Answers to Test your knowledge questions

Nelson Physical Education Studies for WA 2A,2B

Chapter 4

Page 71

**multiple choice**

1 C

2 D

3 D

4 D

**short answer**

5 (1 mark each to max of 4)

- Beginners can get bored or fatigued, which can result in injury
- Any skills that are complex are best coached in this way
- New skills are suited to this method as they get breaks from the skill in between successive attempts
- Distributed practice is better when environmental conditions are poor, for example, if it is raining at soccer training. Massed practice, such as simply standing in the rain repeating the performance, will be unpleasant.

6 (max 6 marks)

**a** Length of training – effect on practice types: (2 marks)

- Skill performance may drop due to fatigue if training is too long
- Fitness conditioning may be done at the end of the session to allow quality skill work earlier in the session
- A variety of massed and distributed practice can be used if the session allows enough time

**b** Answers apply to cricket as the chosen sport: (2 marks)

- Massed practice may be good for batting as the skill is all about repetition
- Distributed practice may be suited to fielding as it allows running, ground fielding, catching, throwing to be completed simultaneously
- Bowling may need distributed practice to stop overuse injuries
c  Training methods to replicate game play conditions on a weekend:  (2 marks)

- Do fitness training early on in a session to fatigue and increase core temperatures to mimic weekend conditions
- Play scratch matches against older opposition who will be fitter, faster and more skilled
- Make the pitch larger than normal to exaggerate fitness requirements
- Use modified small pitches to force high skill level with opponents close by

7  (max 4 marks)

a  Open skills are heavily dependent on environmental factors that must be planned for in training. Closed skills allow constant monitoring and opportunity to give feedback because the environment remains stable and does not rely on outside factors.  (1 mark)

b  With discrete skills, it is much harder to find points of intervention and to give feedback. Continuous skills allow constant monitoring and opportunity to give feedback.  (1 mark)

Discuss why:  (2 marks)

Coaches should be aware of the nature of a skill, as this dictates the best way to coach it for accelerated learning. Skills that rely on many external factors are much more difficult to isolate and work on in training. It is difficult to practise pass interception in a sport without actually setting up a small game situation. The other problem with teaching such a dynamic skill is that it relies heavily on what every other player does.

In contrast, skills that are clearly defined, easy to watch and give feedback on, are far more suited to massed practice.

essay style

8  (max 8 marks)

Sport of choice: cricket  (4 marks for definitions as per table below)

<table>
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<th></th>
<th>Bowling</th>
<th>Batting</th>
<th>Fielding</th>
<th>Wicketkeeping</th>
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How to teach each? (1 mark each for descriptions)

- Batting: massed practice would be well suited here. Bowling machines were designed to allow a huge number of practice hits in a short time period, with bowler fatigue not being a problem.
- Bowling: distributed practice, such as a short spell of bowling, followed by fitness or fielding activities, and close monitoring of overall bowling workloads, would help to minimise the risk of chronic injuries.
- Fielding: massed and distributed practice would be suitable. There are many skills in fielding; some are well suited to massed training methods, while others are more suited to distributed. This also allows fitness work to be incorporated.
- Wicketkeeping: massed practice can be used for receiving balls from the bowler and from the outfield, however the role of a wicketkeeper in a game revolves around constant movement and awareness of the play.