Motor Learning and Control 12th edition Magill Test Bank

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Motor Learning and Control 12th Edition by Magill CH01

ANSWERS ARE LOCATED IN THE SECOND PART OF THIS DOCUMENT

TRUE/FALSE - Write 'T' if the statement is true and 'F' if the statement is false.

1) A researcher studying how a tennis player coordinates the muscles in their shoulder for a serve would be studying the player's motor control.

1) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation

2) A person goes to the doctor and has their patellar tendon tapped with the medical hammer. The sudden and involuntarily extension of their knee is an example of a motor skill.

2) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation

3) Shooting a free throw in basketball is an example of an open motor skill.

3) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation

4) Absolutely no large muscles are involved when a person is engaged in a fine motor skill.

4) _____

- ◎ true
- ◎ false

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Question Details
Accessibility : Keyboard Navigation

5) Running is an example of a gross motor skill.

5) _____

- ◎ true
- ◎ false

Question Details
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6) If motor skills are classified according to the stability of the environment, billiards would be placed in the category of closed motor skills.

6) _____

- ◎ true
- ◎ false

Question Details
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7) When we skate on a crowded ice rink, we perform a closed motor skill.

7) _____

- ◎ true
- ◎ false

Question Details
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8) If motor skills are classified according to the stability of the environment, removing groceries from a shopping bag would be placed in the category of closed motor skills.

8) _____

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◎ true
◎ false

Question Details
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9) Typing a word on a keyboard is an example of a serial motor skill.

9) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation

10) The size of a pen that a person uses to write is an example of a regulatory condition that will determine the movements required for the handwriting action.

10) _____

◎ true
◎ false

Question Details
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11) Whether or not an object must be manipulated is a skill characteristic in Gentile's taxonomy of motor skills that is included in the "environmental context" dimension of the taxonomy.

11) _____

◎ true
◎ false

Question Details
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12) Classifying skills into general categories helps us to understand the demands those skills place on the performer/learner.

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12) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation

13) Skilled individuals are much less efficient than less skilled individuals.

13) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation

14) People learn movements rather than actions when they begin to learn or relearn a skill.

14) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation

15) The color of a ball is an example of a non-regulatory condition.

15) _____

◎ true
◎ false

Question Details
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16) The motor system always recruits the same muscle fibers when executing a simple movement like lifting the arm.

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16) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation

17) The terms actions and movements are interchangeable.

17) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation

18) A movement that can be used to accomplish many different action goals highlights the one-to-many relationship between movements and actions.

18) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation

19) An effective instructor would acknowledge that the best way to accomplish a task may vary from one individual to another.

19) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation

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20) To distract a basketball free throw shooter, the fans from the opposing team wave their arms in the air. The waving arms are an example of a regulatory condition.

20) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation

21) A physical therapist could use Gentile's taxonomy to evaluate a patient's capabilities and limitations.

21) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation

MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

22) A researcher from the area of _____ would be interested in how massed versus distributed practice influences the acquisition of a skill.

22) _____

A) Motor Control
B) Motor Learning
C) Motor Development
D) None of the above

Question Details
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23) The performance of any motor skill is influenced by characteristics of:

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23) _____

A) The performer
B) The environment
C) The skill itself
D) All of the above

Question Details
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24) The term skill is used to denote:

24) _____

A) A task that has a specific purpose or goal to achieve
B) The degree of competence or capacity to perform a task
C) The activity in the nervous system that underlies movement
D) A and B

Question Details
Accessibility : Keyboard Navigation

25) Which of the following is NOT a characteristic of skills and actions?

25) _____

A) They are innate
B) There is a goal to achieve
C) They are performed voluntarily
D) They require movement of joints and body segments

Question Details
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26) Locomotion is an example of which of the following terms?

26) _____

A) Movement
B) Ability
C) Performance measure
D) Action

Question Details
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27) The specific pattern of limb motions used in throwing a ball is an example of:

27) _____

A) An action
B) A movement
C) A neuromotor process
D) A reflex

Question Details
Accessibility : Keyboard Navigation

28) The relationship between movements and actions is:

28) _____

A) Many-to-one
B) One-to-many
C) Many-to-one and one-to-many
D) Movements and actions are not related

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Question Details
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29) The relationship between neuromotor processes and movements is:

29) _____

A) Many-to-one
B) One-to-many
C) Many-to-one and one-to-many
D) Movements and actions are not related

Question Details
Accessibility : Keyboard Navigation

30) Which of the following does NOT describe a neuromotor process?

30) _____

A) A mechanism that uses the nervous and muscular systems
B) A process that underlies the control of movements and actions
C) A process that is visible to the naked eye
D) A mechanism that can be measured

Question Details
Accessibility : Keyboard Navigation

31) Motor control and learning are prioritized in the following order relative to the three levels of study:

31) _____

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A) Neuromotor processes, movements, actions
B) Neuromotor processes, actions, movements
C) Actions, movements, neuromotor processes
D) Actions, neuromotor processes, movements

Question Details
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32) If a motor skill requires the use of large musculature and does not require precision of movement for successful performance, then the skill would best be classified as (an):

32) _____

A) Fine motor skill
B) Gross motor skill
C) Discrete motor skill
D) Open motor skill

Question Details
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33) The triple jump is a track and field event that requires a performer to run down a runway and then to perform a hop, skip, and jump sequence. The hop, skip, and jump portion of the skill is an example of (an):

33) _____

A) Discrete motor skill
B) Continuous motor skill
C) Serial motor skill
D) Open motor skill

Question Details
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34) Which of the following skills is a discrete motor skill?

34) _____

A) Riding a bicycle
B) Swimming the crawl stroke
C) Steering a car on a highway
D) Striking a typewriter key

Question Details
Accessibility : Keyboard Navigation

35) Shifting from second to third gear in a car with a manual transmission (stick shift) is an example of which type of motor skill?

35) _____

A) Open motor skill
B) Fine motor skill
C) Serial motor skill
D) Continuous motor skill

Question Details
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36) What are components of the environmental context?

36) _____

A) The supporting surface
B) The objects involved in performing the skill
C) Other living things involved in the performance
D) All of the above

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Question Details
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37) Motor skills that require the performer to initiate a specific action on an object according to the object's motion are best categorized as:

37) _____

A) Open motor skills
B) Closed motor skills
C) Discrete motor skills
D) Continuous motor skills

Question Details
Accessibility : Keyboard Navigation

38) Which term is sometimes used synonymously with the term *closed* motor skills?

38) _____

A) Other-paced motor skills
B) Externally-paced motor skills
C) Forced-paced motor skills
D) Self-paced motor skills

Question Details
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39) One reason open motor skills are considered more difficult to perform is.

39) _____

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A) The visual system does not detect movement very well
B) The performer must adjust the spatial *and* temporal characteristics of their movement to the environment
C) By default, open motor skills are more tiring
D) None of the above

Question Details
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40) Gentile's taxonomy of motor skills includes which of the following factors as part of the "environmental context" dimension?

40) _____

A) Intertrial variability
B) Object location
C) Object orientation
D) Body transport

Question Details
Accessibility : Keyboard Navigation

41) Which of the following skill category distinctions is popular in textbooks related to methods of teaching motor skills?

41) _____

A) Gross vs. fine motor skills
B) Discrete vs. continuous motor skills
C) Open vs. closed motor skills
D) Stability vs. transport motor skills

Question Details
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42) Returning a serve in tennis is an example of which of the following types of motor skills?

42) _____

A) Self-paced motor skill
B) Open motor skill
C) Closed motor skill
D) Stationary motor skill

Question Details
Accessibility : Keyboard Navigation

43) Regulatory conditions regulate:

43) _____

A) The spatial characteristics of a movement
B) The temporal characteristics of a movement
C) The spatial and temporal characteristics of a movement
D) The spatial and temporal characteristics of a movement and the forces that underlie these characteristics

Question Details
Accessibility : Keyboard Navigation

44) According to Gentile's taxonomy of motor skills, which of the following describes the *least* complex skill?

44) _____

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A) Regulatory conditions stationary; object manipulated
B) Regulatory conditions in motion; object manipulated
C) Regulatory conditions stationary; no object manipulated
D) Regulatory conditions in motion; no object manipulated

Question Details
Accessibility : Keyboard Navigation

45) Riding a surfboard on multiple waves would be classified in Gentile's taxonomy as:

45) _____

A) Stationary environment, intertrial variability, body transport
B) Stationary environment, intertrial variability, body stability
C) In motion environment, intertrial variability, body transport
D) In motion environment, intertrial variability, body stability

Question Details
Accessibility : Keyboard Navigation

46) A softball player throws pitches to a stationary, cardboard cut-out of a batter. The Environmental Context for the pitcher is:

46) _____

A) Stationary with intertrial variability
B) Stationary with no intertrial variability
C) In-motion with intertrial variability
D) In-motion with no intertrial variability

Question Details
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47) Based on Gentile's Taxonomy, to simulate the regulatory conditions involved in the game of softball, a coach would have players:

47) _____

A) Hit a ball from a stationary tee
B) Hit balls pitched by a pitching machine
C) Hit balls pitched by a live pitcher
D) Practice swinging without a bat and a ball

Question Details
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FILL IN THE BLANK. Write the word or phrase that best completes each statement or answers the question.

48) An example of an open motor skill is _____.

48) _____

Question Details
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49) An example of a gross motor skill is _____.

49) _____

Question Details
Accessibility : Keyboard Navigation

50) If motor skills are classified according to the stability of the environment, bowling would be placed in the category of _____ motor skills.

50) _____

Question Details
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51) Walking in a crowded mall makes walking an _____ motor skill.

51) _____

Question Details
Accessibility : Keyboard Navigation

52) Serial skills are a form of discrete skills. What is an example of a serial motor skill?

52) _____

Question Details
Accessibility : Keyboard Navigation

53) Archery and piano playing are two quite different skills, yet they can both be classified as _____ motor skills when the classification system is based on the stability of the environment.

53) _____

Question Details
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54) Whether or not an object must be manipulated is a skill characteristic in Gentile's taxonomy of motor skills that is included in the _____ dimension of the taxonomy.

54) _____

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Motor Learning and Control 12th Edition by Magill CH01

Answer Key

Test name: CH01

1) TRUE
2) FALSE
3) FALSE
4) FALSE
5) TRUE
6) TRUE
7) FALSE
8) TRUE
9) TRUE
10) TRUE
11) FALSE
12) TRUE
13) FALSE
14) FALSE
15) TRUE
16) FALSE
17) FALSE
18) TRUE
19) TRUE
20) FALSE
21) TRUE
22) B
23) D
24) D
25) A
26) D

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27) B
28) C
29) C
30) C
31) C
32) B
33) C
34) D
35) C
36) D
37) A
38) D
39) B
40) A
41) C
42) B
43) D
44) C
45) C
46) B
47) C
48) See text for several examples
49) See text for several examples
50) closed
51) open
52) See text for several examples
53) closed
54) action function

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