

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the frame, creating a modern, dynamic feel. The central area is white, providing a clean space for the text.

MOTOR LEARNING & COACHING

SKILL ACQUISITION

FACTORS AFFECTING SKILL ACQUISITION

1. INDIVIDUAL DIFFERENCES: factors that relate to the characteristics of the learner of the skill.
2. ACTIVITY/TASK FACTORS: factors which relate to the complexity or demands of the task.
3. ENVIRONMENT FACTORS: the environment in which the task is being performed.

1. INDIVIDUAL DIFFERENCES

- ▶ **AGE**: the age and physical maturity will determine their ability to process information and carry out the skill.
 - ▶ Age can also impact their motivation OR concentration
- ▶ **SKILL LEVEL**: the current skill level of the performer will determine their ability to build on or learn new skills
- ▶ **FITNESS LEVEL**: a higher level of fitness allows for longer periods of practice. Fatigue diminishes performance level
- ▶ **INJURY**: injured performers need to modify training. The extent or length of the injury can determine skill acquisition.

2. ACTIVITY/TASK FACTORS

- ▶ The complexity and demands of the activity needs to be tailored to each of the individual characteristics of the performer.
- ▶ The ability of the performer to acquire the skill is determined by how their individual characteristics meet the demands of the skill:
 - ▶ PHYSICAL - age, skill level, fitness level, injury
 - ▶ PSYCHOLOGICAL - motivation, confidence, arousal, anxiety, concentration, personality, relationship skills
- ▶ *Explain the difference in ideal task complexity for performers in different phases of learning?*

3. ENVIRONMENTAL FACTORS

- ▶ **LEVEL OF COMPETITION:** what is the impact of trying to acquire skills against an opposition that it not at an equivalent level?
 - ▶ Lack of motivation
 - ▶ Reduced confidence or self-esteem
- ▶ *Why do we structure WACE practical exams in categories of ability?*