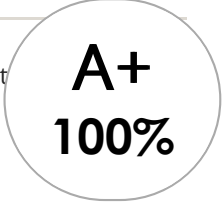


42 Multiple choice questions



A+
100%

1. an individual's characteristic way of behaving
 - a. personal criteria
 - b. heredity
 - c. **CORRECT: personality**
 - d. reliability

2. skills that have no distinct beginning or end
 - a. **CORRECT: continuous skills**
 - b. open skills
 - c. closed skills
 - d. fine motor skills

3. a firm belief in one's own ability
 - a. self-paced skills
 - b. cognitive
 - c. delayed feedback
 - d. **CORRECT: self-confidence**

4. feedback received after the performance of a skill
 - a. **CORRECT: delayed feedback**
 - b. feedback
 - c. external feedback
 - d. internal feedback

5. the information provided to the learner about the nature or result of their performance
 - a. delayed feedback
 - b. **CORRECT: feedback**
 - c. heredity
 - d. scenario

6. sharpness
 - a. **CORRECT: acuity**
 - b. agility
 - c. ability
 - d. traits

7. skills that have a distinct beginning and end
 - a. serial skills
 - b. open skills
 - c. closed skills
 - d. **CORRECT: discrete skills**

8. information about the pattern of movement during execution
 - a. delayed feedback
 - b. knowledge of results
 - c. **CORRECT: knowledge of performance**
 - d. massed practice

9. a situation or scene
 - a. acuity
 - b. **CORRECT: scenario**
 - c. traits
 - d. heredity

10. skills that occur in an environment that is unpredictable and frequently changing
 - a. serial skills
 - b. discrete skills
 - c. **CORRECT: open skills**
 - d. closed skills

11. the system of sensitivity that exists in the muscles and their attachments
 - a. **CORRECT: kinaesthesia**
 - b. somatotype
 - c. traits
 - d. scenario

12. gaining possession of something
 - a. agility
 - b. acuity
 - c. ability
 - d. **CORRECT:** acquisition

13. the degree of consistency of a test
 - a. personality
 - b. **CORRECT:** reliability
 - c. ability
 - d. agility

14. practice involving a broken session, with rest intervals being longer than practice intervals
 - a. prescribed criteria
 - b. **CORRECT:** disributed practice
 - c. massed practice
 - d. discrete skills

15. information about the outcome of a movement
 - a. **CORRECT:** knowledge of results
 - b. kinaesthesia
 - c. knowledge of performance
 - d. closed skills

16. movements for which the performer determines the timing and speed of execution
 - a. **CORRECT:** self-paced skills
 - b. closed skills
 - c. serial skills
 - d. open skills

17. emphasis on the thinking and learning in the whole game rather than skills in isolation
 - a. **CORRECT:** game-centred approach
 - b. disributed practice
 - c. concurrent feedback
 - d. delayed feedback

18. feedback received during the performance of a skill
- a. internal feedback
 - b. delayed feedback
 - c. **CORRECT: concurrent feedback**
 - d. external feedback
19. when a skill is broken into smaller components and each subskill is practiced separately
- a. personal criteria
 - b. massed practice
 - c. whole practice method
 - d. **CORRECT: part practice method**
20. skills that require the use of large muscle groups for execution
- a. discrete skills
 - b. fine motor skills
 - c. **CORRECT: gross motor skills**
 - d. closed skills
21. feelings and sensory information that occurs as a normal consequence of performing a skill
- a. external feedback
 - b. delayed feedback
 - c. **CORRECT: internal feedback**
 - d. concurrent feedback
22. the body type or shape of a person (ectomorph, mesomorph or endomorph)
- a. cognitive
 - b. **CORRECT: somatotype**
 - c. ability
 - d. acuity
23. the connecting or linking of ideas
- a. scenario
 - b. cognitive
 - c. massed practice
 - d. **CORRECT: associative**

24. the extent to which a measurement or test is independent of the observer
- a. heredity
 - b. **CORRECT: objectivity**
 - c. reliability
 - d. ability
25. the honesty of a test; the degree to which it measures what it is supposed to measure
- a. agility
 - b. **CORRECT: validity**
 - c. ability
 - d. heredity
26. skills that require the use of only small muscle groups to perform the movement
- a. **CORRECT: fine motor skills**
 - b. gross motor skills
 - c. closed skills
 - d. discrete skills
27. feedback other than internal feedback, including various forms of external information from coaches etc.
- a. internal feedback
 - b. delayed feedback
 - c. **CORRECT: external feedback**
 - d. feedback
28. characteristics or observable features of a person
- a. acuity
 - b. **CORRECT: traits**
 - c. agility
 - d. heredity
29. movements for which an external source controls the timing
- a. **CORRECT: externally paced skills**
 - b. serial skills
 - c. external feedback
 - d. self-paced skills

30. the ease with which an individual is able to perform a movement or routine
- CORRECT: ability**
 - acuity
 - agility
 - validity
31. when a skill is practiced in its entirety
- massed practice
 - distributed practice
 - CORRECT: whole practice method**
 - part practice method
32. assessment or judging guidelines established by a sports organisation for use in competitions in that sport
- CORRECT: prescribed criteria**
 - personal criteria
 - discrete skills
 - heredity
33. mental processing of information, thinking and understanding
- associative
 - traits
 - agility
 - CORRECT: cognitive**
34. skills that involve a sequence of smaller movements that go together to make a total
- closed skills
 - CORRECT: serial skills**
 - open skills
 - discrete skills
35. practice involving a continuous session, with rest intervals being shorter than practice intervals
- associative
 - CORRECT: massed practice**
 - distributed practice
 - appraisal

36. being fully in control of actions so they become automatic
- a. **CORRECT: autonomous**
 - b. personality
 - c. cognitive
 - d. traits
37. a judgement of performance quality based on feelings, impressions or opinions rather than a measurement system
- a. objectivity
 - b. scenario
 - c. **CORRECT: subjective observation**
 - d. acquisition
38. the preconceived ideas or expectations that an individual brings to judge a performance
- a. **CORRECT: personal criteria**
 - b. serial skills
 - c. prescribed criteria
 - d. personality
39. the ability to move the body from one position and direction to another with speed and precision
- a. validity
 - b. ability
 - c. **CORRECT: agility**
 - d. acuity
40. skills that occur in an environment that is stable and predictable
- a. open skills
 - b. serial skills
 - c. **CORRECT: closed skills**
 - d. self-paced skills
41. a judgement about the quality of something or somebody
- a. ability
 - b. **CORRECT: appraisal**
 - c. traits
 - d. agility

42. genetic characteristics inherited from our parents
- a. acuity
 - b. **CORRECT:** heredity
 - c. ability
 - d. validity