**Transfer of Learning & Goal Setting Questions**

**Transfer of learning**

Coaches will encourage performers to practise skills so that the skills can transfer to the competitive situation.

* Describe what is meant by the term transfer of learning **and** explain **two** different forms that transfer can take. (3 marks)
* Describe what is meant by the term ‘positive transfer of learning’.

*(1 mark)*

* Name **and** explain **three** other forms of transfer of learning that can take place.

*(3 marks)*

* How can a coach make sure that successful transfer of learning takes place?

*(3 marks)*

**Goal Setting**

* What are the benefits of goal setting? *(3 marks)*

In order to improve a badminton player’s performance, a coach may set goals.

* Explain why these goals need to be realistic, specific and time-based.(3 marks)

**Transfer of Learning & Goal Setting Answers**

**Transfer of learning**

Coaches will encourage performers to practise skills so that the skills can transfer to the competitive situation.

**Describe what is meant by the term transfer of learning and explain two different forms that transfer can take. (3 marks)**

A. Skills learnt in one activity affects/ influence/impact/eq in another

B. Positive – enhances/helps/aids the learning of a new skill/egs

C. Negative – hinders learning of new skill

D. Zero – has no effect on learning of new skill

E. Retroactive – current practice enhances learning of previously learned skill

F. Proactive – current practice enhances learning of skill yet to be learned

G. Bilateral – practise on limb on one side of body improves other side

**Describe what is meant by the term ‘positive transfer of learning’. *(1 mark)***

1. Positive transfer – enhances/helps/ aids the learning of a new skill/egs.

**Name and explain three other forms of transfer of learning that can take place.**

***(3 marks)***

A. Negative – hinders learning of newskill;

B. Bilateral – skill transferred from one side to another/limb to limb;

C. Zero – no transfer;

D. Proactive – learned skill has affect on future skill;

E. Retroactive – learned being skill has affect on past skill.

**How can a coach make sure that successful transfer of learning takes place?**

***(3 marks)***

A. Coach makes performer aware of transfer potential/highlight elements of skill that are similar

B. Identify elements that may hinder learning;

C. Ensure original task is well learnt/ practice;

D. Planned progression;

E. Make practice sessions realistic/ relevant to the competitive environment;

F. Eg practicing against opposition/time/ equiv;

G. Eliminate bad habits;

H. Performer is well motivated/ confidence.

**Goal Setting**

**What are the benefits of goal setting? *(3 marks)***

A. Improved confidence/self-efficacy

B. Increased motivation/drive

C. Task persistence/want to keep trying

D. Reduced anxiety/more relaxed/equiv

E. Focuses attention/concentration/ improved selective attention

F. Approach behaviours

**In order to improve a badminton player’s performance, a coach may set goals.**

**Explain why these goals need to be realistic, specific and time-based. (3 marks)**

1. Realistic – to maintain motivation/gain satisfaction/increase confidence by

being achievable

2. Specific – so performer has personalised goals/targets for an aspect of a

sport/badminton

3. Time-based – so target has to be reached quickly/not too drawn out/allows

evaluation/re-evaluation