BTEC Level 3 Physical Education – Unit 23 Skill Acquisition in Sport – Learning Aim A

Learning aims

In this unit you will:

A - Investigate the nature of skilled performance

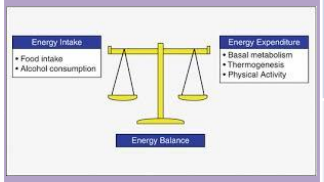
B - Examine ways that sport performers process information for skilled performance

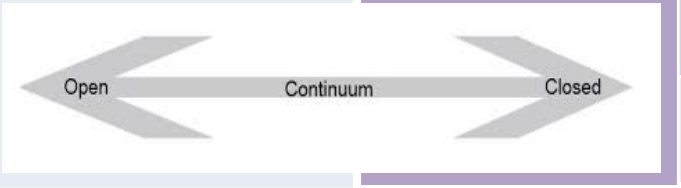
C - Explore theories of teaching and learning in sport

D - Carry out teaching and learning strategies for sports skills

A1 Learning and performance
A2 Characteristics and classification of skills
A3 Characteristics and classification of abilities

A1. Learning and Performance	**Measuring learning** **Measuring Performance** **Performance Plateaus**
A1. Learning Curves	**Linear** **Negatively accelerated** **Positively accelerated** **S-shaped**
A2. Characteristics and classification of skills	**Qualities of a skilled performance:** **-Fluency** **-Control** **-Economy and efficiency of movement** **-Consistency of outcome** **-Energy expenditure meets demands of task**
A2. Types of skill in sport	**Cognitive** **Perceptual** **Motor**
A2. Effect of environment on skill classification	**Open skills** **Closed skills**





A2. Precision of movement and skill classification	**Gross skills** **Fine skills**
A2. Distinctive of beginning and ending of movement and skill	**Discrete** **Continuous** **Serial**
A2. Timing and pacing of skills	**Self-paced** **Externally-paced**
A3. Characteristics and classification of abilities	**Differences between abilities and skills:** **-Nature level of skill** **-Nature versus nurture** **-Stable versus unstable** **-How abilities contribute to the performance of skills**
A3. Psychomotor abilities	**Reaction Time** **Co-ordination** **Balance**
A3. Gross motor abilities	**Strength** **Speed** **Flexibility**
A3. Perceptual abilities	Decision making Interpreting information

BTEC Level 3 Physical Education – Unit 23 Skill Acquisition in Sport – Learning Aim A	
Term	Definition/notes/concept
Reaction Time	
Co-ordination	
Speed	
Flexibility	
Cognitive	
Perceptual	
Motor	
Fluency	
Control	
Learning Curve	
Linear	
Plateaus	
Performance	
Expenditure	
Demands	

Keywords: