EXS 297 Motor Behavior Laboratory Experience  
Classifying Skills  
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Purpose:
The purpose of these lab experiences is to gain a better understanding of the different kinds of skills and to understand different characteristics of skill proficiency.

Equipment:
Stopwatch, tape, popsicle sticks, tie shoes, textbook, chapter 1 review sheets

Activity I – Chapter 1 Review
1. In your group, review answers to Chapter 1 review sheet.

2. On table 1.4 (on page 9 in text), how would you classify and why?
   a. Using a yo-yo
   b. Boxing
   c. Using crutches around campus
   d. Shoveling snow

Activity II - Cycling
1. Think back to when you first learned how to ride a two-wheel bicycle. Explain your experience with your group. Include specifics as to WHO you were, WHAT the task involved, and WHERE it was performed. Was the experience successful? Describe as best as you can remember.

2. How would you teach a child today to ride a bicycle?

3. As you improved in learning to ride, describe ways you adapted to new and different cycling conditions…
Activity III – Shoe Lace Tying

1. Is shoe-tying a motor skill? Why? Explain your answer with your group.

2. Relate shoe-tying to Guthrie’s three skill proficiency characteristics. Which one is most evident to you as a skilled shoe tier.

3. Have your partner time you in tying your shoe (either right or left) five times in a row. Record your total time _______________ (sec.)

4. Did you perform the same technique each time? Write out SPECIFIC instructions for tying your shoe the way you just performed it.
   Step 1
   Step 2
   Step 3
   Step 4
   Step 5
   Step 6
   Step 7
   Step 8

5. Share these with your group. Did everyone use the same technique? How were they the same? Different?

6. Try tying your shoes with your eyes closed? Is it easy? Why?

7. Tape popsicle sticks to your index fingers as illustrated above and try tying your shoes. Is it more difficult? Why?

8. Try tying your shoes in reverse (switching left and right hands).

9. After some practice, have your partner time you. ______________ sec.

For next week, practice tying your shoes in reverse. Your goal is to try it a minimum of 10 times (or trials) each day. Record your number of trials below and bring this to next week’s lab.

   Friday ________ trials
   Saturday ________ trials
   Sunday ________ trials
   Monday ________ trials
   Tuesday ________ trials
   Wednesday ________ trials

(jh 1/05)