

Question 25 (5 marks)

- ① Cognitive
- ② Associative
- ③ Autonomous stage

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 of skill acquisition that an athlete should pass through and consider as they develop a new skill. They are;

① ~~COGNITIVE~~ cognitive stage which is the first stage of learning the new skill. It may require full attention to the new skill as the athlete may face lots of problems as they try to adapt & learn the skill before they move on to the next skill which is the ~~ASSOCIATIVE~~ associative stage which is

having more practice on the skill still there may still be problems of learning the skill this could still take a long process to achieve and move on to the next stage which is the Autonomous stage which is the last stage the athlete can now perform or play the skill or game. The athlete ~~has~~ has now gained the knowledge & strength to play that skill but further practice is good for better performance but at this stage the athlete is good and prepared to play the skill. The athlete is now ready to play....