

Question 25 (5 marks)

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

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The first stage of skill acquisition is the cognitive stage.

This is the beginning stage where the athlete needs a lot of practice. Improvement is made through lots of demonstrations as the athlete needs to focus on how to do the skill. Many large errors are made.

The second stage is the associative stage. This is where the athlete needs to focus on what to do. Some errors are made but they are not so large.

The third and final stage is the autonomy stage where the athlete can focus on other tasks while executing their ~~other~~ task. Minor errors are made, though hardly any. Improvement is made and refinement is further made from practicing under pressure situations and in different environments.