Chapter 7 - Skill Presentation

On top of page 7-8 - I would have found it useful to have seen another example of asking a student to adopt an internal focus during a particular skill.

I did not like the breakdown of self-talk on pages 7-10 - 7-11. It was not very effective in promoting an understanding of self-talk and how to encourage it.

On page 7-13 - it would have been useful to provide an example of what is meant by observing the relative features of a movement pattern. There are numerous examples of people being shown a time series of a points of light in a dark background that represent walking, runnng, etc. and it has been found that people are very accurate in identifying the movement pattern. Finding or developing such a figure would be useful in promoting understanding of the concept. Otherwise, my feeling is that the words alone will only serve to confuse most of the students I've had the pleasure to teach.

I liked the breakdown of Skill Characteristics when making a decision regarding what should be demonstrated.

I really like the section on Formation and Viewing Considerations. The information contained in this section is just common sense but it is amazing how often common sense isn't used. Including that section should function to remind the learning that sometime the most obvious of considerations can be overlooked.

On page 7-21 - I liked the tip on promoting product options. Another simple but important piece of information.