

ability

the ease with which an individual is able to perform a movement or routine

acquisition

gaining possession of something

acuity

sharpness

agility

the ability to move the body from one position and direction to another with speed and precision

appraisal

a judgement about the quality of something or somebody

associative

the connecting or
linking of ideas

autonomous

being fully in control
of actions so they
become automatic

closed skills

skills that occur in an
environment that is
stable and predictable

cognitive

mental processing of
information, thinking
and understanding

concurrent
feedback

feedback received
during the
performance of a skill

| | |
|----------------------|--|
| continuous skills | skills that have no distinct beginning or end |
| delayed feedback | feedback received after the performance of a skill |
| discrete skills | skills that have a distinct beginning and end |
| distributed practice | practice involving a broken session, with rest intervals being longer than practice intervals |
| external feedback | feedback other than internal feedback, including various forms of external information from coaches etc. |

| | |
|-------------------------|---|
| externally paced skills | movements for which an external source controls the timing |
| feedback | the information provided to the learner about the nature or result of their performance |
| fine motor skills | skills that require the use of only small muscle groups to perform the movement |
| game-centred approach | emphasis on the thinking and learning in the whole game rather than skills in isolation |
| gross motor skills | skills that require the use of large muscle groups for execution |

heredity

genetic characteristics
inherited from our
parents

internal feedback

feelings and sensory
information that occurs as a
normal consequence of
performing a skill

kinaesthesia

the system of sensitivity
that exists in the
muscles and their
attachments

knowledge of
performance

information about the
pattern of movement
during execution

knowledge of
results

information about
the outcome of a
movement

| | |
|----------------------|--|
| massed practice | practice involving a continuous session, with rest intervals being shorter than practice intervals |
| objectivity | the extent to which a measurement or test is independent of the observer |
| open skills | skills that occur in an environment that is unpredictable and frequently changing |
| part practice method | when a skill is broken into smaller components and each subskill is practiced separately |
| personal criteria | the preconceived ideas or expectations that an individual brings to judge a performance |

personality

an individual's
characteristic way
of behaving

prescribed criteria

assessment or judging
guidelines established by a
sports organisation for use
in competitions in that sport

reliability

the degree of
consistency of a
test

scenario

a situation or scene

self-confidence

a firm belief in one's
own ability

| | |
|------------------------|--|
| self-paced skills | movements for which the performer determines the timing and speed of execution |
| serial skills | skills that involve a sequence of smaller movements that go together to make a total |
| somatotype | the body type or shape of a person (ectomorph, mesomorph or endomorph) |
| subjective observation | a judgement of performance quality based on feelings, impressions or opinions rather than a measurement system |
| traits | characteristics or observable features of a person |

validity

the honesty of a test; the degree to which it measures what it is supposed to measure

whole practice
method

when a skill is
prcticed in its
entirety