

TOPIC 5: SKILL IN SPORT

	Assessment Statement	Done in class	Revised at home	I'm confident!
5.1	THE CHARACTERISTICS AND CLASSIFICATION OF SKILL			
5.1.1	Define the term skill			
5.1.2	Describe the different types of skill			
5.1.3	Outline the different approaches to classifying motor skills.			
5.1.4	Compare skill profiles for contrasting sports.			
5.1.5	Outline ability.			
5.1.6	Distinguish between Fleishman's physical proficiency abilities (physical factors)			

	and perceptual motor abilities (psychomotor factors).			
5.1.7	Define the term technique.			
5.1.8	State the relationship between ability, skill, and technique.			
5.1.9	Discuss the differences between a skilled and a novice performer.			

	Assessment Statement	Done in class	Revised at home	I'm confident!
5.2	INFORMATION PROCESSING			
5.2.1	Describe a simple model of information processing.			
5.2.2	Describe Welford's model of information processing.			
5.2.3	Outline the components associated with sensory input.			
5.2.4	Explain the signal-detection process.			
5.2.5	Distinguish between the characteristics of short-term sensory store, short-term memory and long-term memory			
5.2.6	Discuss the relationship between selective attention and memory			
5.2.7	Compare different methods of memory improvement.			
5.2.8	Define the term response time.			
5.2.9	Outline factors that determine response time.			
5.2.10	Evaluate the concept of the psychological refractory period (PRP).			
5.2.11	Describe a motor programme.			
5.2.12	Compare motor programmes from both open and closed loop perspectives.			
5.2.13	Outline the role of feedback in information processing models			
5.2.14	Outline the role of feedback with the learning process.			

	Assessment Statement	Done in class	Revised at home	I'm confident!
5.3	PRINCIPLES OF SKILL LEARNING			
5.3.1	Distinguish between learning and performance			
5.3.2	Describe the phases (stages) of learning.			
5.3.3	Outline the different types of learning curves.			
5.3.4	Discuss factors that contribute to the different rates of learning.			
5.3.5	Define the concept of transfer.			

5.3.6	Outline the types of transfer.			
5.3.7	Outline the different types of practice.			
5.3.8	Explain the different types of presentation			
5.3.9	Outline the spectrum of teaching styles.			