

Learning Resource

ASPECTS of SKILL

61 pages

Aspects of skill are investigated by means of a series of tasks where given information is reinforced by questions embedded in that information.

Answers are provided but can easily be covered if learning needs further reinforcement.

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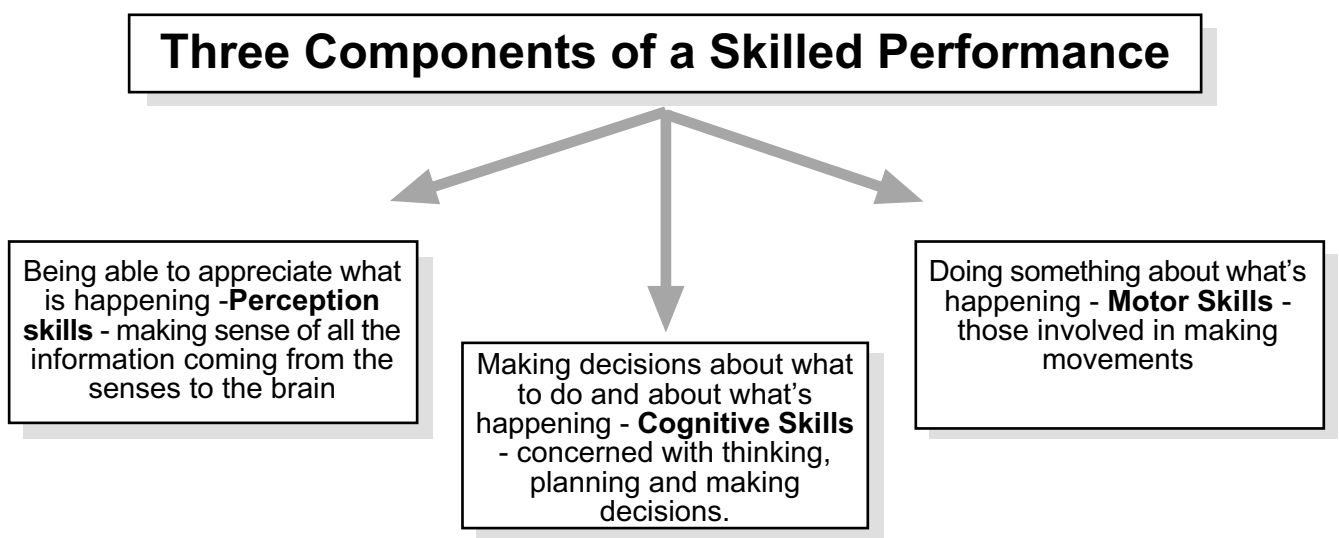
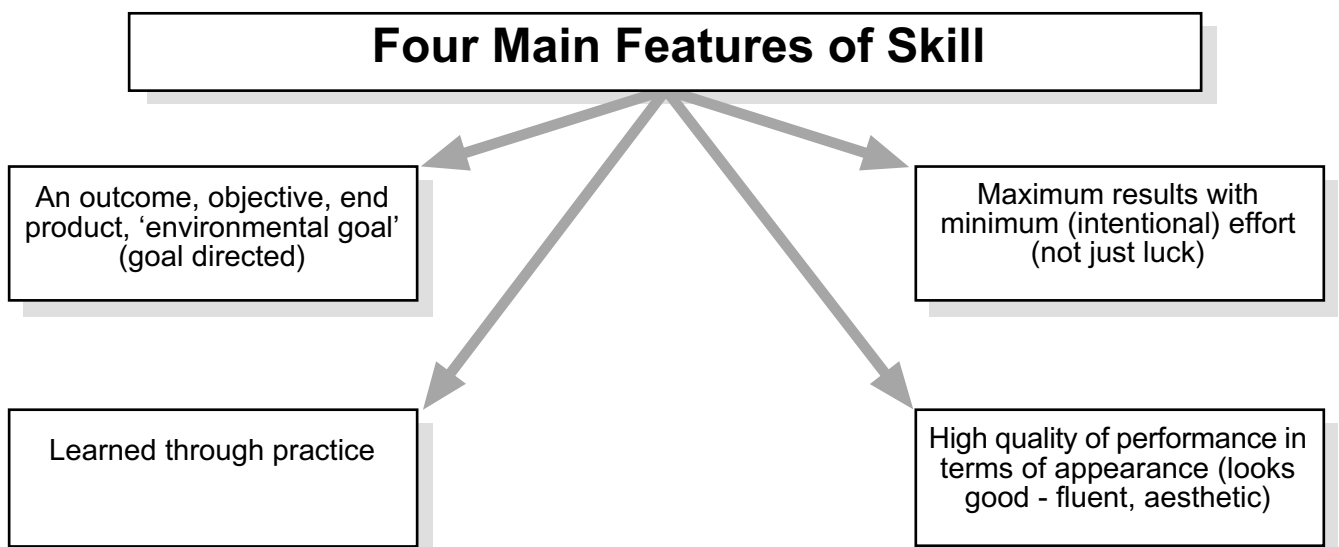
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INTRODUCTION

SKILL a definition:
'the learned ability to bring about pre-determined results with maximum certainty, often with the minimum outlay of time or energy or both'
(Knapp 1963)



In other words there are actually three distinct types of skill and there are three stages to performing a skill; **perception, cognition and action.**

Skill

Learned

Efficient

Aesthetic

Fluent

Goal Directed

Economic



A skilled movement is one in which a pre-determined objective is accomplished with maximum efficiency and with minimum outlay of energy

Motor abilities are innate inherited traits that determine an individual's coordination, balance, ability and speed of reactions.

Gross motor abilities

Strength - static, dynamic, explosive

Extent and dynamic flexibility

Stamina

Trunk strength

Gross body coordination and equilibrium

Psychomotor abilities

Static and dynamic balance

Limb coordination

Control precision

Arm movement speed

Visual tracking

Reaction time

Eye-hand/foot coordination

Manual dexterity

Response orientation

Finger dexterity

