

Learner
cognitive
associative
autonomous

Question 25 (5 marks)

5

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

The stages of skill acquisition that an athlete typically passes through when developing a skill are ~~the cognitive stage, associative stage and the autonomous stage~~ the cognitive stage, associative stage and the autonomous stage. At the cognitive stage the learner would be shown the basics of the skill, this would be practiced with little success. The associative stage is where the learner would carry out the whole skill all together with feedback, with an increased success than the cognitive stage. The autonomous stage would see the learner practicing the whole skill and being able to identify mistakes. An adjustment can be made by the individual and will have a high success rate.