



EFFECTIVE: SEPTEMBER 2005

If Revision, Section(s)
Revised:

F, M, N, P, Q

M: Course Objectives / Learning Outcomes

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

1. Terminology, language, and research methods used in this area of study
2. Individual characteristics that influence the learning and control of motor skills
3. The information processing model and factors affecting decision making
4. Characteristics of the learning environment & practice conditions which affect skill acquisition and performance

N: Course Content:

1. The basis of motor skill acquisition, specifically with respect to:

- 1.1 learning and performance
- 1.2 the nature of skill
 - 1.2.1 discrete/serial/continuous
 - 1.2.2 motor/cognitive
 - 1.2.3 closed/open
- 1.3 stages of learning
- 1.4 methodology & measurement
 - 1.4.1 validity, objectivity, reliability
 - 1.4.2 correlation and basic statistics
 - 1.4.3 graphical representation

2. Factors influencing skill acquisition, specifically with respect to:

- 2.1 Individual differences
- 2.2 Motor abilities
- 2.3 Developmental factors related to

5. Principles of Motor Control and Movement Accuracy, specifically with respect to:

- 5.1 invariance in motor control
- 5.2 role of speed and amplitude in movement accuracy
- 5.3 Causes of inaccuracy in quick movements

6. Motor Learning

- 6.1. Goal setting
 - 6.1.1. Outcome
 - 6.1.2 Performance
 - 6.1.3 Process
- 6.2 Transfer of learning
- 6.3 The learner
 - 6.3.1 Motivation
 - 6.3.2 Past experiences
 - 6.3.3 Abilities
 - 6.3.4 Stage of Learning
- 6.4 Assessing Progress
 - 6.4.1 Outcome and process indicators
 - 6.4.2 Observable products of learning
 - 6.4.3 Performance Curves
 - 6.4.4 Retention Tests
- 6.5 Role of the movement practitioner

O: Methods of Instruction

Lectures
 Discussion Groups
 Practical Applications
 Field Observation
 Technology Assisted Learning

P: Textbooks and Materials to be Purchased by Students

Schmidt, R. A. & Lee T.D. (2002) Motor Control & Learning : A Behavioural Emphasis Champaign, IL: Human Kinetics.

Q: Means of Assessment

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|-------------------------------|------------|
| Mid-term Examination | 20% |
| Final Examination | 20% |
| Case Study | 20% |
| Research Project | 20% |
| Assignments, labs and quizzes | <u>20%</u> |
| Total | 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