# Motor learning

International Baccalaureate · IB Diploma · Sports, Exercise and Health Science · SL · 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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| Word | Example |
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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**.<br>“ ” |
| **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. |



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| Word | Example |
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| **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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