity ~~it mostly relies on~~ membership. Both which cost money. ~~It costs too many, this~~ applies to physical

activity. Individuals with more money are more likely to be able to afford the best gear, coaching and facilities/equipment — which will probably always outmatch someone with old technology. A person who is unskilled, may be better off, and can therefore afford to put more money and time into activities than someone of lower economic status. Someone who can buy into a sport, etc., + may outweigh a fine athlete / performer — even if they are not as skillfull.

In conclusion, I still believe that genetics make an athlete — but without the correct nutrition, psychological advantage, and technique, the athlete ~~will~~ ^{can} still be less successful. This may not be as successful. Through the application of skill learning theory, it is possible ~~to believe~~, that an athlete can be made instead of born, and that the unskilled can be "fixed" — but only if they are applied correctly and positively.

PO

4