

Question 25 (5 marks)

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

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When developing a skill, an athlete should begin at the cognitive stage where the skill is first learnt. <sup>Frequent</sup> mistakes characterise this stage. Once a skill has been learned & mistakes decrease an athlete will move onto the associative stage where fewer mistakes are made <sup>as</sup> the understanding of concepts increase. After mastering a skill an athlete will move onto the autonomous stage where the skill becomes second nature & the athlete is able to self correct their mistakes, if any are made.