

42 Multiple choice questions

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

2. skills that have no distinct beginning or end
 - a. 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. self-confidence

4. feedback received after the performance of a skill
 - a. 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. feedback
 - c. heredity
 - d. scenario

6. sharpness
 - a. 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. discrete skills

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

9. a situation or scene
 - a. acuity
 - b. 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. open skills
 - d. closed skills

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

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

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

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

15. information about the outcome of a movement
 - a. 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. 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. 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. 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. part practice method

20. skills that require the use of large muscle groups for execution
 - a. discrete skills
 - b. fine motor skills
 - c. 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. internal feedback
 - d. concurrent feedback

22. the body type or shape of a person (ectomorph, mesomorph or endomorph)
 - a. cognitive
 - b. somatotype
 - c. ability
 - d. acuity

23. the connecting or linking of ideas
 - a. scenario
 - b. cognitive
 - c. massed practice
 - d. associative

24. the extent to which a measurement or test is independent of the observer
 - a. heredity
 - b. objectivity
 - c. reliability
 - d. ability

25. the honesty of a test; the degree to which it measures what it is supposed to measure
- agility
 - validity
 - ability
 - heredity
26. skills that require the use of only small muscle groups to perform the movement
- fine motor skills
 - gross motor skills
 - closed skills
 - discrete skills
27. feedback other than internal feedback, including various forms of external information from coaches etc.
- internal feedback
 - delayed feedback
 - external feedback
 - feedback
28. characteristics or observable features of a person
- acuity
 - traits
 - agility
 - heredity
29. movements for which an external source controls the timing
- externally paced skills
 - serial skills
 - external feedback
 - self-paced skills
30. the ease with which an individual is able to perform a movement or routine
- ability
 - acuity
 - agility
 - validity

31. when a skill is practiced in its entirety
 - a. massed practice
 - b. distributed practice
 - c. whole practice method
 - d. part practice method

32. assessment or judging guidelines established by a sports organisation for use in competitions in that sport
 - a. prescribed criteria
 - b. personal criteria
 - c. discrete skills
 - d. heredity

33. mental processing of information, thinking and understanding
 - a. associative
 - b. traits
 - c. agility
 - d. cognitive

34. skills that involve a sequence of smaller movements that go together to make a total
 - a. closed skills
 - b. serial skills
 - c. open skills
 - d. discrete skills

35. practice involving a continuous session, with rest intervals being shorter than practice intervals
 - a. associative
 - b. massed practice
 - c. distributed practice
 - d. appraisal

36. being fully in control of actions so they become automatic
 - a. autonomous
 - b. personality
 - c. cognitive
 - d. traits

37. a judgement of performance quality based on feelings, impressions or opinions rather than a measurement system
- objectivity
 - scenario
 - subjective observation
 - acquisition
38. the preconceived ideas or expectations that an individual brings to judge a performance
- personal criteria
 - serial skills
 - prescribed criteria
 - personality
39. the ability to move the body from one position and direction to another with speed and precision
- validity
 - ability
 - agility
 - acuity
40. skills that occur in an environment that is stable and predictable
- open skills
 - serial skills
 - closed skills
 - self-paced skills
41. a judgement about the quality of something or somebody
- ability
 - appraisal
 - traits
 - agility
42. genetic characteristics inherited from our parents
- acuity
 - heredity
 - ability
 - validity