

Access to Higher Education Unit

This unit forms part of an Access to HE Diploma. If delivering the graded version of this unit, please refer to the Provider Handbook for details on grading descriptors and the application of these across units within your programme.

Unit Title: Skill Acquisition in Sport

Graded Unit Reference Number: GA33SPO18

Ungraded Unit Reference Number: UA33SPO18

Module: Sports and Exercise

Level: 3

Credit Value: 3

Minimum Guided Learning Hours: 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand key aspects of 'skill acquisition' in relation to sport	1.1 Define the term 'skill acquisition' in relation to sport
	1.2 Explain the stages of skill acquisition in sport; cognitive, associative, autonomous
	1.3 Demonstrate and evaluate the process of learning a new skill in your chosen sport
2. Understand the processes of skill acquisition	2.1 Explain the different ways skills can be taught with at least three examples of when it may be appropriate to use each method
	2.2 Describe the ways in which skills can be acquired within sport; cognitive, motor and perceptual skills
	2.3 Explain two contrasting theories relating to skill acquisition in sport
3. Understand the role of feedback within skill acquisition in sport	3.1 Explain different ways in which feedback can be given, with examples of when it may be appropriate to use each method; visual, verbal, negative and positive
	3.2 Explain how feedback relates to motivation; extrinsic, intrinsic