

Sample Questions

In their respective theories, Adams and Schmidt both believed it was important to have 2 memory states. Why is this? **(2 marks)**. What were the names of these components in Closed Loop Theory and Schema Theory? Be sure to identify the function of each state in your answer **(4 marks)**.

Research has shown that the characteristics of the motor task and/or performer can determine the learning benefits of a random practice schedule. Provide specific examples from readings and/or lecture **(6 marks)**.

“Repetitions are important...repetitiveness is not.” Explain using specific examples from readings and/or lecture **(4 marks)**.

An older adult is required to learn a 90 degree bimanual coordination pattern. Identify and discuss one specific practice context that you would suggest, **not covered in the bimanual coordination lecture**, to facilitate learning for the older adult. Be sure to justify your practice context **(4 marks)**.