Knowledge Organiser

Paper 1: Factors affecting participation in physical activity and sport

Section B: Skill acquisition

Skill, skill continuums and transfer of skills				
Content	***What you need to know***	***Confident***	***Developing***	***Unsure***
Characteristics of skill				
Use of skill continua	Open – closed Discrete – serial – continuous Gross – fine Self-paced – externally paced High – low Simple – complex.			
Justification of skill placement on each of the continua				
Transfer of learning	Positive Negative Zero Bilateral			
Understanding of how transfer of learning impacts on skill development				
Principles and theories of learning and performance				
Content	***What you need to know***	***Confident***	***Developing***	***Unsure***
Stages of learning and how feedback differs between the different stages of learning	Cognitive Associative Autonomous			
Learning plateau	Causes and solutions			
Cognitive theories	Insight learning (Gestalt)			
Behaviourism	Operant conditioning (Skinner)			
Social learning	Observational learning (Bandura)			
Constructivism	Social development theory (Vygotsky)			
Understanding of how theories of learning impact on skill development				
Use of guidance and feedback				
What you need to know	***Confident***	***Developing***	***Unsure***	
Methods of guidance	Verbal Visual Manual Mechanical			
Understand the different purposes and types of feedback	Knowledge of performance Knowledge of results Positive and negative Intrinsic. Extrinsic			
Understanding of how feedback and guidance impacts on skill development				
Memory models: General information processing model, to include				
Content	***What you need to know***	***Confident***	***Developing***	***Unsure***
Input	Senses Receptors Proprioception Perception DCR process Selective attention			
Decision making	Short and long term memory			

Baddeley and Hitch, working memory model memory system	Functions and characteristics of components of working memory model			
Output				
Feedback				
Efficiency of information processing to include				
Content	***What you need to know***	***Confident***	***Developing***	***Unsure***
Application of Whiting's information processing model to a range of sporting contexts				
Applied understanding of information processing terms within a sporting context	Environment Display Sensory organs Perceptual mechanism Translatory mechanism Effector mechanism Muscular system output data Feedback data.			
Definitions of and the relationship between reaction time, response time, movement time	Simple reaction time. Choice reaction time			
Factors affecting response time	Hick's law Psychological refractory period. Single channel hypothesis			
Definitions of anticipation	Temporal Spatial			
Strategies to improve response time				
Schmidt's schema theory	Recall Recognition Initial conditions Response specifications Sensory consequences Response outcomes			
Application of schema theory in sporting situations				
Strategies to improve information processing	Input – selective attention Decision making process – chunking, chaining, response time, schema			