

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
 - 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

| | |
|--|-------------|
| Midterm Examination | 20% |
| Final Examination | 20% |
| Motor Skills Experiment | 20% |
| Observation Project | 20% |
| Attendance, Participation and Quizzes | 20% |
| | 100% |

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

Not at this time.

Course Designer(s)