

Question 25 (5 marks)

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

5

- Cognitive stage - ~~In this~~ In this stage the learner is only just a beginner, where frequent large errors are commonly made.
- Associative stage - In this stage, the learner learns to develop certain aspects of skill related sports and gradually builds self
- ~~Autonomous stage~~ = confidence and grows self esteem.
- Autonomous stage - In this stage the learner is confident and progresses from making frequent large errors to minor errors.