

Skatepark Learning

Dr Craig Harrison



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Skill versus
Fitness?

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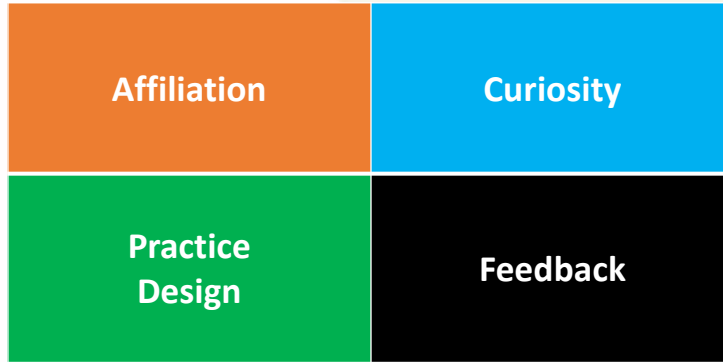


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Affiliation



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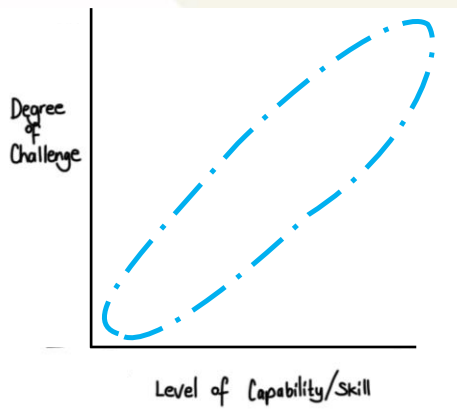


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Curiosity



Csikszentmihaly 2020



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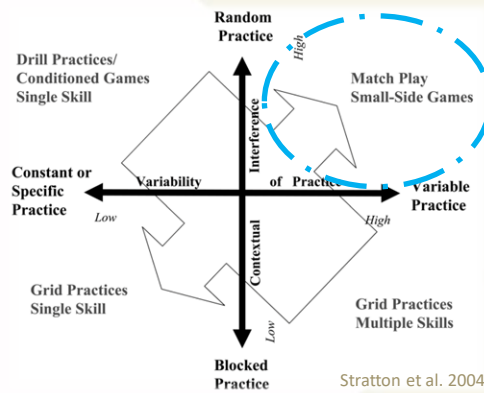
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Practice Design



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Practice Design



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Practice Design

Traditional S & C Practice	Skatepark Learning
<ul style="list-style-type: none"> • Optimal movement pattern • Highly structured environment • Skills broken down into key parts • Prescriptive and repetitive actions • Internal or external focus of attention • Movement variability viewed as noise 	<ul style="list-style-type: none"> • No 'right' way to move • Use of constraints • External focus on attention • Use of analogies and open-ended questions to encourage problem solving • Perturbation infused in learning process

Metzler et al., 2017;
Kirk et al., 2006

Chow et al., 2007, 2011; Rudd
et al., 2020



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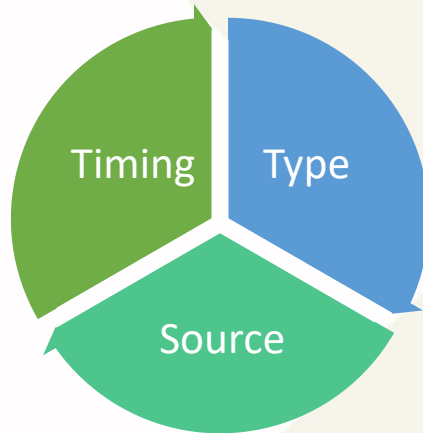


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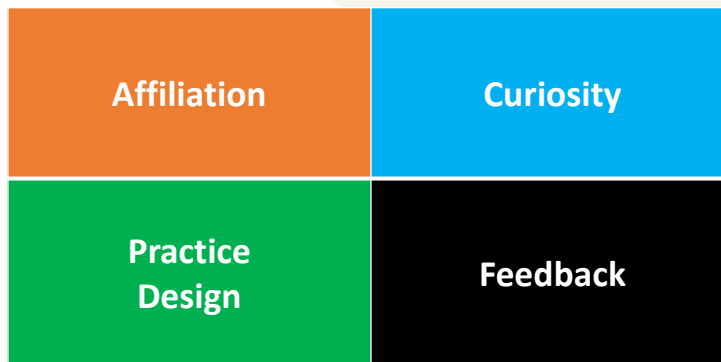
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Feedback



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