Modeling Demonstration

The concept of modeling requires a trained observer to record the steps to correctly perform the desired behavior. Modeling involves performing the desired behavior with the goal of encouraging an imitation of that behavior by the skater.

Modeling Procedure

The model lists the various subsets necessary to accomplish the target behavior. The instructor verbally summarizes the instructions to prepare the observer to watch for key aspects when the model is performed.

As a skating coach, give an example of how you verbally would summarize a task to be modeled.

The Performance of Model parts requires someone who can correctly demonstrate each step of the model for a student to accurately perceive the important features of the model.

The goal is to convey images and verbal representations (cognitions) of the model during the observation of the demonstration. The student then codes, organizes, or mentally rehearses* the visual images and verbal information into short-term memory.

*Rehearsal of Behavior means to repeat the behavior until, as an instructor, you are confident that the student has correctly learned the targeted behavior.

Review module on Positive Reinforcement and give feedback and reinforcement, including an example of a verbal positive reinforcement.

Graduated or Sub-Set modeling procedures should be used when demonstrating complicated skills or behaviors. Learners are more likely to understand skills that are presented and mastered as smaller individual components. Finally assemble the entire sequences of behavior.

Modeling complex motor behaviors

Modeling complex motor behaviors requires the entire task to be broken down into simple components with the basic steps individually demonstrated. The degree to which you need to simplify depends on the complexity of the skill, skills of the demonstrator, and abilities of the learner.

The following are examples of complex motor behavior:

➢ Driving an automobile
➢ Flying an airplane
➢ Playing a musical instrument
➢ Hitting a baseball
➢ Free skating Jumping and Spinning
➢ Ballroom and ice dancing
➢ Synchronized Team Skating

Role-playing is a form of modeling that you can use as a training tool with the target behavior presented in a simulated situation.

Homework

Write a case study of a modeling example you might use

➢ Describe what you are going to demonstrate
➢ Use key phrases
➢ If necessary rephrase by breaking down the task into sub-sets or sub-components

For extra credit – provide a video and vocal instructions of the demonstration you would use for your case model