Answers to Test your knowledge questions

Nelson Physical Education Studies for WA 2A,2B

Chapter 5

Page 82

multiple choice

1 A

2 A

3 B

4 D

short answer

5  (max 3 marks)

- Motivate – to help get the athletes enthusiastic  
  (1 mark)
- Reinforce positives – to keep that behaviour or part of skill that is correct in the forefront of 
  the athlete’s thinking.  
  (1 mark)
- Modify behaviour or technique – this attempts to force a behavioural change, similar to the 
  way people train dogs by giving them some food when they do the right thing.  
  (1 mark)

6  (max 3 marks)

- Limiting the number of choices that a young players.  
  (1 mark)
- The difference between T-ball and baseball. By hitting the ball off the tee there is less 
  information to process.  
  (1 mark)
- Experience is an important part of choosing the correct response. This highlights the 
  importance of game-like practice and not just skill practice.  
  (1 mark)
- Having the appropriate arousal level is also important. This allows athletes to look at the 
  appropriate cues.  
  (1 mark)

essay style

7  (8 marks, 1 for each relevant point)

- Experience is an important factor in helping players to make an appropriate decision.  
  (1 mark)
- Appropriate example: Victorians often play better football in wet conditions because of the 
  environment they grow up in.  
  (1 mark)
- Higher skill gives the athlete more options to choose from.  
  (1 mark)
- A part of skill is being able to pick the appropriate cues.  
  (1 mark)
• High level of skill obviously improves the outcome. Some athletes make the correct decision but do not have the ability to execute the skill correctly. (1 mark)
• Experience helps us to pick up important cues early. (1 mark)
• Experience helps to filter all the information so that only the important cues are influencing decisions and ultimately skill execution. (1 mark)
• Appropriate example: a Grand Final with 100,000 people and the difference in cue detection of a young player versus a 10-year veteran. (1 mark)

8 (max 5 marks)
• PE teachers provide numerous opportunities for different inputs/processing around the same skill. (1 mark)
• Feedback is provided by the PE teacher to help improve sensory information. (1 mark)
• PE teachers use various forms of feedback to motivate, reinforce the positives and to modify behaviour or technique. (1 mark)
• PE teachers help highlight the important cues and inform the students on which cues to ignore. (1 mark)
• PE Teachers help the students to obtain an optimal arousal level. (1 mark)

9 (max 5 marks)
• Is the ball coming to me? (1 mark)
• Will it hurt? (1 mark)
• What type of pass should I hit? Probably just get it towards the setter with a dig. (1 mark)
• Move my feet. (1 mark)
• The more practice (experience) the player has had at training, the better the player will be at making an appropriate choice. (1 mark)