4.1 Sport Psychology: Classification of Skills: 10-minute Pack

AQA 8582 · Calculators not allowed · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 State two sports in which the performer's skills are dominated by closed skills.

(Total for Question 1 is 2 marks)

2 Explain why archery is classified as a fine skill, referring to the muscle groups used and the precision required.

(Total for Question 2 is 3 marks)

3 A gymnast performs a single cartwheel in an empty hall, with no other movements before or after it and no decisions to make about direction or timing.

(a) Identify whether this cartwheel should be classified as basic or complex. **(1)**

(b) Explain your answer to part (a). **(2)**

(Total for Question 3 is 3 marks)

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4 Compare a basic skill and a complex skill in terms of the decision-making demand placed on the performer, using one named sporting example of each.

(Total for Question 4 is 2 marks)

5 Explain why open skills are generally harder to perform consistently than closed skills.

(Total for Question 5 is 2 marks)

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Mark scheme · 4.1 Sport Psychology: Classification of Skills: 10-minute Pack

Question 1

any one valid sport, e.g. gymnastics (floor routine), diving, or archery, oe — **B1**

a second distinct valid sport, oe — **B1**

Answer: For example, gymnastics (a set floor routine) and archery.

Question 2

the main controlling movements (drawing the string, aiming, release) rely on small muscles of the fingers, hand and wrist, oe — **B1**

very high precision is needed to hit a small, distant target accurately, oe — **B1**

small errors in the fine release movement are magnified over distance, so accuracy depends on small-muscle control rather than overall strength, oe — **B1**

Answer: Archery relies on small, precise movements of the fingers, hand and wrist to draw and release the string accurately, and because the target is small and distant, even tiny errors in this fine movement are magnified, so accuracy depends on small-muscle control rather than strength.

Question 3

(a) basic — **B1**

(a) Answer: Basic.

(b) little information needs to be processed, oe — **B1**

(b) there are no decisions to make about what to do (no choice of direction, timing or which move to link it to), oe — **B1**

(b) Answer: Little information needs to be processed and there are no decisions to make, since the gymnast is only performing one fixed movement with nothing else to react to or choose between.

Question 4

a basic skill needs little decision-making, e.g. a shuttle run/jog, since the same simple action is repeated, oe — **B1**

a complex skill needs a lot of decision-making, e.g. a rugby line-out throw, since timing, target and technique must all be judged together; the complex skill therefore also takes longer to learn/master than the basic skill, oe — **B1**

Answer: A basic skill such as jogging needs almost no decision-making because the same simple action repeats, whereas a complex skill such as a rugby line-out throw needs several judgements (timing, target, technique) made together, which is why complex skills generally take longer to learn.

Question 5

the environment for an open skill keeps changing (e.g. an opponent's movement), so the performer cannot repeat exactly the same technique every time, oe — **B1**

a closed skill's environment stays the same, so the same, well-rehearsed technique can be used every time, oe — **B1**

Answer: An open skill's environment keeps changing, so the performer must constantly adapt their technique rather than repeating an identical movement, whereas a closed skill's stable environment allows the same, well-rehearsed technique to be used every time.

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