



A: Division: **Science & Technology**

Date: **November 16, 2000**

B: Department/
Program Area: **Sport Science**

New Course

Revision

If Revision, Section(s) Revised: **C**

Date Last Revised:

November 26, 1979

C: SPSC 164

D: Dynamics of Motor Skill Acquisition

E: 3

Subject & Course No.	Descriptive Title	Semester Credits
<p>F: Calendar Description: This course will provide students with a knowledge of motor skill acquisition, the variables which influence the learning and performance of motor skills, and the relationship between skill acquisition and growth and development. (It is one of three that are required in the first year, and designed to provide the basis with which to understand the field of Physical Education.)</p>		
<p>G: Allocation of Contact Hours to Types of Instruction/Learning Settings</p> <p>Primary Methods of Instructional Delivery and/or Learning Settings:</p> <p>Lecture</p> <p>Number of Contact Hours: (per week / semester for each descriptor)</p> <p>4</p> <p>Number of Weeks per Semester:</p> <p>14</p>	<p>H: Course Prerequisites:</p> <p>None</p>	
	<p>I: Course Corequisites:</p> <p>None</p>	
	<p>J: Course for which this Course is a Prerequisite:</p> <p>None</p>	
	<p>K: Maximum Class Size:</p> <p>35</p>	
<p>L: PLEASE INDICATE:</p> <p><input type="checkbox"/> Non-Credit</p> <p><input type="checkbox"/> College Credit Non-Transfer</p> <p><input checked="" type="checkbox"/> College Credit Transfer: Requested <input type="checkbox"/> Granted <input type="checkbox"/></p> <p>SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)</p>		
<p>Equivalent Courses:</p> <p>U.B.C. PE 164</p>		

M: Course Objectives/Learning Outcomes

After having completed the course as outlined below, students will have acquired a basic knowledge of:

1. Growth and motor development factors related to motor skill, learning and performance, specifically with respect to:
 1. physical characteristics
 2. motor abilities
 3. physical growth/developmental characteristics
 4. developmental factors related to motor skill learning and performance

2. The basis of motor skill acquisition, specifically with respect to:
 - 2.1 learning and performance
 - 2.2 the nature of skill
 - 2.3 stages of learning
 - 2.4 factors influencing skill acquisition

3. Psycho-social factors related to motor skill learning and performance, specifically with respect to factors of:
 - 3.1 socialization
 - 3.2 personality
 - 3.3 motivation
 - 3.4 affiliation and audience

N: Course Content

1. Growth and Motor Development Factors Related to Motor Skill, Learning and Performance
 - 1.1 Physical Characteristics
 - 1.1.1 Body build: somatype
 - 1.1.2 Height and weight
 - 1.1.3 Strength and power
 - 1.1.4 Static and dynamic muscular endurance
 - 1.1.5 Flexibility

 - 1.2 Motor Abilities
 - 1.2.1 Co-ordination: eye-hand, eye-foot
 - 1.2.2 Agility
 - 1.2.3 Kinesthesia
 - 1.2.4 Balance: static and dynamic

 - 1.3 Physical Growth: Developmental Characteristics
 - 1.3.1 Pre-natal
 - 1.3.2 Early childhood: ages 2-6
 - 1.3.3 Later childhood: ages 6-10 (12)
 - 1.3.4 Adolescence

N: Course Content (continued)

- 1.4 Developmental Factors Related to Motor Skill Learning and Performance
 - 1.4.1 Heredity vs. environment
 - 1.4.2 Critical learning periods
 - 1.4.3 Sex differences
 - 1.4.4 Chronological vs. maturational age
 - 1.4.5 Concepts of sequential skill development
 - 1.4.5.1 Phylogenetic skills
 - 1.4.5.2 Ontogenetic skills
 - 1.4.6 Effects of early sport training

2. The Basis of Motor Skill Acquisition

- 2.1 Learning and Performance
 - 2.1.1 Motor performance and skill learning
 - 2.1.2 Types of learning
 - 2.1.3 Measurement of learning
 - 2.1.4 Individual differences in learning
 - 2.1.5 Theories and concepts of learning
- 2.2 The Nature of Skill
 - 2.2.1 Mechanism of skilled act
 - 2.2.2 Characteristics of a skilled act
 - 2.2.3 Skill and habit
- 2.3 Stages of Learning
 - 2.3.1 Cognitive stage (plan formation)
 - 2.3.2 Associative stage (practice)
 - 2.3.3 Autonomous stage (automatic)
- 2.4 Factors influencing Skill Acquisition
 - 2.4.1 Knowledge of results and feedback
 - 2.4.2 Conditions of practice

3. Psycho-social Factors Related to Motor Skill Learning and Performance

- 3.1 Socialization Factors
 - 3.1.1 The process of socialization
 - 3.1.2 Factors influencing socialization
 - 3.1.2.1 Birth order
 - 3.1.2.2 Family
 - 3.1.2.3 Peers
 - 3.1.2.4 Others

N: Course Content (continued)

- 3.2 Personality Factors
 - 3.2.1 Theoretical positions
 - 3.2.2 Study of specific personality traits
 - 3.2.3 Assessment techniques
 - 3.2.4 Self-concept
 - 3.2.5 The athletic personality
 - 3.2.5.1 Team sports
 - 3.2.5.2 Individual sports

- 3.3 Motivational Factors
 - 3.3.1 Theoretical positions
 - 3.3.2 Arousal, level of aspiration and goal-setting
 - 3.3.3 Reinforcement and punishment as motivators

- 3.4 Competition Factors
 - 3.4.1 Stress and anxiety
 - 3.4.1.1 Theoretical positions
 - 3.4.1.2 State and trait anxiety
 - 3.4.2 Aggression
 - 3.4.2.1 Theoretical positions
 - 3.4.2.2 Aggression and frustration
 - 3.4.2.3 Aggression and violence

- 3.5 Affiliation and Audience Factors
 - 3.5.1 Social facilitation (e.g. effect of spectators)
 - 3.5.2 Small group dynamics (e.g. cohesiveness)

O: Methods of Instruction

Lectures
Discussion Groups
Practical Applications
Field Observation
Technology Assisted Learning

P: Textbooks and Materials to be Purchased by Students

Motor Learning: Concepts and Applications, current edition
Sport Psychology: Concepts and Applications, current edition

Q: Means of Assessment

Mid-term Examination	20%
Final Examination	20%
Motor Skills Experiment	20%
Observation Project	20%
Attendance, Participation and Quizzes	<u>20%</u>
	100%

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

Not at this time

Course Designer(s)

Education Council/Curriculum Committee Representative

Dean/Director

Registrar