Student name:\_\_\_\_\_\_\_\_\_\_

**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.

⊚ true  
 ⊚ false

**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.

⊚ true  
 ⊚ false

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

⊚ true  
 ⊚ false

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

⊚ true  
 ⊚ false

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

⊚ true  
 ⊚ false

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

⊚ true  
 ⊚ false

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

⊚ true  
 ⊚ false

**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.

⊚ true  
 ⊚ false

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

⊚ true  
 ⊚ false

**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.

⊚ true  
 ⊚ false

**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.

⊚ true  
 ⊚ false

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

⊚ true  
 ⊚ false

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

⊚ true  
 ⊚ false

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

⊚ true  
 ⊚ false

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

⊚ true  
 ⊚ false

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

⊚ true  
 ⊚ false

**17)** The terms actions and movements are interchangeable.

⊚ true  
 ⊚ false

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

⊚ true  
 ⊚ false

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

⊚ true  
 ⊚ false

**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.

⊚ true  
 ⊚ false

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

⊚ true  
 ⊚ false

**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.

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

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

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

**24)** The term skill is used to denote:

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

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

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

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

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

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

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

**28)** The relationship between movements and actions is:

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

**29)** The relationship between neuromotor processes and movements is:

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

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

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

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

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

**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):

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

**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):

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

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

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

**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?

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

**36)** What are components of the environmental context?

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

**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:

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

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

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

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

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

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

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

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

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

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

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

**43)** Regulatory conditions regulate:

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

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

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

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

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

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

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

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

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

**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 \_\_\_\_\_\_\_\_.

**49)** An example of a gross motor skill is \_\_\_\_\_\_\_\_.

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

**51)** Walking in a crowded mall makes walking an \_\_\_\_\_\_\_\_ motor skill.

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

**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.

**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.

**Answer Key**Test name: Magill 1

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

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