

The 5 stages of learning versus different personalities.

The first stage is UNCONSCIOUS INCOMPETENCE and it simply means that you do not know what you shall do and you cannot do it.

The second stage is CONSCIOUS INCOMPETENCE, meaning that you know what you shall do but you cannot do it.

The third stage is CONSCIOUS COMPETENCE, meaning you know what you shall do and you can do it with concentration.

The fourth stage is UNCONSCIOUS COMPETENCE, meaning that you without knowing it can do it. At this stage you have reached the stage of a good automation and motor skill.

This is the level where most of the really good golfers reach. So these are the four main learning stages, but there is also a 5<sup>th</sup> stage. CONSCIOUS UNCONSCIOUS COMPETENCE. This is a level that hardly anybody can expect to reach. This stage means that you for sure know that you without knowing it can do it. Yes, this is the language of sport psychology and it seems very complicated but once you start to learn and understand it, it make sense.

To understand and learning is one thing .....

To be able to do is another.....

It is up to the Instructor and the student to discuss the different learning stages, once this is done and when the player understands that there is a great deal of work ahead of her/him you must go on and find out how you shall communicate, i.e. what learning system to be used.

Representation is what senses we use for learning. We all use different.

All people use their representation system fully out but there are a great deal of difference between us all, genetic, environment, temperament, etc. Other things also affect your learning and behaviour, stress, aging etc.

The representation system works parallel with your different senses. We are not aware of that we for example think in pictures or hear things inside us.

So, some of us learn from pictures, some are kinaesthetic or like to hear and can learn well from just listening. The normal is that we use little from each. What senses do you prefer to be used in learning, what are your strong sides? This is important to know for you and very important for the instructor as he must be able to communicate with you (use the right learning channels) in the best possible way.

A very simple test will help us with this.

At the end of the day you might understand what you shall do but are unable.

At he second stage of learning CONSCIOUS INCOMPETENCE, (you know what you shall do but you cannot do it). Sometimes this happens for physical reasons.

Your movability is not good enough.

Stretching and fitness are very important parts in learning golf. The instructor needs to have an extended knowledge in this field as well as anatomy.