

Physical Education Studies Year 11 ATAR

CHAPTER 2: Motor Learning and Coaching

NEXT 

Welcome to the quiz for Chapter 2

- You will be given 15 multiple choice questions
- Click on the correct answer
- Use the links to navigate through the quiz
- To finish the test you must answer all the questions correctly

ARE YOU READY?

Question 1

Which of the following skill continuums classifies skills according to muscle involvement?

- A. Gross motor skills and fine motor skills
- B. Discrete, serial and continuous skills
- C. Self-paced and externally-paced skills
- D. Closed and open skills

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 2

Which of the following skill continuums classifies skills according to environmental impact?

- A. Gross motor skills and fine motor skills
- B. Discrete, serial and continuous skills
- C. Self-paced and externally-paced skills
- D. Closed and open skills

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 3

Which of the following is an example of a self-paced skill?

- A. Sailing
- B. Rhythmic gymnastics routine
- C. Javelin throw
- D. Tennis forehand

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 4

Which of the following is an example of a serial skill?

- A. Forward roll
- B. High jump
- C. Tennis serve
- D. Cycling

TRY AGAIN...

BACK TO QUESTION 

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 5

Which one of the following best represents the four stages of the information processing model of learning?

- A. Input, processing, output, action
- B. Stimulus, processing, feedback, evaluation
- C. Perceiving, deciding, acting, evaluating
- D. Perceiving, deciding, evaluating, responding

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 6

Which of the following best represents the three phases of the Fitts and Possner Model of skill development?

- A. Cognitive, associative, autonomous
- B. Beginner, intermediate, skilled
- C. Learner, accomplished, advanced
- D. Beginner, amateur, professional

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 7

Which of the following best describes the cognitive stage of learning?

- A. The emphasis is on conceptualisation and understanding what the skill requires
- B. A practice stage with emphasis on correct timing and sequencing of movement patterns
- C. The emphasis is on feedback that provides increasingly more specific information
- D. Skills can be performed without conscious thought and with a high degree of accuracy

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 8

Which of the following best describes the autonomous stage of learning?

- A. The emphasis is on conceptualisation and understanding what the skill requires
- B. A practice stage with emphasis on correct timing and sequencing of movement patterns
- C. The emphasis is on feedback that provides increasingly more specific information
- D. Skills can be performed without conscious thought and with a high degree of accuracy

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 9

What is meant by the term 'cue' in relation to skill improvement?

- A. The order in which you wait to execute a skill during a practice session
- B. A signal for action or hint of how to respond in a particular circumstance
- C. The debrief given by the coach after the game
- D. The analysis of individual player's statistics for the game

TRY AGAIN...

BACK TO QUESTION 

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 10

Which of the following is an example of a **POSITIVE** transfer of learning?

- A. Squash to tennis
- B. Throwing to lacrosse pass
- C. Cricket to cycling
- D. Swimming to running

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 11

Which of the following is NOT a type of feedback?

- A. Internal**
- B. External**
- C. Augmented**
- D. Environmental**

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 12

Which one of the following best described the two forms that feedback can take?

- A. Knowledge of the opponent and knowledge of skill level
- B. Knowledge of results and knowledge of performance
- C. Knowledge of the game and knowledge of the environment
- D. Knowledge of skill level and knowledge of the game

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 13

Which of the following is NOT one of the three main purposes of feedback?

- A. Motivation
- B. To change performance
- C. To admonish bad performance
- D. To reinforce learning

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 14

Which of the following is NOT a feature of effective feedback?

- A. Clear and concise
- B. Constructive
- C. Sooner not later
- D. General

TRY AGAIN...

BACK TO QUESTION 

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 15

Which of the following is an example of effective feedback?

- A. Your arms moved in the perfect pendulum on that putt. Now just try to keep your body still.
- B. That was a hopeless spike – nowhere near the target. You're just not getting it, are you?
- C. You're in the bush again! Can't you at least keep the ball somewhere near the fairway?
- D. You're all over the place. You have to get those legs working together.

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

CONGRATULATIONS!
YOU HAVE COMPLETED
THE CHAPTER 2 QUIZ