

Question 25 (5 marks)

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

5

skill acquisition are internal and external  
and listening to feedback, knowledge  
of performance and knowledge of  
internal - think of what he did wrong  
external - listening to what coach says during  
a performance  
feedback - concurrent - listening and learning during a performance  
delay - listening what should be improved  
after performance  
knowledge of performance - to understand how  
the performance could be  
done better

throughout the cognitive stage beginners should slowly  
pace themselves gather information step by step  
and to ask questions frequently.

The Associative stage. The athlete understands the  
skill, he must get more advice on how  
to improve performance

The autonomous stage the athlete is quite  
skilled, he can internally think what he  
did wrong and can externally listen to  
what the coach say and correct himself during  
performance