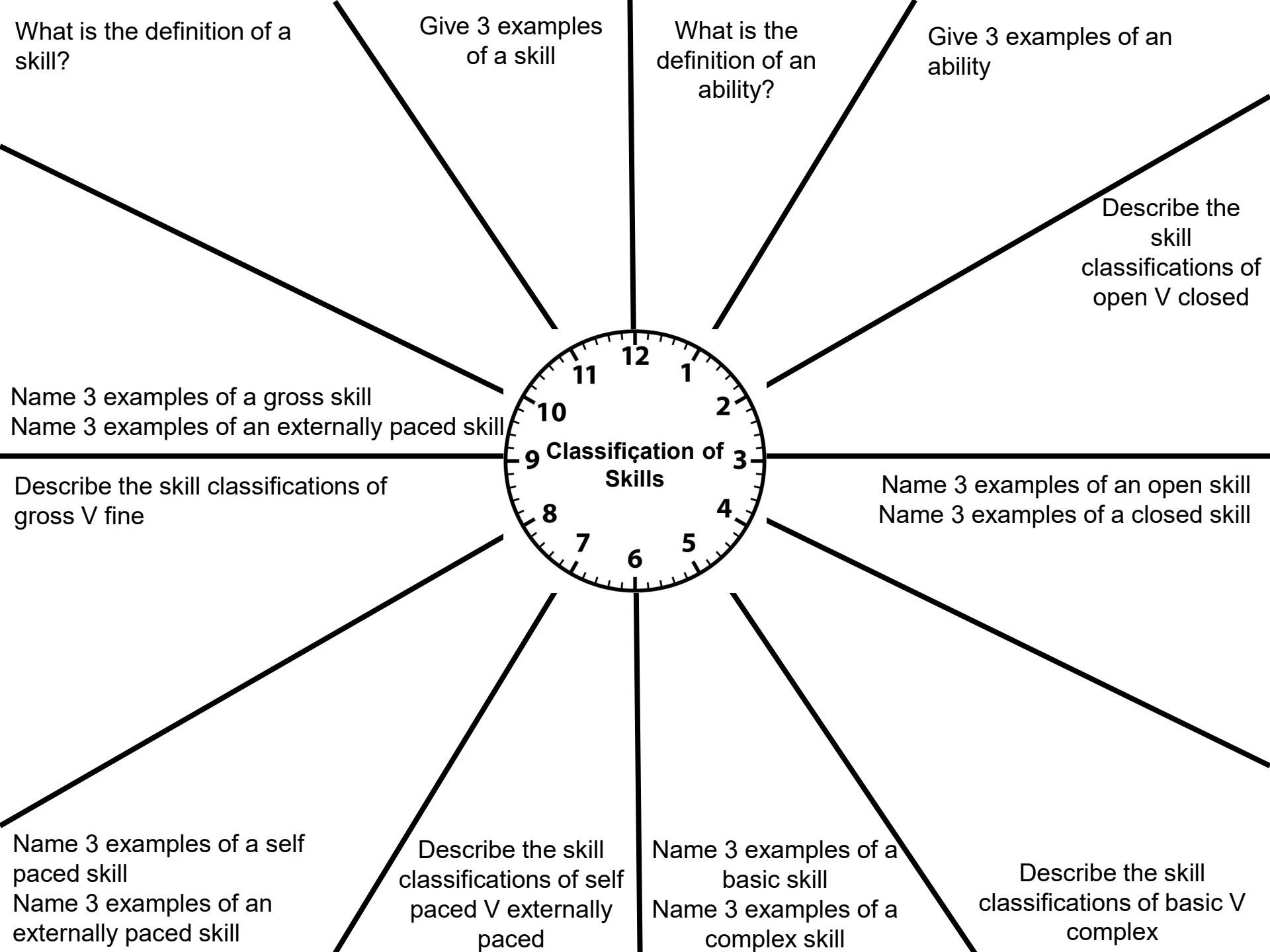




Classification of Skills

What is the definition of a skill?

Give 3 examples of a skill

What is the definition of an ability?

Give 3 examples of an ability

Describe the skill classifications of open V closed

Name 3 examples of an open skill
Name 3 examples of a closed skill

Describe the skill classifications of basic V complex

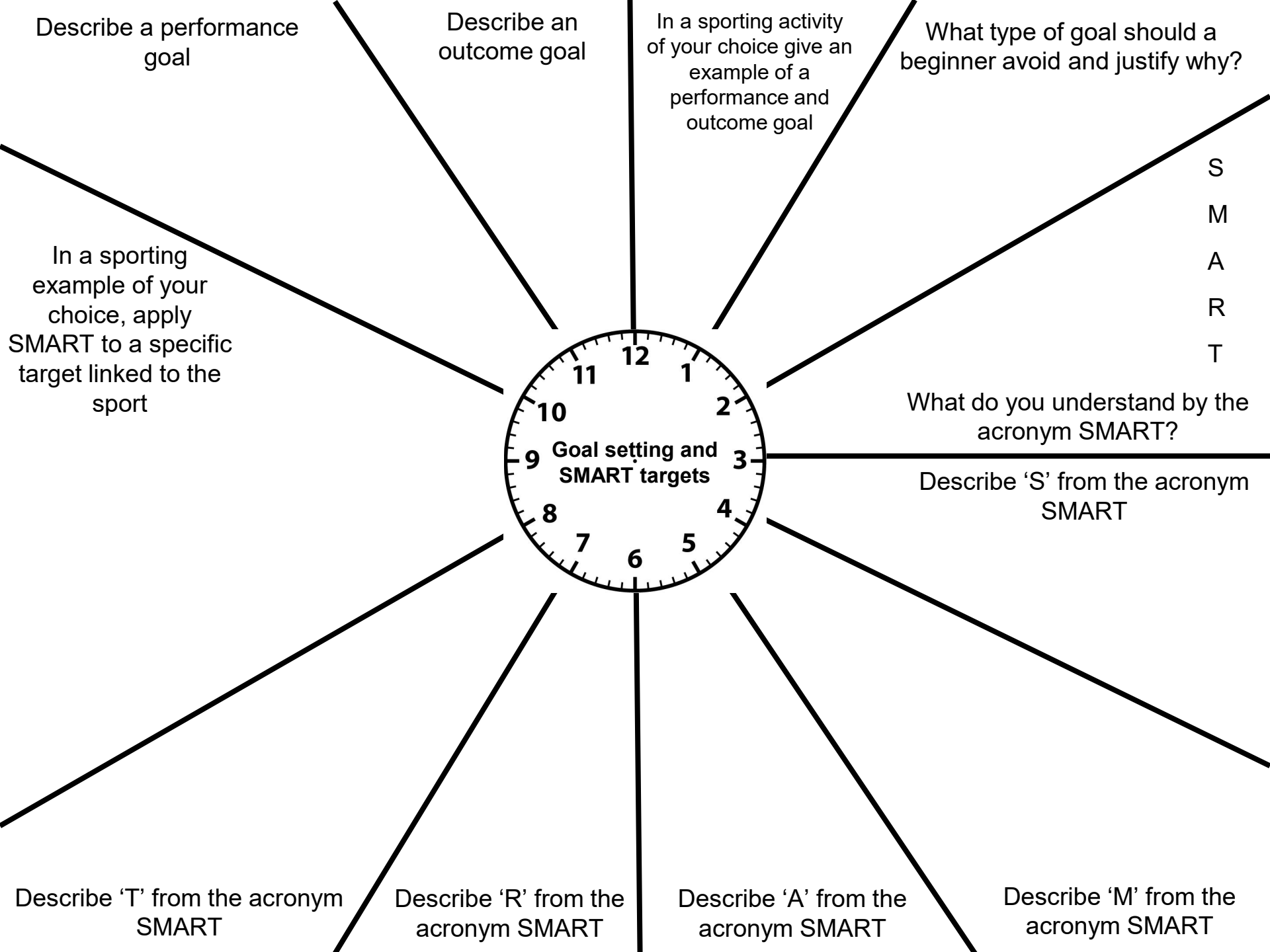
Name 3 examples of a basic skill
Name 3 examples of a complex skill

Describe the skill classifications of self paced V externally paced

Name 3 examples of a self paced skill
Name 3 examples of an externally paced skill

Describe the skill classifications of gross V fine

Name 3 examples of a gross skill
Name 3 examples of an externally paced skill

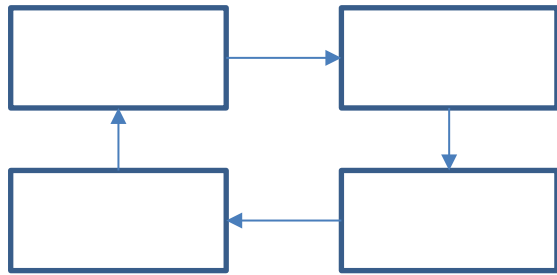


What are the four stages of the information processing model?

Describe the first stage of the information processing model

Describe the second stage of the information processing model

What do you understand by the term selective attention?

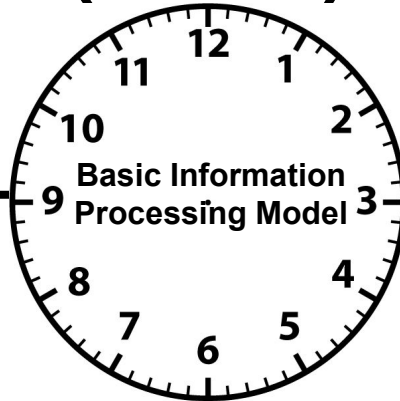


In a sporting activity of your choice, describe the four stages of the information processing model making clear reference to a specific skill

Describe the third stage of the information processing model

Describe the fourth stage of the information processing model

What are the two types of feedback?



What are the four types of guidance?

Describe one type of guidance?

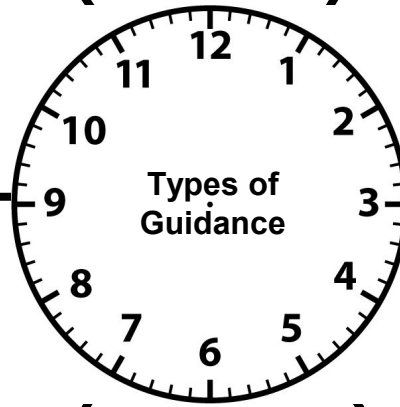
Describe a second type of guidance

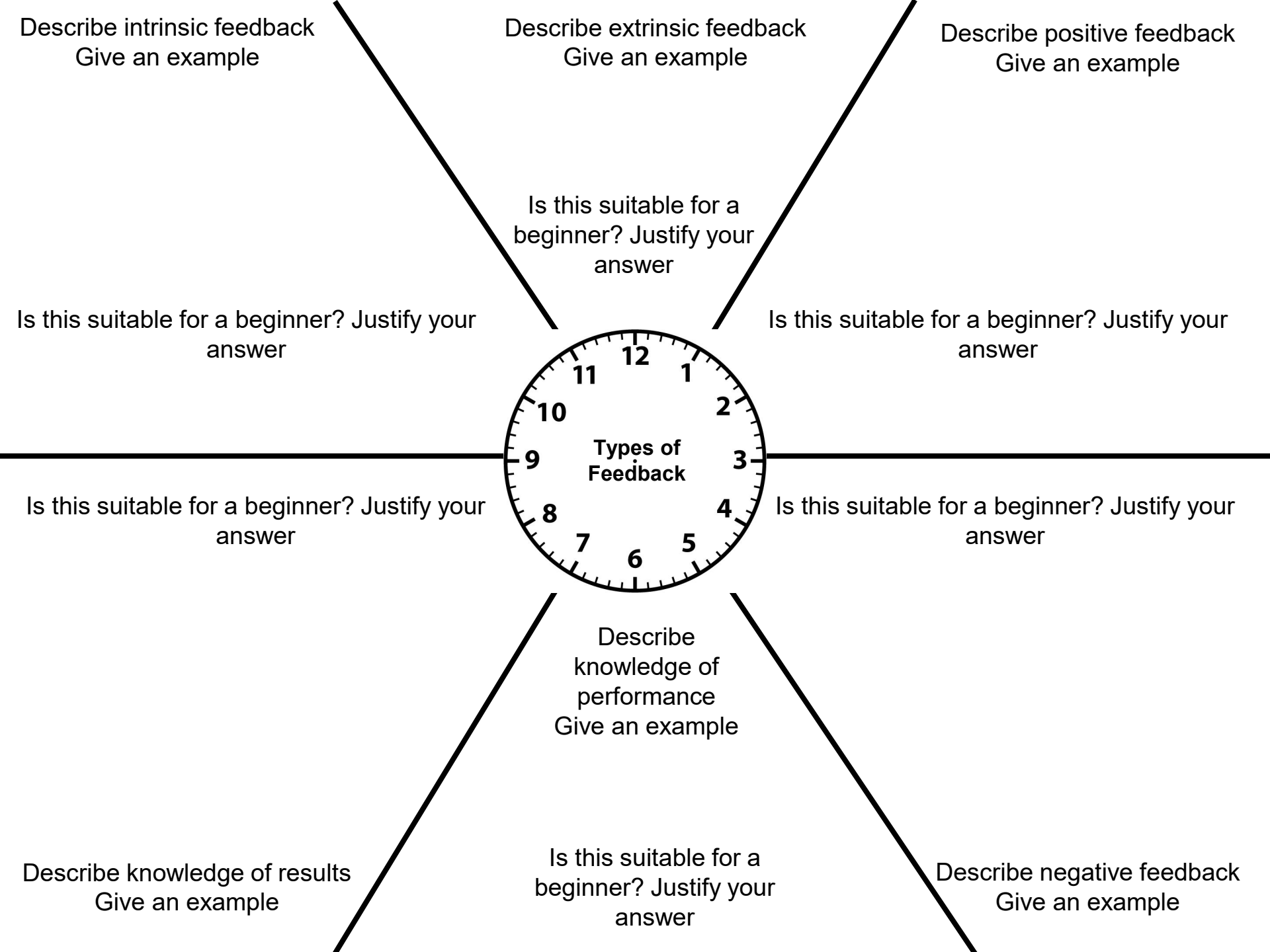
What types of guidance are most suited to beginners and elite athletes? Justify your answers

In a sporting activity of your choice, describe how all four types of guidance could be used

Describe a third type of guidance

Describe a fourth type of guidance

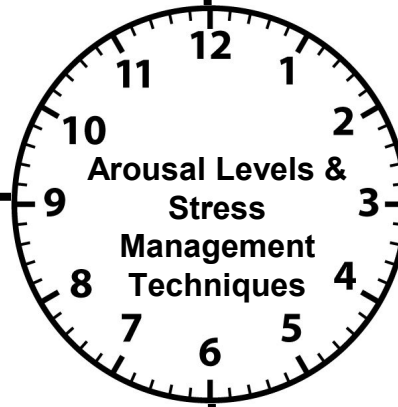




What is the definition of arousal?

Draw the inverted U theory.
Correctly labelling X axis as the arousal level and Y axis
as the performance level

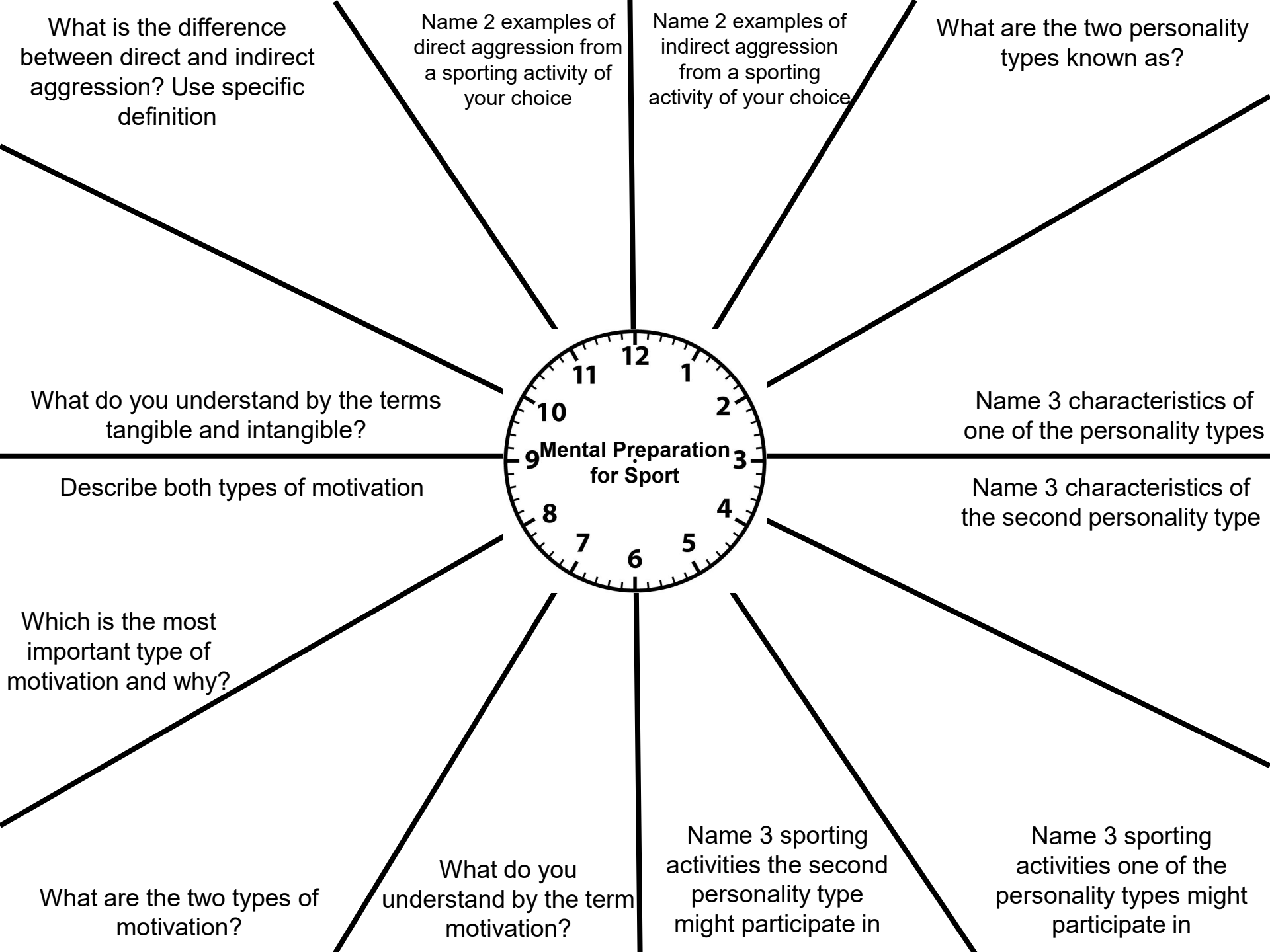
Describe the inverted U theory



Skill	Arousal Level
Rugby tackle	
Putting in golf	
Lay up in basketball	
Throwing a dart	
Shot putt	
Smash shot in badminton	

Name and describe the 3 stress management
techniques used to control arousal

In the skills named above, state whether they would
need high or low levels of arousal, dependent on
whether they are gross or fine skills



What are the two personality types known as?

Name 2 examples of indirect aggression from a sporting activity of your choice

Name 2 examples of direct aggression from a sporting activity of your choice

What is the difference between direct and indirect aggression? Use specific definition

Name 3 characteristics of one of the personality types

Name 3 characteristics of the second personality type

Name 3 sporting activities the second personality type might participate in

Name 3 sporting activities one of the personality types might participate in

What do you understand by the term motivation?

What are the two types of motivation?

Which is the most important type of motivation and why?

Describe both types of motivation

What do you understand by the terms tangible and intangible?