

Classification of skills



UNTAMED
EDUCATION

3.1 Skill acquisition and psychology

Skill

Cognitive Stage

Autonomous Stage

Ability

Closed

Open

Classification of skills

Fine

Complex

Gross

Associative Stage



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1. Skill and ability

Skill is defined as:

“Skill is the learned ability to bring about a pre-determined result with maximum certainty and efficiency”

Ability is defined as:

“Ability is inherited not learnt. It does not change throughout a persons life. Abilities impact a persons potential to learn skills.”



2. Skilled performance

A person who has a **high level of** _____ in a particular skill will demonstrate certain characteristics.

- ▶ They will perform with _____.
- ▶ Their motivation is **goal-**_____.
- ▶ They perform with **fluency and** _____.
- ▶ The performance will be _____ **pleasing**.
- ▶ They perform with _____.



3. Stages of learning

There are _____ **stages** of skill learning:

1. _____ **stage (understanding phase)**

- ▶ This is the **first stage** of learning and relies mainly on visual and verbal input as well as trial and error.



Classification of skills

- ▶ Learners may appear _____ as they transition from understanding the skill to executing it.
- ▶ Performances are _____.
- ▶ Correct performances must be reinforced through **external** _____.
- ▶ Performing the skill requires all the **athlete's** _____ and so they rely on the coach for cues

2. _____ stage (verbal motor phase)

- ▶ Through practice, the brain receives sensory information that allows the performer to refine the skill. **Visual cues** are now replaced with _____ cues (how it feels).
- ▶ Performances are becoming more _____ as motor programmes are being formed.
- ▶ While the **simpler** parts of the skill now look fluent and are well learned, the more _____ elements require most of the spare attention.
- ▶ The athlete is starting to get a sense of internal '_____' feedback when they perform the skill well.
- ▶ They are starting to detect and correct their own errors and success rate has risen to 5-7 out of 10.



3. _____ stage (motor phase)

- ▶ This is the **final stage of** _____ **skill learning**. The movement requires little thought from the performer and becomes automatic.
- ▶ Performances have become _____, fluid and **aesthetically pleasing**.
- ▶ The **motor** _____ involved are well learned and stored in the long-term memory.
- ▶ There is now **spare** _____ which can be focused on opponents and tactics.
- ▶ To retain the new skill at this level, it must be constantly practised to reinforce the motor programmes. (Success is now 9 out of 10.)

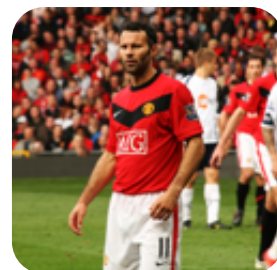


Classification of skills

4. Factors affecting various skill levels

1. Age and _____

- ▶ The more _____ you are at practising a skill the better you become.



2. Motivation

- ▶ If you _____ practising the skill or you have a goal to aim for you're more likely to practise the skill.

3. Anxiety

- ▶ Too much _____ can negatively affect your performance.



4. Arousal Conditions

- ▶ Arousal is your _____ to perform. If your arousal levels are at the optimum then your skill performance will be optimum.

5. Facilities

- ▶ Performing on high _____ surfaces and arenas can positively affect your skill performance. Poor surfaces can hinder performance.



6. Environment

- ▶ Skill performance can be affected by the _____ conditions i.e. if it is too hot/cold/windy.

7. Teaching and _____

- ▶ A high quality coach or **teacher** will ensure you get the best _____ on your skill performance and the best training.

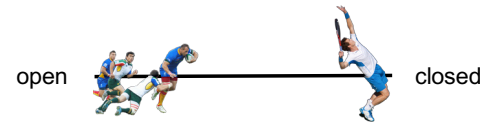




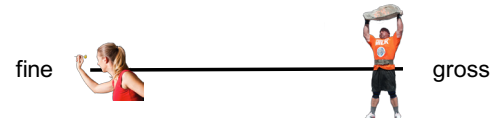
Classification of skills

5. Skill continuums

► Open and Closed Skills



► Fine and Gross Skills



► Basic and Complex Skills



6. Open skills

- Some skills need to be constantly _____ or modified during play.
- The environment is **not** under the performers control, usually because others are involved.
- Some affecting factors may be, opponents, weather and surface.



7. Closed skills

- These skills are fairly _____ and require little adjustment during competition.
- Closed skills are _____ repeatedly until they become consistent and effective.
- The performer is in _____ of the environmental factors e.g. in a tennis serve the skill is the same every time.
- Some other closed skills do have environmental factors that may require some adaptations for example, the crowd and the goalkeeper when taking a penalty in Football.





Classification of skills

8. Fine skills

- ▶ Use _____ **muscle** movements.
- ▶ The movement is usually _____ and intricate.
- ▶ They usually involve good hand-eye co-ordination.



9. Gross skills

- ▶ Involves _____ **muscle** movements.
- The movement is **not** very _____.
- ▶ Weight lifting is a good example of a gross muscle movement.



10. Basic skills

- ▶ This is a _____ movement.
- ▶ It requires _____ concentration and thought.
- ▶ Movements can include throwing.



11. Complex skills

- ▶ Use large amounts of _____.
- ▶ The movements are extremely complex and need to be _____ over and over for them to be performed accurately.
- ▶ A synchronised dive is a good example of a complex skill.
- ▶ The speed, rate or pace of the skills is controlled by your **opponent** or the _____.

