MIDTERM ONE

There are FOUR questions for each of the SIX introductory lessons. The exam invigilator will randomly select TWO of the FOUR questions for each of the SIX introductory lessons. You will select ONE or the TWO randomly selected questions for each of the SIX introductory lessons. So, you will write a total of SIX short answers, ONE for each of the SIX introductory lessons.

At the end of this exam you will self-grade yourself for each of your six answers based on QUALITY (out of 4), QUANTITY (out of 2), EXAMPLES/DIAGRAMS (out of 2), and COMMUNICATION (out of 2).

Lesson One
1. What are the three stages of learning (according to Fitts and Posner)?
2. What is the Power Law of Practice?
3. Why did Ericsson decide on 10,000 hours as the number to assume expertise?
4. What is deliberate practice?

Lesson Two
1. What is the difference between inherent and augmented feedback?
2. What is the difference between Knowledge of Performance and Knowledge of Results?
3. What is the evidence that suggests video feedback enhances performance?
4. Schmidt and Weinstein have a classic paper about feedback frequency. What does it say?

Lesson Three
1. Differentiate between declarative and procedural memories.
2. What are the 3 stages of memory?
3. What is consolidation and how can we enhance it?
4. Why do we forget?

Lesson Four
1. What is a generalized motor program?
2. What are invariant motor program features?
3. What are variant motor program features?
4. What types of motor program errors occur?

Lesson Five
1. What are massed and distributed practice schedules?
2. Why does distributed practice "work"?
3. What are blocked and random practice schedules?
4. What is contextual interference?

Lesson Six
1. What are constant and variable practice schedules?
2. What is the relationship between variable practice and schema theory?
3. What is the difference between part and whole practice?
4. When should you use part and whole practice?

EXAM TWO GRADING RUBRIC   Student Name:

QUESTION 1					
Quality	0	1	2	3	4
Quantity	0	1	2		
Examples / Diagrams	0	1	2		
Communication	0	1	2		
TOTAL					

QUESTION 2					
Quality	0	1	2	3	4
Quantity	0	1	2		
Examples / Diagrams	0	1	2		
Communication	0	1	2		
TOTAL					

QUESTION 3					
Quality	0	1	2	3	4
Quantity	0	1	2		
Examples / Diagrams	0	1	2		
Communication	0	1	2		
TOTAL					

QUESTION 4					
Quality	0	1	2	3	4
Quantity	0	1	2		
Examples / Diagrams	0	1	2		
Communication	0	1	2		
TOTAL					

QUESTION 5					
Quality	0	1	2	3	4
Quantity	0	1	2		
Examples / Diagrams	0	1	2		
Communication	0	1	2		
TOTAL					

QUESTION 6					
Quality	0	1	2	3	4
Quantity	0	1	2		
Examples / Diagrams	0	1	2		
Communication	0	1	2		
TOTAL					

	0	1	2	3	4
Quality	Unacceptable	Missing key material	Average	Above Average	Outstanding
Quantity	Unacceptable	Not enough material	Acceptable		
Examples / Diagrams	None	Could use more	Acceptable		
Communication	Unacceptable	Difficult to follow	Acceptable		