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**Chapter 12 Cerebral Challenges 12.3 & 12.7**

**12.3. Rewrite the following statement using the sandwich technique: “No, no, no. You are doing it all wrong. When you hit the ball, you have to be facing your target. How many times do I have to tell you?”**

Hey, great try. You were closer to the target that time. On this next attempt, face the target when you hit the ball; you almost got it, keep up the good work.

**12.7. Make yourself a checklist for giving augmented feedback based on the information provided in this chapter.**

Knowledge of Results (KR):

- indicated the degree to which the performer achieved the desired goal outcome

- redundant with intrinsic (inherent) feedback

- provided as a score

- used in laboratory research

Knowledge of Performance (KP):

- provides information about the quality of the action performed or movement outcome

- distinct from intrinsic (inherent) feedback

- provided kinematic information

- provided in everyday activities