


Principles/ Condition of Motor Skill Learning



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Principles / conditions of motor skill learning



Motor skills are foundational to all activity in life and in sports. General motor skills are an essential ingredient of all human learning, specific motor skills are acquired by those who prefer to learn specific task like sports.

There are variety of principles, conditions and factors which are to be taken care of while planning physical activity programmes

Maturity:-



Physical maturity and psychological readiness are pre-requisite of learning. It is necessary for physical education teachers and coaches to ensure utmost capability between skill learning programme and children's maturity of physique, mind, intellect and spirit. If the athlete is not prepared may lead to injury or boredom.

Cognitive Ability:-



Proper perception of and cognition about a skill plays an important role in its acquisition. Much better result can be expected when children watch perfect and neat demonstration of the skills rather than theoretical information. It will provide children as a model to imitate by using their observational and mental skills

Practice:-



There cannot be skill learning without practice, the amount of practice to master a skill greatly depends upon the complexity and efficiency of the skill and previous experience of the learner. Practice must be accurate, regular and hard.

Teaching Methods :-



What skill children learn and how they perform that is very closely related to how they are taught; what techniques and strategies are used for optimum learning effect . Sometimes skills are very complex and they can be learnt by part to perform whole skill.

Transfer effect :-



Skill teaching should be so structured as to elicit and maintain greater positive transfer –effect because in this process both the teacher and the taught exercise economy in terms of time and energy. Unrelated skills have least transfer value and interferes with the informational- processing ability of the learner and leads to mental confusion.