

Student name: _____

1) If a basketball player is practicing jump shots and shoots a three pointer off the dribble, then from a pass, followed by a step-back three pointer and she repeats that pattern, she is engaging in random practice.

- ☐ true
- ☐ false

2) What is the role of the coach during the cognitive phase?

- A) keep instruction short and concise
- B) maintain standards by which the athlete understands the requirements
- C) give minimal feedback

D) explain skill to athletes, but do not let them practice until the learning phase

3) The most important role of the coach in the autonomous phase is to:

- A) all of these
- B) provide corrective feedback as frequently as possible
- C) maintain motivation

D) prepare the athlete for initial competitive experience
E) clearly describe basics of skill learning

4) The progressive-part method suggests that the first two parts or elements of a skill will be practiced separately

- ☐ true
- ☐ false

and then combined and practiced as a unit.

5) The duration of the associative phase is:

A) 3 months

B) as long as the cognitive phase

C) shorter than the cognitive phase

D) none of these

6) The practice technique that produces better acquisition of skills, but poorer long-term learning is:

A) deliberate practice

B) blocked practice

C) varied practice

D) random practice

7) Which phase describes the athlete that can perform the skill at a maximal level of proficiency?

A) advanced phase

B) elite phase

C) associative phase

D) autonomous phase

8) Learner-regulated feedback describes when the coach only provides feedback when an athlete requests it.

☐ true

☐ false

9) All of the following describe when to use the "whole method" EXCEPT:

A) if the skill is not too complicated

B) if the athletes have a long enough attention span

C) if the athletes are capable and highly motivated

D) if the skill might be dangerous

10) A head lifeguard sets up training for dry land, open water, and pool practice which allows each assistant lifeguard to prepare for all possibilities. This technique is described as:

- A) variable practice
- B) constant practice

- C) rigorous practice
- D) all-conditions practice

11) The sandwich approach to providing feedback occurs in what order?

- A) error correction, reinforcement, motivation
- B) reinforcement, motivation, error correction
- C) motivation, error correction, reinforcement

- D) reinforcement, error correction, motivation

12) The amount of contextual interference should be increased systematically throughout practices during a competitive season.

- ⊙ true
- ⊙ false

13) According to OPTIMAL theory, learning experiences should include:

- A) the same task difficulty level for all athletes for comparative purposes
- B) a motivational climate in which striving to outperform others is the key focus
- C) opportunities for learners to make decisions about task difficulty or when to receive feedback

- D) drills that direct the learners' attention to focus internally on how to perform their movements (not on the planned effects of their movement)

14) The associated phase describes:

- A) refinement
- B) movement becomes more automated
- C) replacing visual control by proprioceptive control

- D) eliminating extraneous movement
- E) all of these

15) The following are various processes in which coaches can develop a motor program EXCEPT:

- A) verbally describing key elements of skills
- B) all of these
- C) providing visual demonstrations
- D) expecting the beginners to attend to external events

like positions of other teammates

16) Returning a pass in a volleyball game is a _____ skill and taking a free-throw shot is a _____ skill.

- A) responsive/automated
- B) open/closed

- C) closed/open
- D) constant/variable

17) The three phases of motor skill learning are described as:

- A) distinct transitions
- B) none of these
- C) separate intervals all lasting the same time
- D) covering different learning phases only for the

- beginner athlete
- E) a continuum

18) Which practice schedule consists of coaching a skill for a series of sessions (i.e., days), followed by sessions focusing on other skills until all desired skills have been practiced?

- A) random practice

B) blocked practice

C) constant practice
D) whole practice

19) A good time to do major error correction for athletes in the autonomous phase is during the:

A) pre-season
B) any time possible

C) competition
season
D) off-season

20) An athlete can be in different phases of learning in different skills.

☐ true
☐ false

21) A forward 10-meter dive is an open skill.

☐ true
☐ false

Answer Key

Williams 8th ch2

Test name: Applied Sport Psychology,

1) FALSE

2) A

3) C

4) TRUE

5) D

6) B

7) D

8) TRUE

9) D

10) A

11) D

12) TRUE

13) C

14) E

15) D

16) B

17) E

18) B

19) D

20) TRUE

21) FALSE