

Psychomotor Learning Sequencing of Learning levels:

1. Imitation
2. Manipulation
3. Precision
4. Articulation
5. Naturalization

Imitation:

1. Student repeats what is done by the instructor
2. "See one, do one"
3. Avoid modeling wrong behavior because the student will do as you do
4. Some skills are learned entirely by observation, with no need for formal instruction

Manipulation:

1. Using guidelines as a basis or foundation for the skill
2. May make mistakes
3. Perfect practice makes perfect
4. The student begins to develop his or her own style and techniques

Precision:

1. The student has practiced sufficiently to perform skill without mistakes
2. Student generally can only perform the skill in a limited setting ie, during warmups.

Articulation:

1. The student is able to integrate cognitive and affective components with skill performance
 - a) Understands why the skill is done a certain way
 - b) Knows when the skill is indicated
2. Performs skill proficiently with style
3. Can perform skill in context for the performance
 - a) Example: student is able to splint broken arm regardless of patient position
4. Responds effectively to unexpected experiences.

Naturalization:

1. Mastery level skill performance without thinking.
2. Also called "muscle memory"
3. Ability to multitask effectively
4. Can perform skill perfectly during scenario, simulation, or actual running situation

Integrating Running Form activities into practice sessions (Dynamic Warmup)
Reason for not using them as workout...

- Time
- Number must be accomplished on a regular basis (can't do the number unless they are done every day)

Practice Organization				
Monday	Tuesday	Wednesday	Thursday	Friday
Dynamic Warmups	Dynamic Warmups	Dynamic Warmups	Dynamic Warmups	Dynamic Warmups
Conditioning Activities	Technique Activities	Conditioning Activities	Technique Activities	Conditioning Activities