

Assessment of skill and performance

- assessment of skill and performance
 - characteristics of skilled performers, eg kinaesthetic sense, anticipation, consistency, technique
 - objective and subjective performance measures
 - validity and reliability of tests
 - personal versus prescribed judging criteria
- develop and evaluate objective and subjective performance measures to appraise performance

Characteristics of skilled performers

- The characteristics of a skilled performer include kinaesthetic sense, anticipation, consistency and technique, as well as their mental approach.

CHARACTERISTICS OF SKILLED PERFORMERS

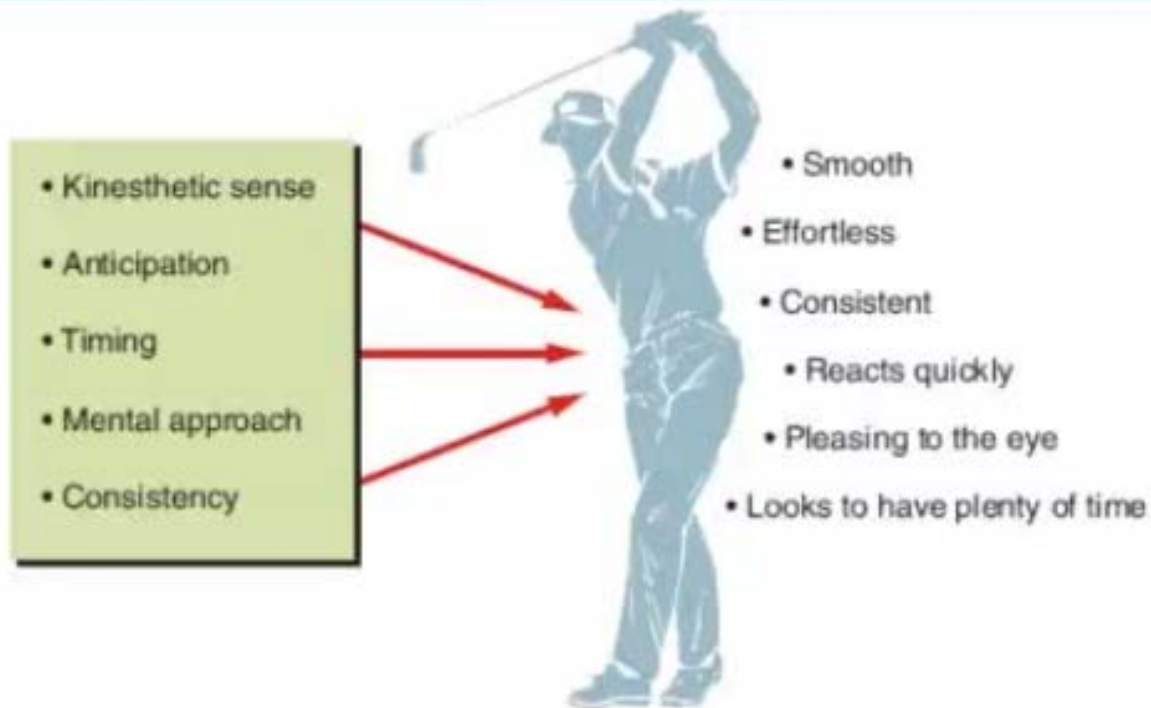


Figure 10.22: Characteristics of a skilled performer

Skilled v Unskilled Performers



A skilled performer

- appears to be smooth and effortless;
- has composure;
- is able to adjust to changes in plans;
- is relatively unaffected by the competitive environment;
- is able to regulate personal effort levels;
- is able to overcome physical demands and pain;
- is able to cope with poor officiating; and
- can handle the pressure in the final stages of a contest.

"I run on the road, long before I dance under the lights."

Kinaesthetic sense

- This is considered the 'sixth sense' for athletes.
- The ability to feel and sense their movements is part of their autonomous performance.
- They can correct and tweak their performance mid-movement or game.

Kinaesthetic Sense

Kinesthesia (or kinesthetic sense) refers to the system of sensitivity that exists in the muscles and their attachments.

- *kinaesthetic awareness and proprioception*—skilled athletes have an ability to utilise the sensory information gained from within their body concerning body position and limb awareness



Michael Jordan, reputedly the finest basketballer ever, had remarkable kinesthetic sense. When playing, his ability to adapt to pressure situations and modify his technique, even while airborne during shot making, was extraordinary.

- Discuss differences in kinaesthetic sense for an elite performer compared to an inexperienced or unskilled performer.

- Kinaesthetic sense – Elite performers have a well-developed kinaesthetic sense. They have an awareness of their bodies in relation to others and to the environment. They also have high-level awareness of their own movements in relation to each other (as in a somersault). Elite performers can feel the correct movement because, with experience, they have developed a successful muscle memory and through proprioception can distinguish mistakes and poor movement from that of a potentially successful movement. Elite performers can therefore adapt better to changing circumstances and/or environments because they are able to recognise relevant movement cues and not be influenced by extraneous (unnecessary) or irrelevant points.

Anticipation

- Anticipation is the ability of someone to predict an outcome and act accordingly.
- A skilled performer with anticipation is able to stay ahead of their opponent using their instinctive awareness to counter them.

Andrew Johns Vs Jonathan Thurston

<https://www.youtube.com/watch?v=qXovFshjJcA> (4mins)

Anticipation



- *anticipation* of what might happen next and appropriate response to it—skilled athletes rely on external environmental information, memory and 'feel' during the performance

Figure 10.21: The ability to anticipate opponents' shots is important in tennis.

- Discuss differences in anticipation, for an elite performer compared to an inexperienced or unskilled performer.

- Anticipation – Highly skilled performers have high anticipatory ability as they can quickly recognise movement patterns of the opposition and can therefore judge or predict their movements well in advance. With this ability, elite performers can then gain more time in the execution of the skill and as a result increase their success rates. As well as anticipating movement, elite performers can often alter their actions and movements to prevent the opposition from anticipating their own next moves. To do this they display irrelevant or misleading cues (such as a dummy pass in touch football) that can force lesser opponents into errors.

Consistency

- Consistency is the ability to do something repeatedly and achieve the same result.
- A skilled performer is said to consistently perform at a high level.
- This simply means that they can perform their chosen skill under the pressure of competition and achieve great results.

Consistency

Skilled performers show much more consistency than unskilled performers do. In other words, the skilled performer is able to perform the desired movement repeatedly. This is easy to observe in games such as tennis, where the skilled performer is more consistent in rallies, managing to clear the net and keep the ball in court more regularly.



- *consistency* of performance—skilled athletes make very few errors during an activity

- Discuss differences in consistency for an elite performer compared to an inexperienced or unskilled performer.

- Consistency – Elite performers produce fewer errors and show a higher degree of consistency, even on complex tasks. They also have the ability to change movements or modify actions to cope with inconsistent environments or playing areas. Beginners make many errors and are also unable to recognise how to change their action or movements in order to produce a successful skill.

Mental approach

- The mental approach is often said to make the difference between champions.
- Many athletes are physically gifted and train exceptionally hard, yet never succeed.
- <https://www.youtube.com/watch?v=873NJ76wSeA> (Michael Phelps 5mins)

- Discuss differences in mental approach for an elite performer compared to an inexperienced or unskilled performer.

- Mental approach – Highly skilled performers display refined mental or cognitive skills, particularly in problem-solving and decision-making. They respond only to the relevant cues and are not distracted by irrelevant information. Thus they can selectively attend to these cues and minimise errors. Elite performers are highly motivated and display the ability to anticipate or read game situations. They are more focused on the tasks and use techniques to develop optimum mental approaches or arousal, techniques which are specific to them and their chosen area. Elite performers also tend to be more composed and trusting of their preparation and skill level as opposed to novice performers.

Technique

- Technique is the procedure and method of executing the skill.
- The athlete with a superior technique has absolute control over their body and how it delivers the desired outcome.
- With well-developed technique comes efficiency and economy of movement, less chance of injury, greater kinaesthetic sense and, most importantly, a greater chance of performing the skill successfully.

Kelly Slater https://www.youtube.com/watch?v=oaJMrO_e8e0 (3mins)

Usain Bolt <https://www.youtube.com/watch?v=PH-3cHxXAK0> (2 mins)

Usain Bolt's Bio Mechanics explained by Michael Johnson <https://www.youtube.com/watch?v=Wdm7xwT-vEQ>
(6mins)

Technique

- *technique*—skilled athletes maintain correct technique despite fatigue or the game situation

