

12.3 TRANSFER IN MOTOR LEARNING (Textbook pages 266-271)

12.3.1 Review Your Key Terms

backward chaining
 criterion task
 far transfer
 forward chaining
 mental rehearsal (mental practice)
 near transfer

negative transfer
 part practice
 positive transfer
 segmentation (progressive part practice)

simplification
 simulator
 transfer of learning
 whole practice

12.3.2 Does It Transfer?

Brainstorm to come up with at least one positive and one negative transfer example for each factor below that is not presented in the textbook.

Factors Affecting Transfer	Positive Transfer Example	Negative Transfer Example
Psychomotor demands <ul style="list-style-type: none"> • Balance • Reaction and movement times • Anticipation 		
Movement responses/patterns <ul style="list-style-type: none"> • Skill elements • Technique • Equipment 		
Biomotor demands <ul style="list-style-type: none"> • Explosive power, strength • Endurance and fitness • Quickness or speed 		
Cognitive demands <ul style="list-style-type: none"> • Strategy • Tactics • Rules 		
Psychological demands <ul style="list-style-type: none"> • Concentration/attention • Patience • Staying power 		

12.4 DESIGNING EFFECTIVE PRACTICE (Textbook pages 272-274)

12.4.1 Review Your Key Terms

blocked practice
distributed practice

massed practice
random practice

12.4.2 Perfect Practice Makes Perfect

(A) Skill learning will not take place without practice. However, what type of practice is best? The answer is that it depends. Match each of the types of practice on the left with the conditions of practice that best describe it on the right. Then in the space provided, give an example of how a sport, skill, or activity would fall under each category of practice.

Type of Practice	Answer	Conditions of Practice
Blocked practice	_____	A) Tasks are organized so that different classes of skills are mixed throughout the practice period
Distributed practice	_____	B) The amount of rest between practice trials is short relative to the trial length
Massed practice	_____	C) The rest period is longer relative to the trial length and may last as long as the trial itself
Random practice	_____	D) A given task is practised on many consecutive trials before moving on to the next task

Examples:

Blocked practice	
Distributed practice	
Massed practice	
Random practice	

