

Cognitive, assoc

Question 25 (5 marks)

Describe the stages of skill acquisition that an athlete should typically pass through when developing a skill.

5

A cognitive ~~learner~~ athlete is an individual who ~~is~~ is learning the basics of a skill, ~~and~~ ^{and} cannot comprehend when making errors. An associative athlete ~~is~~ is an individual who knows the skill and knows when he or she makes an error, although still needs external feedback from their coach regularly. An autonomous athlete is an individual who is normally elite by this final stage, the athlete notes their mistakes and has the discipline ~~to~~ to correct their errors on the field or in their current environment.