

'Learning' Element of the PETTLEP Model

Novice vs. Expert Video Clip Differences

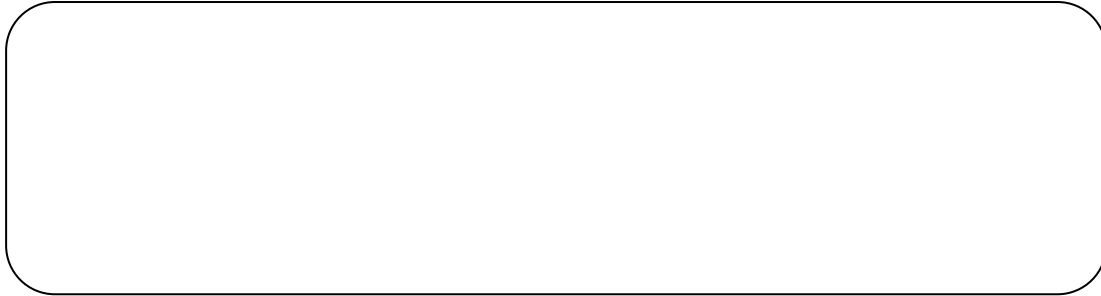
The learning element of the PETTLEP model states that the imagery content should change with learning and practice. As a result a novice athlete's image of a skill should differ from an expert's image of the same skill to reflect each athlete's current stage of learning. When observing the video clips of a hockey hit performed by a novice and expert, what differences can you identify when comparing the two?

Novice technique

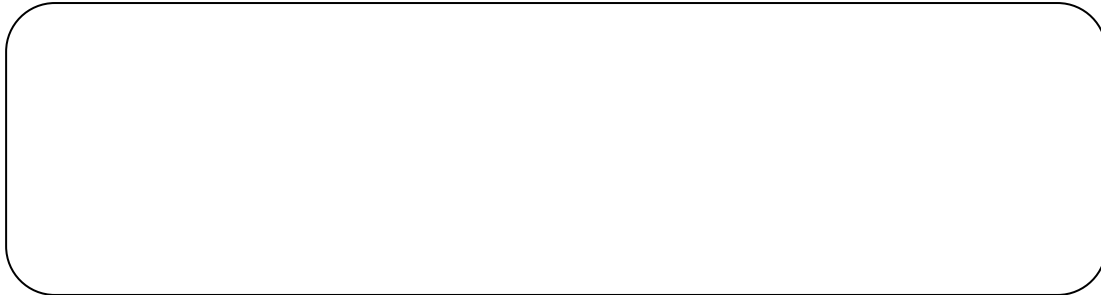
Expert technique

Stage of learning imagery alterations

When a novice hockey player is learning to perform a hockey hit, what sort of characteristics could they incorporate into their image?



Once the individual begins to improve, how should the imagery be altered?



When the individual becomes an expert and can correctly perform the hockey hit, what sort of additional characteristics could they incorporate into their image?

