Answers to Test your knowledge questions

Nelson Physical Education Studies for WA 2A,2B

Chapter 6

Page 106

**multiple choice**

1 D

2 C

**short answer**

3 (max 3 marks)

- Beginners should have uninterrupted practice to allow them to get a lot of their own internal and external feedback. (1 mark)
- Beginners should not be given too much augmented feedback as it clouds their thought process. (1 mark)
- Augmented feedback using video etc is well suited to the elite player. (1 mark)
- Feedback needs to be precise for elite athletes. (1 mark)

4 Response will depend on the choice of coaches and their particular style.

**essay style**

5 Response will depend on the vision chosen. It is important that the feedback follows the guidelines on page 87.

6 (max 4 marks)

- There is a vast array of individual differences, including ability, gender and experience (1 mark)
- Age generally determines the speed at which someone will learn a motor skill. (1 mark)
- Beginners become fatigue early and therefore don’t have as much energy for practice. (1 mark)
- More practice = more learning and improvement. (1 mark)
- Greater motivation equals improved learning. Elite athletes have very high motivation to improve and succeed. (1 mark)