Chapter 1 questions:

Question 1.

Name three actions, and for each of the actions give one way in which the movements used to accomplish the actions might vary either across situations or persons. *Be careful to stress how the movement actually changes in your examples.*

Question 2.

Reproduce the three diagrams represented below, giving yourself plenty of room to write on them. Place each of the 4 skills (B to E) on each of the three diagrams. For each continuum, I want you to compare the placement of skills B and C, and skills D and E (hence compare the tennis serve with the return, and expert with novice juggling) by giving reasons why one skill of the pair might be more gross, more discrete or more open. Making this comparison will help you understand how the continua function.

For an example of the placements, I have gone ahead and given my placement of flying a kite, together with some reasons.

*For each skill pairing, the most important part of the answer is to identify which continuum most effectively distinguishes between the two skills, and why.*

A. Flying a kite
B. Tennis serve
C. Return of tennis serve
D. Juggling for a beginner
E. Juggling for an expert

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**Gross**

![Diagram of Gross Continuum](image1)

Reason: More to the fine end of the scale because I believe the skill requires movements primarily of small musculature controlling the wrist, and with quite precise control to prevent crashing to earth.

**Discrete**

![Diagram of Discrete Continuum](image2)

Reason: More to the continuous end, because I am imagining this being a successful reproduction of the skill, in which successful execution requires continuous interplay between visual and kinesthetic sense of the kite's movements, and resulting adjustments of wrist movements.

**Open**

![Diagram of Open Continuum](image3)

Reason: More to the open end of the continuum, because successful performance of the skill relies critically on paying attention to environmental information about the kite’s movements, and adjusting control accordingly.