

# Guidance and feedback on performance



**UNTAMED**  
EDUCATION

2.2.3 Sports psychology

**Intrinsic Feedback**

**Concurrent**

**Mechanical**

**Extrinsic Feedback**

Guidance and feedback on performance

**Visual**

**Verbal**

**Manual**

**Guidance**

**Terminal**



## Guidance and feedback on performance

## 1. Types of guidance

- ▶ **Guidance** is a way of giving \_\_\_\_\_ to a performer.
- ▶ It assists in \_\_\_\_\_ a skill or refining a performance.
- ▶ There are four different types:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## 2. Visual

- ▶ Watching **someone else perform** the skill can be motivating, inspiring and informative.
- ▶ Copying someone you \_\_\_\_\_ is **stronger** than someone you don't. \_\_\_\_\_ **models** are powerful demonstrators.
- ▶ It is useful for all levels of performer especially **young** and **inexperienced** performers.
- ▶ When teaching a skill through \_\_\_\_\_ it is important that the learner is paying **full** \_\_\_\_\_, has the ability to copy the skill and is \_\_\_\_\_ to repeat it.



## 3. Verbal

- ▶ This is when someone \_\_\_\_\_ the skill.
- ▶ The **performer** hears the guidance.
- ▶ \_\_\_\_\_-**level performers** are able to respond more readily than inexperienced performers.
- ▶ However, this type of guidance can be boring and often \_\_\_\_\_ tactics or skills are hard to \_\_\_\_\_.





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### 4. Manual

- ▶ This involves a coach \_\_\_\_\_ **guiding** you through the skill.
- ▶ They move the body into **position** and \_\_\_\_\_ them in the skill.
- ▶ This is effective for \_\_\_\_\_.
- ▶ However, it can be **demotivating** as the performer may not feel they are performing the skill themselves and it may feel different without the manual guidance.



### 5. Mechanical

- ▶ The use of \_\_\_\_\_ or **objects** to assist in the skill learning process.
- ▶ These are used in **high** \_\_\_\_\_ skill learning found in Gymnastics or Trampoline.
- ▶ It allows the performer to learn **without** \_\_\_\_\_.
- ▶ However, the equipment is often expensive and the performer may rely on the aid.



### 6. Feedback

- ▶ The brain is constantly **receiving** \_\_\_\_\_ from all the senses this helps to improve and refine the skill learnt. There are different types of feedback:

\_\_\_\_\_ **Feedback – Comes from** \_\_\_\_\_.

- ▶ This feedback from the body's own **sensors**, seeing the ball fly when you hit it, hearing the sound of contact on the ball, feeling the contact on the ball.

\_\_\_\_\_ **Feedback - Comes from** \_\_\_\_\_.

- ▶ There are two types of extrinsic feedback;
  - ▶ **Knowledge of** \_\_\_\_\_ - Seeing you scored.
  - ▶ **Knowledge of** \_\_\_\_\_ - Your coach tells you that you need to open out of the somersault earlier in diving.



## Guidance and feedback on performance

- ▶ Used to **motivate** the athlete and let them know what they are doing **correctly**.
  - ▶ However, it may make the athlete feel the performance was more positive than it actually was.
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- ▶ Used to inform the athlete about an **incorrect** movement and what they must do to correct it.
  - ▶ It can be **demotivating** and overuse can leave athletes not knowing what to focus on.

## 7. Graphical representation

- ▶ Sports professionals collect large amounts of **data** about their individual and team performance.
- ▶ It can be received at the **end** of the performance (terminally) or **during** (concurrent).
- ▶ This is represented \_\_\_\_\_ or using **images**.

