

SKILLS



A: DEFINITIONS

Skill: A learned action/learned behavior with the intention of bringing about pre-determined results, with maximum certainty and minimum outlay of time and energy.

Motor Skill: An action or task that has a target or goal and that requires voluntary body and/or limb movement to achieve this goal.

Perceptual Skills: The interpretation of information or stimuli. Not all stimuli are perceived and what is perceived depends on experience and ability.

Cognitive skills: Intellectually based and linked with working out and problem solving skills. These skills affect the perceptual process and help make sense of what is required in any given situation.



A: CHARACTERISTICS OF A SKILFUL MOVEMENT

B: CLASSIFICATIONS

