**Stages of Learning**

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| **Cognitive** | **Associative** | **Autonomous** |
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| **Types of Feedback** | | |
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**Feedback Word Bank**

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| Positive Negative Intrinsic Extrinsic Terminal Concurrent Knowledge of Results Knowledge of performance |

**Types of Feedback**

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|  | Feedback form proprioceptors. Known as kinaesthetic feedback |
|  | Feedback given during the performance. Can be internal from proprioceptors or from coach. |
|  | Feedback received from outside through vision and hearing, given by the coach, teammates. |
|  | Feedback given after the performance. Can be delayed |
|  | Involved performer seeing the results of their actions or receiving that information from another person- normally coach. |
|  | Receiving information about the movement pattern rather than the outcome. |
|  | Feedback received when the performer or performance was successful. Strengthened the likelihood of action being repeated. |
|  | Feedback received after an unsuccessful performer can be internal or external. |

**Feedback Word Bank**

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| Positive Negative Intrinsic Extrinsic Terminal Concurrent Knowledge of Results Knowledge of performance |