

Unit 23 Skill Acquisition in Sport

Learning: The more or less permanent change in behaviour that is reflected in a change in performance

Skilled Performance: Performance may be thought of as a temporary occurrence...fluctuating from time to time because of many potentially operating variables

Information Processing: The way we take information in and what we do with this information to benefit performance

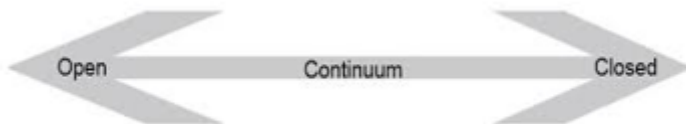
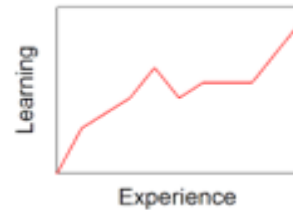
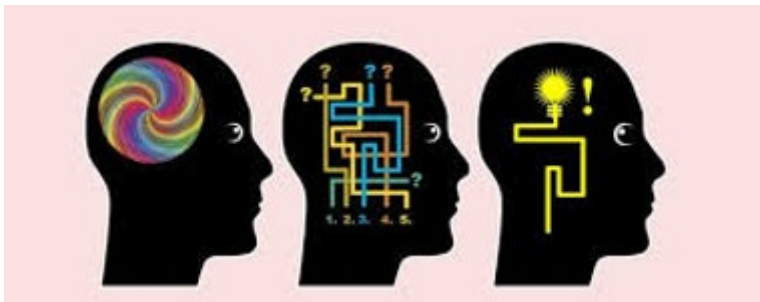
Learning Theories - Key theories of how individuals learn skills and how new skills can be presented

Classification of skill—skills can be classified depending on the circumstances and characteristics of the skill

Phases of Skill Learning: How sports performers move from a beginner, to an intermediate, then onto an advanced performer.

Types of Practice—The four types of practice that can be used to develop skills in sport.

Transfer of Learning—applying information, strategies and skills already learned to a new situation



Wider experiences and opportunities:

Encouragement to get involved in work related Learning in a sports setting

Gaining knowledge to assist in a sports coaching/teaching

This unit links to:

- Unit 4: Sports Leadership
- Unit 8: Coaching for Performance
- Unit 27: Principles and Practices for Outdoor Performance.

Command Words: Define, explain, justify, compare and contrast, evaluate

Assignment 1—Learning Aim A

Investigate the nature of skilled performance

A portfolio of resources, including video recordings and images showing how skilled performance is produced by sports performers

Portfolio to include:

- A discussion of the qualities of a skilled performance
- An explanation of the characteristics of skills and abilities
- An assessment of how abilities contribute to the production of sports skills

Assignment 1 - Learning Aim B

Examine ways that sports performers process information

A portfolio of resources, including video recordings and images showing how skilled performance is produced by sports performers

Portfolio to include:

- An explanation of how a sports performer processes information in a given situation
- A discussion on the value of different types of feedback to learning
- An assessment of the stages of information processing
- An evaluation of the effectiveness of information processing models in showing how sports performers produce skilled performance

Assignment 2 - Learning Aim C

Explore theories of teaching and learning in sport

A presentation, including video recordings and images, showing how theories of teaching and learning can help when delivering practical Sessions

Presentation to include:

- Description of two contrasting theories of teaching and learning
- Three phases of learning
- Analyses of selected theories of skill learning
- An evaluation of the effectiveness of selected behaviourist and cognitive theories of learning.

Assignment 3 - Learning Aim D

Carry out teaching and learning strategies for sports skills

A demonstration of a range of styles of teaching and methods of guidance when delivering skills.

Planned session and evaluation to include:

- A plan showing how skill can be taught to meet the needs of different sports performers
- The demonstration of the use of different types of teaching and learning strategies to develop sports skills
- The demonstration of the effective use of teaching and learning strategies appropriate to specific situations when developing sports skills
- An evaluation of the effectiveness of your use of teaching and