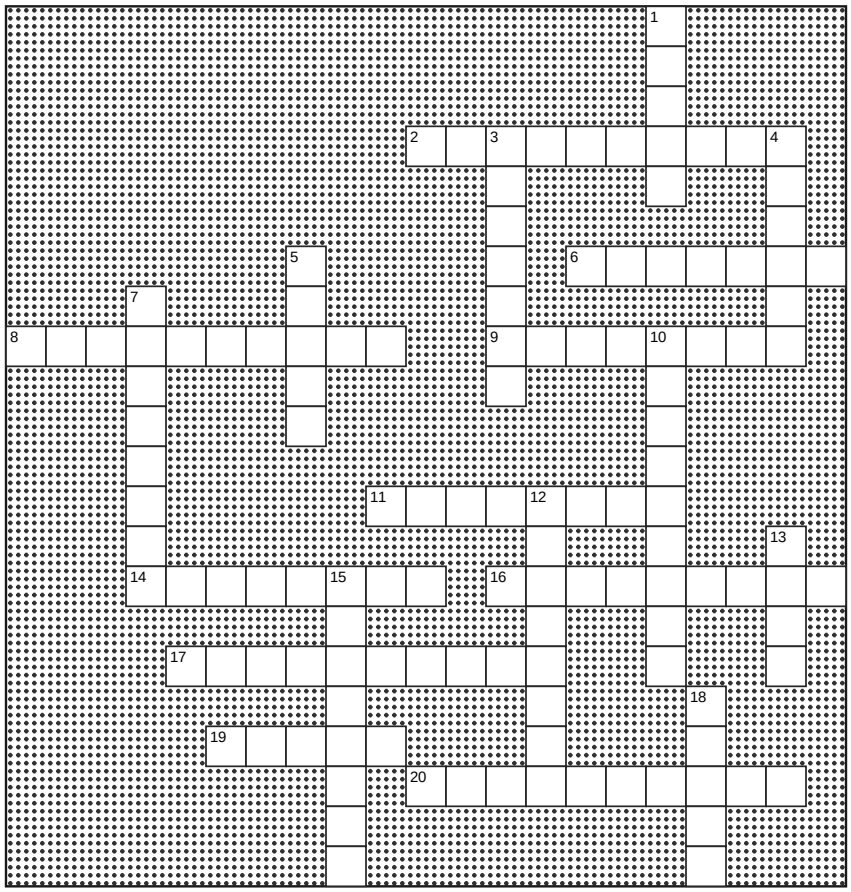
Automatic Control and Conscious Effort



Across

2. Brain
structure involved in fine-tuning movement and motor learning

6. Smooth,
connected performance of a familiar action

8. Describes
an action that can be performed again in similar conditions

9. Ordered
series of actions making up a learned skill

11. Move
from one surface to another, such as bed to chair

14. Type of
memory for events a person has experienced

16. Describes
an intentional effort to move on command

17. Type of
memory that supports learned skills such as typing

19. Joint
between the forearm and the hand

20. Make
several muscles or joints work together on an action

Down

1. Ability
developed through learning and repeated use

3. Let go
of something after holding it

4. Body
tissue that contracts to move a joint

5. Familiar
routine that may need little step-by-step thought

7. Practise
an action in preparation for using it

10. Ability
to keep an activity going over time

12. Joint
connecting the upper arm to the body

13. How
firmly a hand holds an object

15. Everyday
activity of putting on clothes

18. Extend
an arm toward an object

Word bank

CEREBELLUM | COORDINATE | DRESSING | ENDURANCE | EPISODIC | FLUENCY | GRIP | HABIT | MUSCLE | PROCEDURAL | REACH | REHEARSE | RELEASE | REPEATABLE | SEQUENCE | SHOULDER | SKILL | TRANSFER | VOLUNTARY | WRIST