

Student name: _____

- 1) Which of the following is an example of a more open skill?
- A) Bowling for strikes.
B) Foul shot in basketball.
C) All of the above.
D) Skipping.
- 2) A task constraint in dynamical systems theory would be
- A) the physical abilities of the performer.
B) what the student thinks the task is.
C) the social environment.
D) All of these.
- 3) An example of a serial skill is
- A) shooting in archery.
B) dribbling a basketball.
C) basketball foul shot.
D) fielding and catching a softball.
- 4) Which of the following is more likely to result in being able to use a volleyball forearm pass in a volleyball game?
- A) Practicing the pass from a self-toss.
B) Practicing the pass from a short partner toss.
C) Practicing the pass against the wall.
D) Practicing the pass from a toss/throw over the net.
- 5) Differences in learner ability
- A) cannot be influenced by teaching.
B) are related to both genetics and experience.
C) decrease with

practice.

D) are primarily gender issues.

6) Transfer can be

- A) physical abilities to skill.
- B) All of these.

- C) practice to skill.
- D) skill to skill.

7) Which of the following is a good example of using environmental conditions to elicit the response you want from students?

- A) Doing a task outside rather than inside.
- B) Asking students to watch a video of good performance.
- C) Decreasing the space in a 2 V 1 to help the defense.

- D) Having one partner evaluate the work of another.

8) The associative phase of learning a motor skill is characterized by

- A) the establishment of a motor plan.
- B) connecting sensory information to motor responses.
- C) an automatic response.

- D) concentration on temporal patterning and timing of a skill.

9) Which of the following is most appropriate for a tennis serve taught to beginners?

- A) Whole, part.
- B) Part, whole.

- C) Whole.
- D) All of these under certain conditions.

10) Which of the following is not true?

- A) A good instructor can eliminate student feedback

- on performance.
- B) There is little

cognitive involvement in learning motor skills.

C) Skilled performers have eliminated variability in

performance.

D) All of these.

11) Which of the following guidelines should the teacher follow when giving feedback?

A) The teacher should give learners as much information as possible on their performance.

B) The teacher should give only motivating positive feedback.

C) The teacher should do none of these.

D) The teacher should wait until after class to provide feedback so that practice is not interrupted.

12) Which of the following is not recommended to facilitate active processing of what is to be learned?

A) giving learners a clear idea of what the expectations are for performance.

B) providing achievable but challenging experiences.

C) repetitive drill experiences to ensure learning.

D) motivating learners to do their best.

13) Teachers can teach attention by

A) limiting the amount of information students must attend to.

B) All of these.

C) helping students attend to the appropriate

environmental cues.

D) helping students tune out irrelevant stimuli.

14) The cognitive stage of learning a motor skill is helped by

A) using the skill in advanced contexts.
B) specific detailed information on correct performance.

C) demonstration.
D) practice using the skill in different ways.

15) Environmental design of tasks

A) elicits a motor response from the student.
B) eliminates the need for teacher knowledge of how to "do" a skill.
C) protects the environment from undue stress.

D) eliminates the need for teacher instruction.

16) Which of the following is the most difficult match for knowledge of results and knowledge of performance?

A) The goal is accomplished, but the plan is not executed correctly.
B) The goal is not accomplished, and the plan is not executed correctly.
C) The goal is not accomplished, but the plan is

executed correctly.
D) The goal is accomplished, and the plan is executed correctly.

17) Which of the following is true?

A) Teachers should always use direct methods of teaching.
B) Teachers should always mix methods of teaching.
C) Teachers can choose different methods for different

outcomes.
D) Teachers should always use indirect methods of teaching.

18) Feedback can be

A) knowledge of results or knowledge of performance.
B) All of these.

C) a source of

information to the learner concerning performance.

D) intrinsic or extrinsic.

19) Movement schemata are

- A) generalized motor patterns.
- B) short-term sequences of neuromuscular responses.
- C) developmental skills.

D) skills that require a constant environment.

20) Students with high academic ability

- A) If they are males are good at motor skills.
- B) may or may not be good at motor skills.
- C) are usually good at motor skills as well.

D) are usually not good at motor skills.

21) An example of bilateral transfer is

- A) dribbling with the hand that transfers to shooting.
- B) dribbling with one hand that transfers to dribbling to the other foot.
- C) dribbling with a hand that transfers to dribbling

with the foot.

D) dribbling with one hand that transfers to the other hand.

22) Variability of practice can

- A) help the development of open skills.
- B) benefit closed skills.
- C) provide the learner with more practice than non-

variable practice.

D) destroy a performer's concentration.

23) Which of the following is an example of knowledge of results?

A) The student realizes he or she forgot to step forward.

B) The student gives feedback to another student.

C) The student sees a basketball go into the basket.

D) The teacher corrects student form.

24) What is the relationship between skill in motor skills and participation in physical activity and age?

A) It is about the same regardless of age.

B) It gets stronger with age.

C) It is stronger in very young children.

D) It gets weaker with age.

Answer Key

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Test name: Teaching Physical Education for

- 1) D
- 2) D
- 3) B
- 4) D
- 5) B
- 6) B
- 7) C
- 8) B
- 9) A
- 10) D
- 11) C
- 12) C
- 13) B
- 14) C
- 15) A
- 16) A
- 17) C
- 18) B

19) A

20) B

21) D

22) A

23) C

24) B