Synoptic Question Revision

Define command style teaching and state 5 situations when a command style would be an advantage:

And give 1 disadvantage of command style teaching:

Define reciprocal learning and state 3 situations when teaching using reciprocal learning would be an advantage:

And give 2 disadvantages of reciprocal learning:

Define discovery learning and state 3 situations when teaching using discovery learning would be an advantage:

And give 3 disadvantages of discovery learning:

Define the problem-solving approach and state 3 situations when teaching using the problem-solving approach would be an advantage:

And give 3 disadvantages of the problem-solving approach:

Define the ‘whole’ method of practice and give 5 advantages of using this method (and 1 example of a skill that would be best taught using this method):

Define the ‘part’ method of practice and give 5 advantages of using this method (and 1 example of a skill that would be best taught using this method):

Define the progressive part method of teaching and give an example of a skill that would be best taught using this method:

Define the whole-part-whole method of teaching and give an example of a skill that would be best taught using this method:

Define ‘distributed practice’ and give 6 advantages:

Define ‘massed practice’ and give 6 advantages:

Define variable practice:

Define mental practice and give 2 examples of when a performer would use it:

Define visual guidance and state 6 ways to make visual guidance as effective as possible:

Define verbal guidance and state 6 ways to make verbal guidance as effective as possible:

Define manual (mechanical) guidance and state 6 ways to make manual guidance as effective as possible:

Name and define 9 types of feedback and for each one explain exactly which age group, ability level, and type of skill it would be most suited to:

Define the 6 principles of training and for each one state how it would need to be considered for someone training for a marathon:

Name and describe the 4 ways in which overload can be achieved:

Name and describe 3 ways in which intensity of exercise can be measured:

Give 5 reasons for fitness testing:

Give 3 ethical problems associated with fitness testing:

Name and explain the 5 criteria that fitness tests must fulfil in order to generate meaningful results:

Define maximal fitness testing and state 1 advantage and 3 disadvantages:

Define sub-maximal fitness testing and state 1 advantage and 1 disadvantage:

Name a test for assessing each of the following components of fitness and briefly explain the procedure for the test:

Stamina –

Strength –

Speed –

Muscular endurance –

Flexibility –

Power -

Coordination –

Reaction time –

Agility –

Balance –

Name 4 components of an effective warm-up:

State 6 benefits of a warm-up:

Name and define the 4 types of stretching (according to the spec) and explain when/why each would be used:

State 4 benefits of a cool-down:

Name 6 methods of training and give an advantage and an example of a sport that would use each of these: