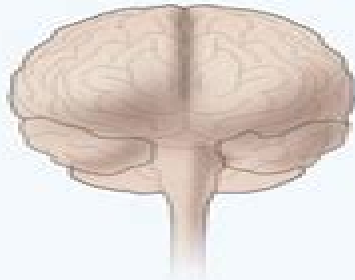


Fitts and Posner's Model of Motor Learning



Cognitive Stage

Learners expend cognitive energy to understand how they are supposed to move



Associative Stage

Learners have mastered the basic forms of movement and begin to refine their skills with practice



Autonomous Stage

Learners perform movements automatically without significant cognitive energy, and can focus on strategy

Motor Development Study Guide

Albert A Gayle



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