

Diver's Learning Mode Inventory

Name _____ Age _____

The following sentences are based on how you best learn diving skills from your coach. Please complete each of the sentences by writing in one of the four letters. Be honest.

A: Most like you B: Second most like you. C: Third most like you. D: Least like you

Example: I learn best when my coach...

- C helps me feel how to do it
- A shows me how to do it
- B tells me how to do it
- D gives me time to work on it on my own

This would mean that you learn best when your coach shows you how to do it; next best when told how to do it; and least when you work on it on your own.

I learn best from a coach who...

- _____ puts his hands on me and takes me thru the proper way
- _____ shows me the proper way
- _____ explains the proper way to me
- _____ lets me try out the proper way for awhile

I learn best when my coach...

- _____ helps me feel how to do it
- _____ shows me how to do it
- _____ tells me how to do it
- _____ gives me time to work on it on my own

When I am learning, I like my coach to...

- _____ use hands-on so I can feel the correction
- _____ help me form a good picture or mental image of the correction
- _____ explain the mechanics of the correction
- _____ let me practice the correction over and over

When I learn a hurdle or dive improvement, I like to...

- _____ feel the improvement first
- _____ visualize they improvement first
- _____ think about the improvement first
- _____ try the improvement first

When I learn I...

- _____ am open to my feelings
- _____ look at all sides of issues
- _____ like to analyze things
- _____ like to try things out

I learn a new dive by..

- _____ trusting my feelings
- _____ visualizing it or watching others do it
- _____ thinking about it
- _____ doing lead-ups for it over and over

When I am learning changes in my approach or hurdle...

- _____ I like to feel them
- _____ I like to watch them
- _____ I like to think about them
- _____ I like to do them

When I am learning I...

- _____ am an intuitive (feeling) person
- _____ am an observing person
- _____ am a logical (thinking) person
- _____ am an active person

I have learned diving best by..

- _____ feeling
- _____ watching
- _____ thinking
- _____ doing

When I learn...

- _____ I rely on how it feels
- _____ I rely on how it looks to me
- _____ I rely on how I understand it
- _____ I reply on repeating it

I have been diving for approximately _____ years/months and have had _____ coach(es).
 I have been with my current coach for _____ years/months.

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	Raw Score	Predominance
Kinesthetic	_____	_____
Visual	_____	_____
Cognitive	_____	_____
Active Experimentation	_____	_____