Motor learning

International Baccalaureate · IB Diploma · Sports, Exercise and Health Science · HL · Vocabulary in context

Word	Example
motor skill	Catching a ball is a **motor skill**.
ability /əˈbɪləti/	Balance is an **ability** you are born with; skills are learned.
deliberate practice	**Deliberate practice** is hard, focused practice with feedback.
selective attention /sɪˈlektɪv əˈtenʃn/	**Selective attention** helps a player ignore the crowd and watch the ball.
short-term memory /ʃɔːt tɜːm ˈmeməri/	**Short-term memory** holds information for a few seconds.
long-term memory /lɒŋ tɜːm ˈmeməri/	A well-practised skill, such as riding a bike, is stored in **long-term memory** for years.
motor programme	The brain picks the right **motor programme** for the movement.
reaction time /rɪˈækʃn taɪm/	A sprinter's **reaction time** is the time from the gun to the first movement.
hick's law	**Hick's law** says the more choices you have, the slower you react.
anticipation /ænˈtɪsɪpeɪʃn/	Good **anticipation** lets a goalkeeper move before the ball is kicked.
psychological refractory period	The **psychological refractory period** is why a dummy pass makes a defender slow to react.

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schema theory	**Schema theory** says we learn general rules for a movement and use them in new situations.
feedback /ˈfiːdbæk/	**Feedback** lets the system check the result and adjust.
intrinsic feedback	**Intrinsic feedback** is the feel of the movement from inside your own body.
extrinsic (augmented) feedback	A video replay from the coach is **extrinsic (augmented) feedback**.
knowledge of result	**Knowledge of result** tells you the outcome, such as whether the shot went in.
knowledge of performance	"Your take-off foot was too far back" is **knowledge of performance**.
stages of learning	The **stages of learning** describe how a beginner becomes skilled.
cognitive stage	In the **cognitive stage**, a beginner thinks hard about every move and makes many mistakes.
associative stage	In the **associative stage**, the learner practises and makes fewer mistakes.
autonomous stage	In the **autonomous stage**, the skill is automatic and needs little thought.
plateau /ˈplætəʊ/	A **plateau** is a period when performance stops improving despite practice.
Learning	A **learning** curve shows how performance improves with practice.

Word	Example
retention test	A **retention test** checks a skill again after a break.
transfer test	In a **transfer test**, the skill is tried in a new situation.
contextual interference	Practising skills in a random order creates **contextual interference**, which helps learning last.
transfer /ˈtrænsfɜː/	**Transfer** happens when a skill from one sport helps in another.

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