



# **Physical Education Studies Year II General**

## **CHAPTER 2: Motor Learning and Coaching**

**NEXT** 

## Welcome to the quiz for Chapter 2

- You will be given 20 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 is NOT an essential element of skill?

- A. Skill involves a complex sequence of movements
- B. Skill is something you are born with, not made
- C. Skill is goal-directed and there are predetermined results
- D. Skilled movement is economic and efficient



**TRY AGAIN...**

**BACK TO QUESTION** 



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

## Question 2

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 3

Which of the following best represents the three phases of the Fitts and Posner 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 4

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 5

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 6

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 7

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 8

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 9

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 10

Which of the following represents the correct order from basic skills to advanced skills in tennis?

- A. General footwork, serve, smash, strategies/ tactics, half volley, using spin
- B. Grip, basic game, forehand, drop shot, spin, strategies and tactics
- C. Forehand, backhand, serve, volley, spin, strategies/tactics
- D. General footwork, grip, forehand, backhand, half volley, serve



**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 



## Question 11

Which of the following represents the correct order of steps involved in teaching a skill?

- A. Introduce the skill, demonstrate and explain, provide feedback to correct errors, practice
- B. Demonstrate and explain, introduce the skill, provide feedback to correct errors, practice
- C. Introduce the skill, demonstrate and explain, practice, provide feedback to correct errors
- D. Demonstrate and explain, introduce the skill, practice, provide feedback to correct errors



**TRY AGAIN...**

**BACK TO QUESTION** 



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

## Question 12

Which of the following is NOT an effective method to evaluate your skills?

- A. Observation schedules
- B. Video analysis
- C. Knowledge of results and statistics
- D. Visualisation

**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

### Question 13

Which of the following is NOT a statistic commonly given for a basketball game?

- A. Number of shots taken
- B. Number of defensive fouls
- C. Percentage of centre clearances
- D. Percentage of 3-point shots scored

**TRY AGAIN...**

**BACK TO QUESTION**





**THAT'S  
CORRECT!**

**NEXT QUESTION** 

## Question 14

What is 'knowledge of results'?

- A. Information regarding the score at the end of a match
- B. Information regarding the team's position on the ladder
- C. Information regarding the opposition's performance in previous games
- D. Immediate information a player receives about the outcome of an action

**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

**Question 15**

**Which of the following is NOT a component of fitness?**

- A. Power**
- B. Cardiorespiratory endurance**
- C. Balance**
- D. Technique**

**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

## Question 16

Which of the following fitness components would be LEAST important in tennis?

- A. Cardiorespiratory endurance
- B. Balance
- C. Speed
- D. Power





**TRY AGAIN...**

**BACK TO QUESTION** 



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

**Question 17**

**Which of the following fitness components would be LEAST important in volleyball?**

- A. Agility**
- B. Power**
- C. Flexibility**
- D. Balance**



**TRY AGAIN...**

**BACK TO QUESTION** 



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

**Question 18**

**Which of the following fitness components would be LEAST important in golf?**

- A. Power**
- B. Speed**
- C. Coordination**
- D. Cardiorespiratory endurance**



**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 



**Question 19**

Which of the following fitness components would be **LEAST** important in a 100 m sprint?

- A. Cardiorespiratory endurance**
- B. Reaction time**
- C. Power**
- D. Speed**



**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

## Question 20

Which of the following represents the correct order for the components of a training session listed?

- A. Warm-up, fitness training, skill development, cool-down
- B. Warm-up, skill development, cool-down, culmination
- C. Evaluation, warm-up, skill development, fitness training
- D. Fitness training, evaluation, cool-down, culmination



**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT** 



**CONGRATULATIONS!**  
**YOU HAVE COMPLETED**  
**THE CHAPTER 2 QUIZ**