

Task Analysis Worksheet

Section 1: Before executing the skill

1. What are the characteristics of the selected motor skill?
2. How is skill measured in your selected activity?
3. What is the targeted outcome of the selected activity?
4. What variables might influence motor performance in the featured skill?
5. What is the classification of the selected motor skill?
 - gross motor
 - fine motor
 - discrete skill
 - continuous skill
 - serial skill
 - open skill
 - closed skill
6. What elements of skilled motor performance are featured in the selected activity?
 - spatial organization
 - temporal organization
 - level of accuracy/targeted performance
7. How should learning be assessed by your selected client?

Section 2: Teach a Skill

1. What is the desired action? Are there any environmental considerations?
2. What are the characteristics of the subject/client/patient that is learning the skill?
3. Does the client have the prerequisite motor skills to effectively participate in the activity?
4. What is the expected outcome of the teaching activity?
5. What strategies do you have for overcoming any deficits/barriers to achieving the expected outcome?
6. What teaching strategy will you use to achieve motor learning and task outcome?
7. What is the observation strategy?
8. When and how should feedback be provided?

Section 3: Review of Performance

1. Record what happened
2. How do performance expectations compare with actual outcomes?
3. What feedback could be used to enhance performance?
4. What feedback did the learner provide regarding instructional style and effectiveness?
5. How would you modify your teaching strategies to improve the outcome? To improve learning?