

**Question 25** (5 marks)

Describe the stages of skill acquisition that an athlete should typically pass through when developing a skill.

5

∴ cognitive ∴ associative ∴ autonomous  
cognitive stage which the athlete starts off as a beginner at the skill to associative which the athlete gets to know the skill and gets better at it till that athlete reaches autonomous which the athlete performs the skill ~~to~~ at the best with no problems at all. ~~to~~