

# **Test Bank for Motor Learning and Control 12th Magill**

# 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

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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

Accessibility : Keyboard Navigation

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

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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

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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

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**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

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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

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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

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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

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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

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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

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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

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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

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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

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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

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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

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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) \_\_\_\_\_

## Question Details

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## **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

## **Motor Learning and Control 12th Edition by Magill CH01**

- 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