



Learning Styles & Skill Acquisition

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- *Amy:* "I taught my dog to whistle"
- *Dave:* "Let's hear it then"
- *Amy:* "He can't whistle"
- *Dave:* "I thought you said you taught him to whistle"
- *Amy:* "I did, he just didn't learn it"

*"The Coach provides the learning environment
but the sailor does the learning"*



What is a good environment?





VARK

Visual

Aural



Read/Write

Kinesthetic

Skills Model

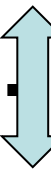
Automatic Stage

Diversion Stage
(External)

Shaping stage

Component Stage

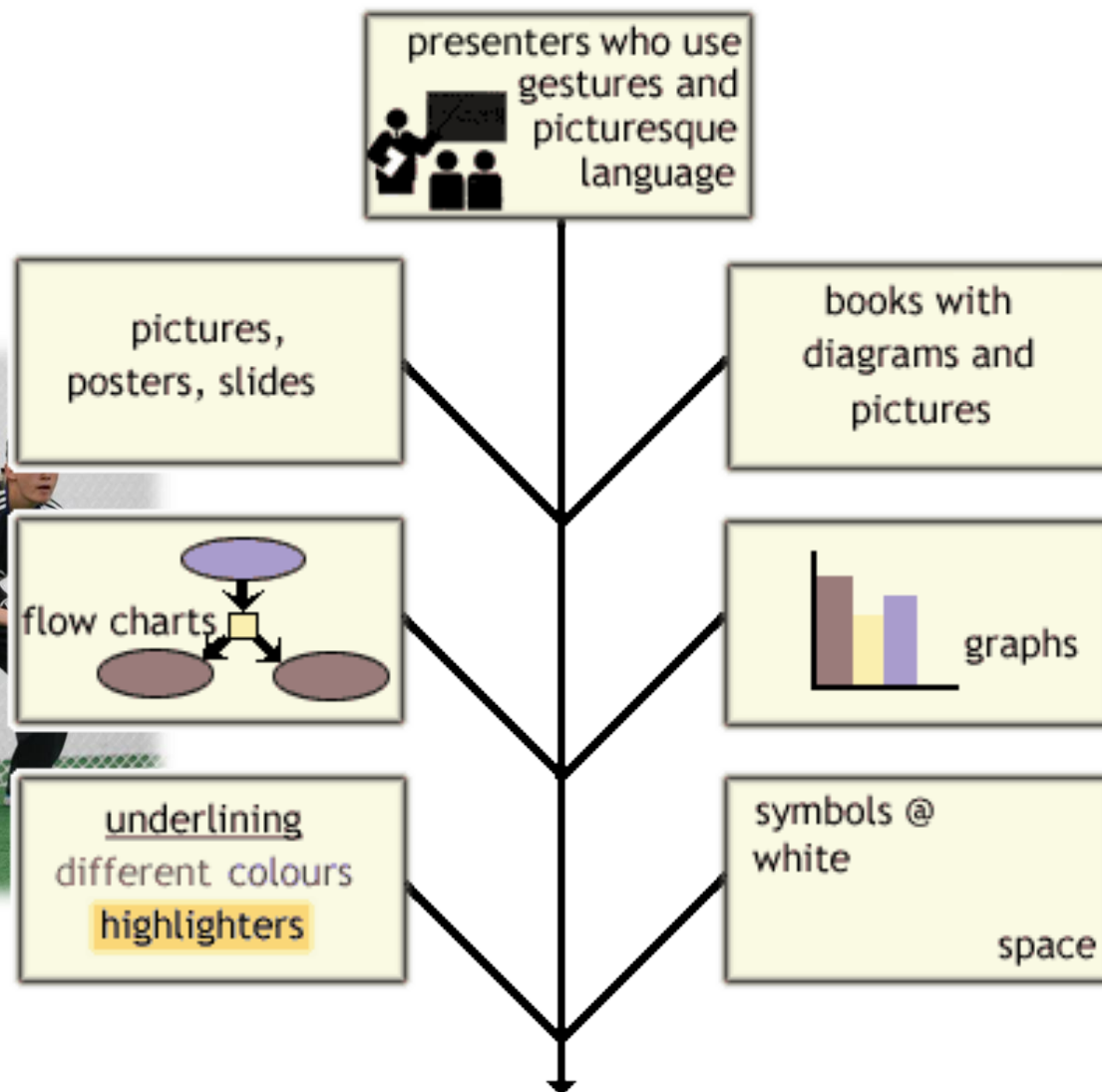
Skill



Technique



Visual





Aural

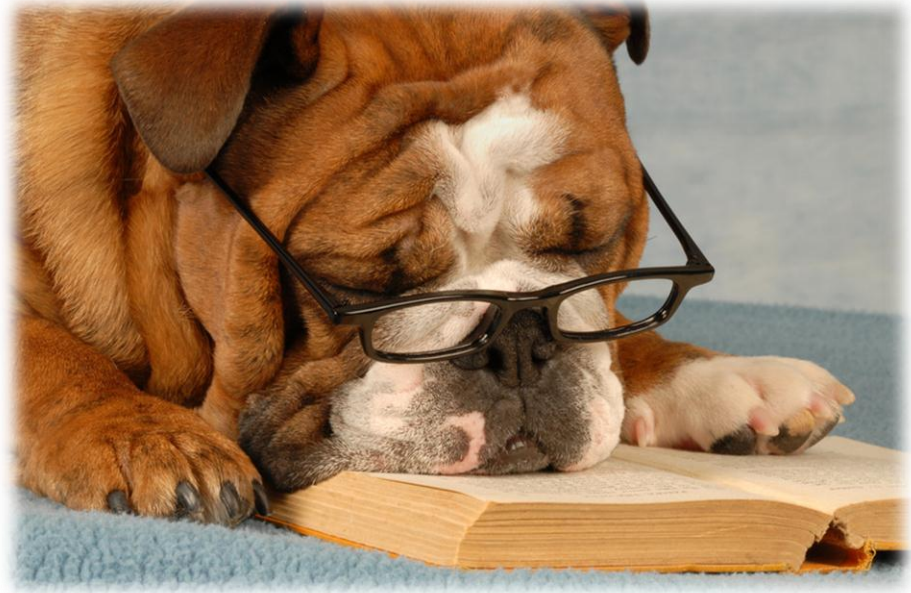


- attend classes, discussions and tutorials
- discuss topics with others
- explain new ideas to other people
- use a tape recorder
- remember the interesting examples, stories, jokes...
- describe the overheads, pictures and other visuals to somebody who was not there
- leave spaces in your notes for later recall and 'filling'



Read/Write

- lists & headings
- dictionaries & glossaries
- definitions
- Hand outs & textbooks
- readings - library
- notes (often verbatim)
- teachers who use words well and have lots of information in sentences and notes
- essays
- manuals (computing, technical and laboratory)





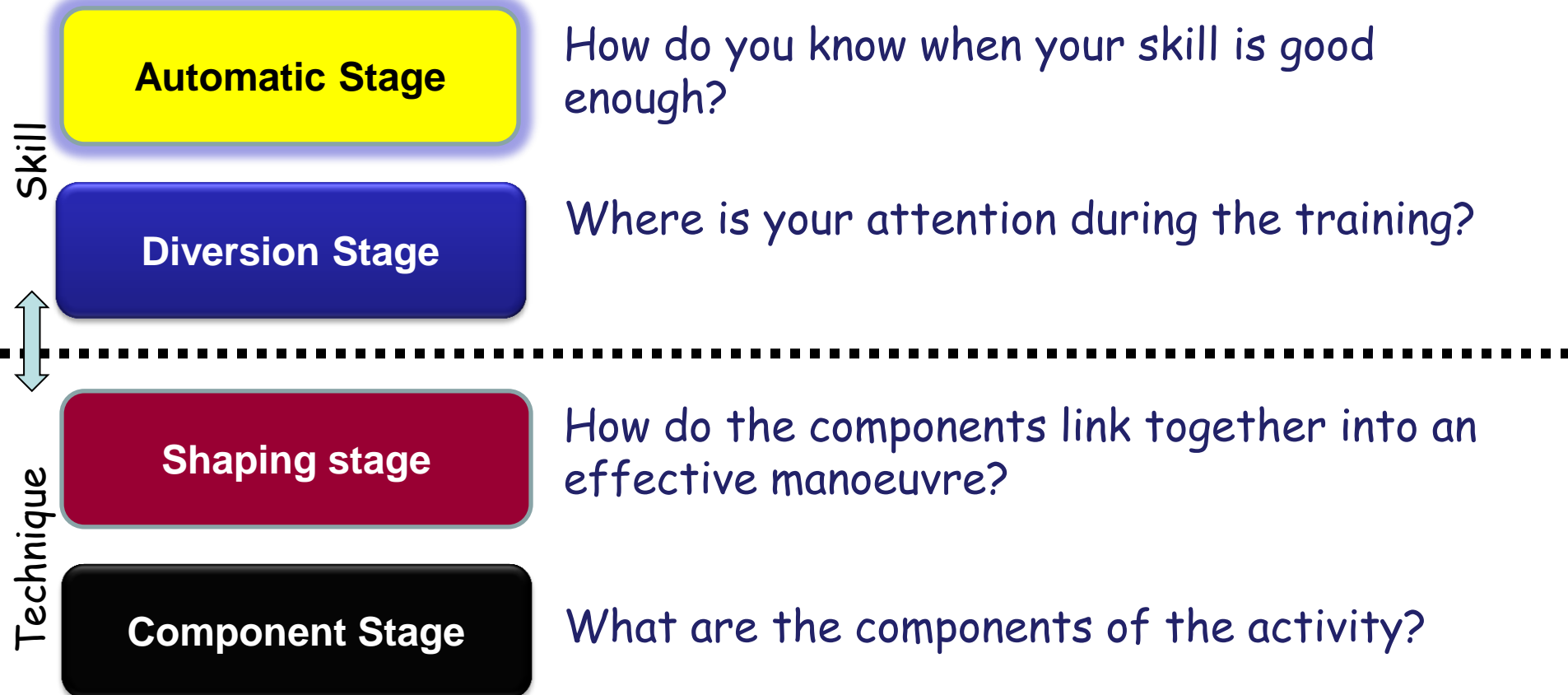
Kinesthetic

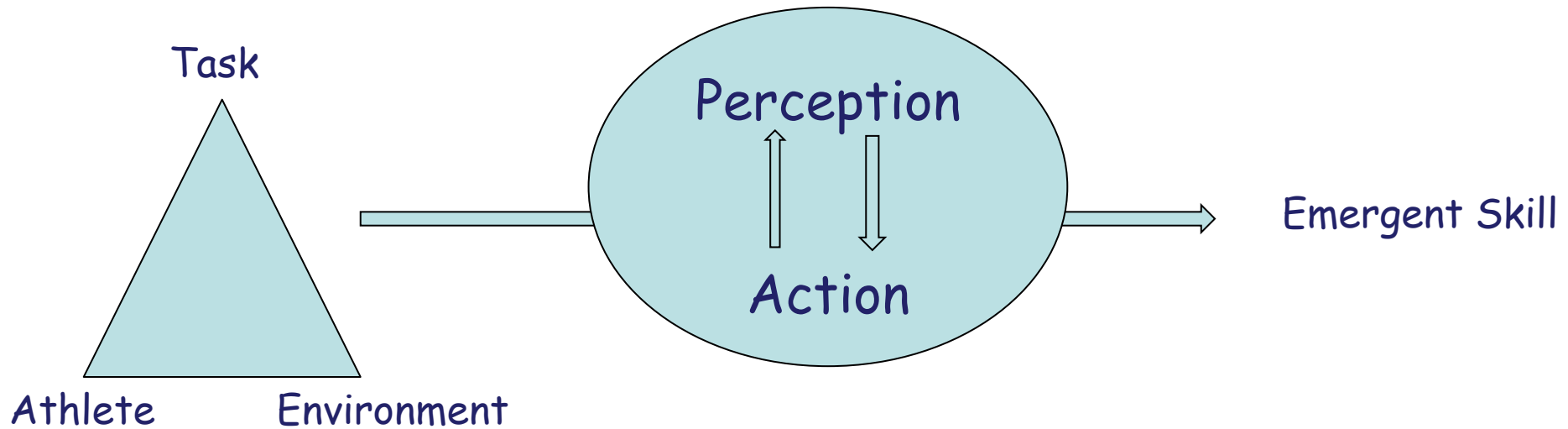


- all your senses - sight, touch, taste, smell, hearing ...
- laboratories
- field trips
- examples of principles
- instructors who give real-life examples
- applications
- hands-on approaches
- trial and error
- exhibits, samples, photographs...
- recipes - solutions to problems, previous exam papers



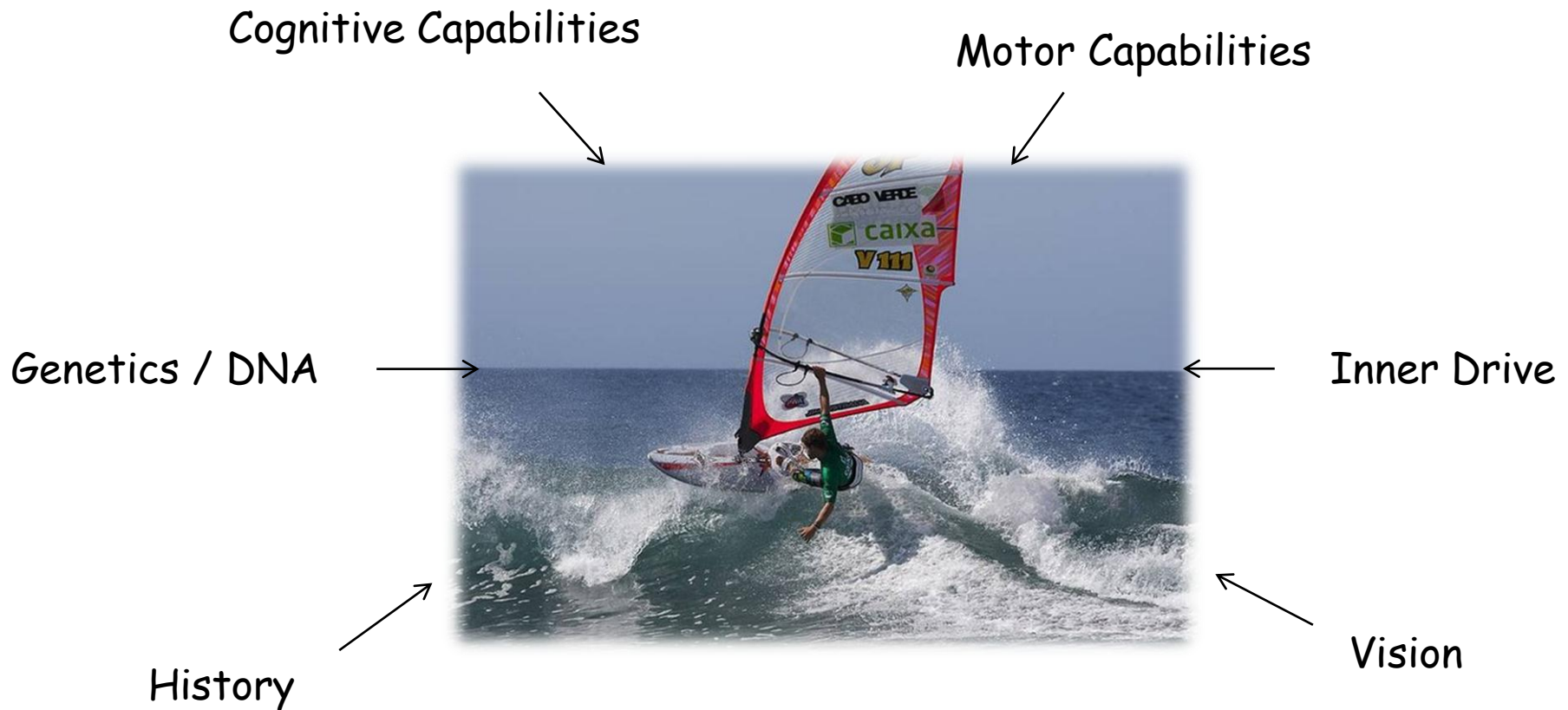
RYA Skills Model: A framework for learning & coaching







Athlete Considerations for Skill Development



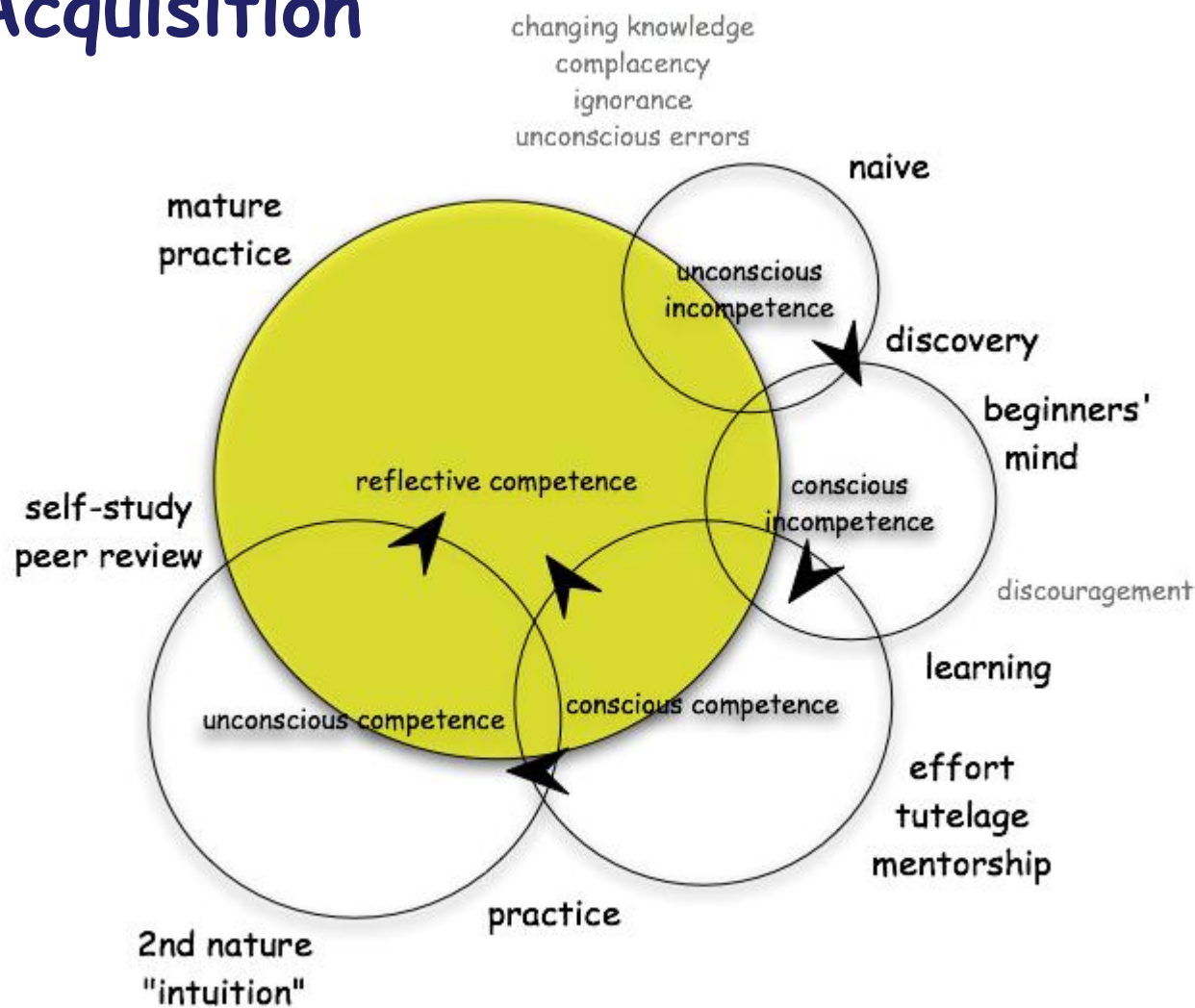


Pit Stop Challenge





Skill Acquisition





Summary

