

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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There are three stages when an athlete should typically pass through when developing a skill. The three stages are: associative, cognitive and autonomous. The associative stage is the stage when the athlete isn't perfect at what they're doing yet and are still proceeding to do it. They ~~will~~ will keep getting the skill they're doing wrong until they keep attempting it. The cognitive stage is the stage when the athlete gets better at what they're doing and gets a better idea of how to do it and keep trying their best. The autonomous is the last stage in the skill acquisition and this is when the athlete knows exactly how to do the skill and does it with confidence. The athlete should be getting positive feedback when doing this because then they'll actually know that they have done the right thing and know how to do the skill properly by themselves.