

Unit 2: Human Performance and Biomechanics  
**Chapter 10: Motor Learning and Skill Acquisition**

Section 10.1: Basic Principles of Motor Learning and Skill Acquisition:

- Know what motor learning is
- Know the role of the sensory and nervous systems in skill acquisitions
- Know the stages of motor learning model

Section 10.2: Skills Development and Analysis

- Know the phases of movement for skill development
- Understand the role of feedback in skill performance
- Know the 5 steps in improving skill performance

Section 10.3: The Psychological Component of Skill Acquisition

- Know what sport psychology is
- Understand what the ideal performance state is

Section 10.4: Psychological Skills Training

- Know the stages of psychological skill training;
  - Self talk
  - Imager/visualization
  - Relaxation/Arousal Regulation
  - Improving motivation
  - Developing concentration and coping strategies

Section 10.5: LTAD Stages and Mental Fitness Development

- Understand and be able to apply the concepts of mental fitness
- Be able to how mental fitness skills can benefit everyone

Section 10.6: The Role of the Coach

- Know the different coaching styles
- Know some crucial skills a coach should have
- Understand the importance of age appropriate coaching styles