

Student name: _____

Shooting a free throw in basketball is an example of an open motor skill.

true

false

Absolutely no large muscles are involved when a person is engaged in a fine motor skill.

true

false

Running is an example of a gross motor skill.

true

false

If motor skills are classified according to the stability of the environment, billiards would be placed in the category of closed motor skills.

true

false

Whether or not an object must be manipulated is a skill characteristic in Gentile's taxonomy of motor skills that is included in the "environmental context" dimension of the taxonomy.

true

false

Classifying skills into general categories helps us to understand the demands those skills place on the performer/learner.

true

false

People learn movements rather than actions when they begin to learn or relearn a skill.

true

false

The color of a ball is an example of a non-regulatory condition.

true

false

The motor system always recruits the same muscle fibers when executing a simple movement like lifting the arm.

true

false

The terms actions and movements are interchangeable.

true

false

A physical therapist could use Gentile's taxonomy to evaluate a patient's capabilities and limitations.

true

false

The performance of any motor skill is influenced by characteristics of

the performer.

the environment.

the skill itself.

All of the answers are correct.

Locomotion is an example of which of the following terms?

movement

ability

performance measure

action

The specific pattern of limb motions used in throwing a ball is an example of:

an action.

a movement.

a neuromotor process.

a reflex.

Motor control and learning are prioritized in the following order relative to the three levels of study

neuromotor processes, movements, actions

neuromotor processes, actions, movements

actions, movements, neuromotor processes

actions, neuromotor processes, movements

If a motor skill requires the use of large musculature and does not require precision of movement for successful performance, then the skill would best be classified as (an)

fine motor skill.

gross motor skill.

discrete motor skill.

open motor skill.

Which of the following skills is a discrete motor skill?

riding a bicycle

swimming the crawl stroke

steering a car on a highway

striking a typewriter key

Shifting from second to third gear in a car with a manual transmission (stick shift) is an example of which type of motor skill?

open motor skill

fine motor skill

serial motor skill

continuous motor skill

What are components of the environmental context?

The supporting surface

The objects involved in performing the skill

Other living things involved in the performance

All of the answers are correct.

Returning a serve in tennis is an example of which of the following types of motor skills?

self-paced motor skill

open motor skill

closed motor skill

stationary motor skill

According to Gentile's taxonomy of motor skills, which of the following describes the *least* complex skill?

regulatory conditions stationary; object manipulated

regulatory conditions in motion; object manipulated

regulatory conditions stationary; no object manipulated

regulatory conditions in motion; no object manipulated

If motor skills are classified according to the stability of the environment, bowling would be placed in the category of _____ motor skills.

Archery and piano playing are two quite different skills, yet they can both be classified as _____ motor skills when the classification system is based on the stability of the environment.

A researcher studying how the movements of the arms and legs are coordinated when a person runs at different speeds is studying the person's motor control.

true

false

The involuntary eye blink in response to a puff of air is an example of a motor skill.

true

false

If motor skills are classified according to the stability of the environmental context, buttoning a shirt would be placed in the category of closed motor skills.

true

false

Skating in a limited space on a crowded ice rink is an example of a closed motor skill.

true

false

If motor skills are classified according to the stability of the environmental context, picking up a cup from a table would be considered a closed motor skill.

true

false

If motor skills are classified according to the stability of the environmental context, buttoning a shirt would be placed in the category of closed motor skills.

true

false

Typing a sentence on a computer keyboard is an example of a serial motor skill.

true

false

The surface on which a person walks is an example of a regulatory condition that will determine the movement characteristics the person must use to achieve the action goal on that surface.

true

false

Skilled individuals are much less efficient than less-skilled individuals.

true

false

The relationship between movements and actions is one-to-many, meaning that one movement pattern could be used to achieve many different action goals.

true

false

An effective therapist would acknowledge that the most suitable way to perform a skill may vary from one individual to another.

true

false

Hitting a pitched ball is an example of a stationary regulatory condition.

true

false

The study of _____ emphasizes the acquisition of motor skills, the performance enhancement of motor skills, or the reacquisition of skills that are difficult to perform or cannot be performed because of injury, disease, and the like.

motor control

motor learning

motor development

motor management

The term "skill" is used to denote

a task that has a specific purpose or goal to achieve.

the degree of movement required to perform a task.

the activity in the nervous system that underlies movement.

a task that can be performed without any prior learning.

Which of the following is a characteristic of motor skills?

They are innate and cannot be acquired.

They require voluntary limb control to achieve its goal.

They are performed involuntarily in response to a stimulus.

They involve cognitive activities but do not require any movement.

The relationship between movements and actions is

many-to-one.

one-to-many.

many-to-one and one-to-many.

not yet established.

The relationship between neuromotor processes and movements is

many-to-one.

one-to-many.

many-to-one and one-to-many.

not yet established.

Which of the following describes a neuromotor process?

a mechanism that is performed by the use of the nervous system alone

a process that underlies the control of movements and actions

a process that is visible to the naked eye

a mechanism that cannot be measured

Playing a song on a piano is an example of (an)

gross motor skill.

fine motor skill.

serial motor skill.

open motor skill.

Motor skills performed in a moving environment where the feature of the environmental context in motion determines when to begin the action are categorized as

open motor skills.

closed motor skills.

discrete motor skills.

continuous motor skills.

Which term is sometimes used synonymously with the term *closed* motor skills?

other-paced motor skills

externally paced motor skills

forced-paced motor skills

self-paced motor skills

Open motor skills place more demands on the performer because of

the absence of supporting surfaces to perform an action.

the need to continuously monitor the environment and make ongoing adjustments to the movement.

the need to perform movements in a stationary environment.

the absence of cognitive activities or tasks involved in performing and making required movements.

Gentile's taxonomy of motor skills includes which of the following factors as part of the "environmental context" dimension?

intertrial variability

object location

object orientation

body stability

Which of the following classification systems has achieved a large degree of popularity in instructional methodology contexts and increasing popularity in rehabilitation contexts?

gross/fine classification system

discrete/continuous classification system

open/closed classification system

stability/transport classification system

Which of the following is true about regulatory conditions?

They are stationary rather than in motion.

They always refer to nonliving objects rather than living things.

They refer to characteristics of a performer's movement.

They regulate spatial and temporal aspects of a movement.

Avoiding being caught in a game of tag would be classified in Gentile's taxonomy as

stationary environment, intertrial variability, body transport.

stationary environment, intertrial variability, body stability.

in motion environment, intertrial variability, body transport.

in motion environment, intertrial variability, body stability.

A softball player throws pitches to a stationary, cardboard cut-out of a batter. The Environmental Context for the pitcher is:

stationary with intertrial variability

stationary with no intertrial variability

in-motion with intertrial variability

in-motion with no intertrial variability

Based on Gentile's Taxonomy, to simulate the regulatory conditions involved in the game of softball, a coach would have players

hit a ball from a stationary tee.

hit balls pitched by a pitching machine.

hit balls pitched by a live pitcher.

practice swinging without a bat and a ball.

Considering the stability of the environmental context, driving a car in traffic is a(n) _____ motor skill.

Considering the size of primary musculature required, walking, hopping, and jumping are examples of _____ motor skills.

Considering the stability of the environmental context, walking in a crowded mall is an example of a(n) _____ motor skill.

If motor skills are classified according to the specificity of where actions begin and end, typing a story on a computer keyboard is an example of _____ motor skill.

The _____ dimension of Gentile's taxonomy establishes that all motor skills are performed to serve a specific purpose.

Answer Key

Test name: Ch1_Motor Learning and Control: Concepts and Applications_2025

FALSE

FALSE

TRUE

TRUE

FALSE

TRUE

FALSE

TRUE

FALSE

FALSE

TRUE

D

D

B

C

B

D

C

D

B

C

closed

closed

TRUE

FALSE

TRUE

FALSE

TRUE

TRUE

TRUE

TRUE

FALSE

TRUE

TRUE

FALSE

B

A

B

C

C

B

C

A

D

B

A

C

D

C

B

C

open

gross

open

serial

action function