4.1 Sport Psychology: Classification of Skills: Test Pack

AQA 8582 · Calculators not allowed · about 15 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 Which of the following is the best example of a gross skill?

- ☐ A) A tenpin bowling release
- ☐ B) A squat jump
- ☐ C) A dart throw
- ☐ D) A snooker shot

(Total for Question 1 is 1 mark)

2 State two characteristics of a fine skill.

(Total for Question 2 is 2 marks)

3 Explain why a single skill, such as a gymnastics floor routine, might combine elements from both ends of a continuum.

(Total for Question 3 is 2 marks)

© Revision Library | revisionlibrary.co.uk

4 The self-paced and externally-paced continuum classifies a skill by who controls when it starts and how quickly it is carried out.

- ☐ A) The performer controls the start and speed of a self-paced skill, while an external factor such as an opponent or the flight of a ball controls the timing of an externally-paced skill
- ☐ B) Self-paced skills are started and controlled entirely by an external factor such as an opponent
- ☐ C) Self-paced skills are always team skills and externally-paced skills are always individual skills
- ☐ D) A skill can only be classified on the self-paced/externally-paced continuum, never on any of the other continua at the same time

(Total for Question 4 is 1 mark)

---

5 A tennis player waits to return their opponent's serve, not knowing exactly when the ball will be struck or how fast or where it will travel.

(a) Identify whether returning this serve should be classified as self-paced or externally-paced. **(1)**

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

(Total for Question 5 is 3 marks)

© Revision Library | revisionlibrary.co.uk

6 The open-closed continuum classifies skills by how much the environment affects them.

(a) Describe what is meant by an 'open skill', giving a sporting example. **(2)**

(b) Describe what is meant by a 'closed skill', giving a sporting example. **(2)**

(Total for Question 6 is 4 marks)

---

7 A footballer receives the ball in midfield, checks the position of teammates and defenders, and decides whether to pass, dribble or shoot.

(a) State where this action should be placed on the basic-complex continuum, justifying your answer. **(2)**

(b) State where the action should be placed on the gross-fine continuum, justifying your answer. **(1)**

(Total for Question 7 is 3 marks)

© Revision Library | revisionlibrary.co.uk

Mark scheme · 4.1 Sport Psychology: Classification of Skills: Test Pack

Question 1

B **B1**

Answer: B

Question 2

uses small muscle groups, oe **B1**

requires high precision/accuracy of movement, oe **B1**

Answer: A fine skill uses small muscle groups and requires high precision of movement.

Question 3

the overall structure/order of the routine is fixed and predictable, which is a closed-skill feature, oe **B1**

but individual moves within it demand very fine, precise body control, which is a fine-skill feature, so the routine cannot be placed as a single point at one extreme, oe **B1**

Answer: The routine's overall structure is fixed and predictable, a closed-skill feature, but individual moves within it need extremely precise body control, a fine-skill feature, so the routine genuinely combines features from both ends rather than sitting at a single fixed point.

Question 4

A **B1**

Answer: A

Question 5

(a) externally-paced **B1**

(a) Answer: Externally-paced.

(b) the timing of the shot is controlled by an external factor (the server/the flight of the ball), oe **B1**

(b) the returner cannot decide when to start their own action and must react to information they do not control, oe **B1**

(b) Answer: The server decides when and how the ball is struck, so the returner cannot choose their own timing and must react to information outside their control, which places the skill at the externally-paced end.

Question 6

(a) a skill performed in a changing/unpredictable environment, where the performer must react to it, oe **B1**

(a) sporting example, e.g. a tackle in rugby, or a return of serve in tennis, oe **B1**

(a) Answer: An open skill is performed in a changing, unpredictable environment where the performer must react to it, for example a tackle in rugby.

(b) a skill performed in a stable/predictable environment, largely unaffected by others, oe **B1**

(b) sporting example, e.g. a free throw in basketball, or a golf putt, oe **B1**

(b) Answer: A closed skill is performed in a stable, predictable environment that is not affected by others, for example a free throw in basketball.

Question 7

(a) towards the complex end, oe **B1**

(a) justification: several options must be considered and a decision made under time pressure before the correct one is selected, oe **B1**

(a) Answer: Towards the complex end, because several options (pass, dribble, shoot) must be weighed up and a decision made quickly under pressure.

(b) roughly in the middle of the continuum (or towards gross), because a pass/shot needs some precision but also uses the large muscle groups of the leg, so it is neither a purely gross nor purely fine action, oe **B1**

(b) Answer: Roughly in the middle of the continuum, because striking the ball accurately needs some precision, but the large leg muscles used to generate power mean it is not a purely fine skill either.

© Revision Library | revisionlibrary.co.uk