

Relationships among Motor Learning Concepts

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Learner	Skill	Environment	Practice	Feedback
Cognitive	Closed	Performer-Scale equipment and conditions to achieve mature performance.	Constant	Knowledge of Performance Intermittent Prescriptive
Associative	Closed	Performer-Scale equipment and conditions to elicit variety in skill situations, combinations and routines.	Constant	Knowledge of Performance Faded Prescriptive or Descriptive (based on needs of learner).
Autonomous	Closed	Performer-Scale equipment and conditions to elicit variety and increased complexity of situations/ routines.	Constant	Knowledge of Performance Faded Descriptive
Cognitive	Open	Performer-Scale equipment and conditions to achieve mature performance	Variable Block-Serial	Knowledge of Performance & Results Intermittent Prescriptive
Associative	Open	Performer-Scale and vary equipment and conditions to elicit responses to a range of <i>less predictable to unpredictable</i> changes in environment.	Variable Block, Serial, Random	Knowledge of Results Faded Prescriptive or Descriptive (based on needs of learner).
Autonomous	Open	Performer-Scale and vary equipment and conditions to elicit response to <i>unpredictable</i> changes in environment.	Variable Random	Knowledge of Results Faded Descriptive