San José State University
College of Health and Human Sciences
Department of Kinesiology
Hybrid Kin 166, Motor Learning, Section 1, Fall 2018

Course and Contact Information

Instructor	Emily H. Wughalter, Ed.D.
Office Location	SPX 166
Telephone	(408) 924-3043
Email	Emily.Wughalter@sjsu.edu
Office Hours	Mondays, 3:00-4:00 pm; Tuesdays, 11:00-12:00 am; hours arranged
Class Days/Time	Lecture Section 1, Tuesdays on-line (asynchronously); Thursdays from 12:00-12:50 pm Laboratory Section 2, Tuesdays 1:00-2:50 pm Laboratory Section 3, Thursdays 1:00-2:50 pm Laboratory Section 4, Fridays 2:00-3:50 pm
Classroom	SPX 160 for lectures ; SPX 172 for laboratories
Prerequisites	Biol 66 or equivalent – Human Physiology

Course Format

Canvas and MYSJSU Messaging

Course materials such as the course syllabus and major assignment handouts can be found on Canvas, the content management system we use at SJSU. From the SJSU home page you can easily find the Canvas entry page. Your SJSU ID # and password will work with this account and all others at SJSU, called your SJSUOne Account. Upon first arriving on your Canvas home page, be sure to adapt the settings so that your Canvas e-mail is forwarded to your regularly used e-mail account. All announcements for our class will be posted on Canvas and should be checked on a regular basis; students may choose an option to be alerted to their regular e-mail that announcements have been made. Moreover, be sure to regularly check your MySJSU messaging system (or other communication system as indicated by your instructors).

Technology Intensive, Hybrid, and Online Courses

Kin 166 is delivered as a hybrid course in a format that is technology intensive. You will find your Tuesday lecture on-line. A link to a YouTube video will be placed into a PowerPoint slide set where you can find the video lecture. The Thursday lecture will be held in class located in SPX 160. Unless otherwise noted labs will be held in class. The Motor Learning class is technology intensive. It requires computer and Internet access inside and outside of the lecture and lab components of the class. Every class (lecture and lab) will be associated with a set of slides that may serve as a base for more in depth note taking. Use your own personal systems for elaborating on the information provided in the slides and various other materials. In the

laboratory portion of the class students learn how to use several new technologies. For example, new synchronous applications allow us to reach others in remote locations making team work easily accomplished. Laptop computers are available to students in the Applied Motor Behavior Laboratory with the software required for completion of the in class portion of the labs; however, arrangements for computer and Internet access are needed outside the class as well.

Course Description

This course covers: concepts, principles, and theories of motor learning with application to movement and physical activity. Kin 166 introduces concepts of learning, remembering, and performing of motor skills.

Course Goals

Upon successful completion of the course the students will be able to:
- Explain the relevance of the body of knowledge (concepts, principles, and theories) in motor learning and its fit with interpreting movement and physical activity (G1)
- Use technologies and learning strategies for deeper learning and application of motor learning (G2)
- Draw interdisciplinary connections with motor learning and other subdisciplines in the field of kinesiology (G3)
- Support applications of motor learning in practice of kinesiology, health, and human sciences (G4)
- Organize information so that it fits with the core understanding of kinesiology (G5)
- Create an atmosphere that is open to and accessible for all students (G6)

Course Learning Outcomes (CLO)

Upon successful completion of this course students will be able to:
- Explain in writing on a narrowly focused and significant topic identified in the scholarly discipline of motor learning (CLO1)
  - Specifically, this outcome will be met through the development of an essay that integrates primary and scholarly source materials used to provide a deeper understanding of the complexity of human performance and information processing. Through critical analyses and interpretation strategies you will learn to recognize theoretical and scientific knowledge in the motor learning literature.
- Explain orally on a focus related to a significant topic narrowly identified in the scholarly discipline of motor learning (CLO2)
  - Specifically, this outcome will be met through the presentation made by your team in the Applied Motor Behavior Laboratory on the last day of lab class; as well, oral contributions are required during activities leading to team building.
- Solve hypothetical problems by making applications of motor learning theoretical and empirical knowledge to practice as teachers, developers, managers, and rehabilitation specialists (CLO3)
  - Specifically, this outcome will be demonstrated by responding to reflective items presented each week in the Motor Learning Laboratory Portfolio. These items will be discussed during each laboratory session.
- Describe concepts, principles and theories of motor learning (CLO4)
  - Specifically, three exams and 10 pop quizzes will measure through multiple choice and short essay items detailed recognition of motor learning concepts, principles, and theories.
- Explain how recognizing bias in science is a form of social justice (CLO5)
  - Specifically, the idea of social justice will be measured by an item on one of the three exams.

- Demonstrate use of technology integrated into motor learning (CLO6)
  - Specifically, this outcome will be met by activities where you will be asked to use scholarly information found by searching in the scholarly databases, or you will be asked to use computers of some type during every session of the laboratory to conduct, analyze, and present results of scientific data.

Kinesiology Undergraduate Program Learning Outcomes (PLO)

(Key principles: critical understanding and application of research and scholarship in the field of kinesiology; communication skills; movement competence; sustainability; diversity and social justice)

Upon completion of a Bachelor of Science degree program in the Department of Kinesiology students will be able to:
- Explain, identify, and/or demonstrate the theoretical and/or scientific principles that can be used to address issues or problems in the sub-disciplines in kinesiology (PLO1)
- Effectively communicate in writing (clear, concise and coherent) on topics in kinesiology (PLO2)
- Effectively communicate through an oral presentation (clear, concise and coherent) on topics in kinesiology (PLO3)
- Utilize their experiences across a variety of health related and skill-based activities to inform their scholarship and practice in the sub disciplines in kinesiology (PLO4)
- Identify and analyze social justice and equity issues related to kinesiology for diverse populations (PLO5)

Required Texts/Readings

Textbook

Schmidt, R.A., & Lee, T.D. (2014). *Motor Learning and Performance: From Principles to Application* (5th ed.). Champaign, IL: Human Kinetics.

Other Readings

Wughalter, E.H. (2018). The Motor Learning Lab Portfolio. Access is available from Canvas page.

Course Requirements and Assignments

Student Activity	Points Possible	Points Earned
Exam 1*	15	
Exam 2*	15	
Final Exam*	20	
Take Home Essay (includes preparation in lab class)**	10	
Laboratory Grade (includes Motor Learning Lab Portfolio and presentation of team project***	30	
Pop Quizzes****	5	
On-line Pop Quizzes****	5	
Total Points	100	

"Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practice. Other course structures will have equivalent workload expectations as described in the syllabus."

Assignments

* **Exams** will include content discussed in class, on-line, and in textbook and other assigned readings (such as discussion threads); also, information emanating from the motor learning laboratories will be included. All exams consist of multiple choice and essay items. Exams 1 and Exam 2 are constructed to test short term information, while the final examination is comprehensive. The first two exams will be administered during the time of the regularly scheduled 50 minute lecture class. The final examination will also administered in class but is scheduled by the university Schedule of Classes for Friday, December 14, 2018, 9:45 am to 12:00 pm (please see final exam schedule at this link here: http://info.sjsu.edu/static/catalog/final-exam-schedule-fall.html and mark your calendars accordingly).

One at home **short essay will be assigned in class to be completed in a combination of the lab and at home. The essay development must be supported by a minimum of three articles from the primary and scholarly literature. Late essays (see Short Essay Assignment sheet) will only be accepted if serious and compelling reasons exist. The short essay must be prepared electronically through some acceptable text editor, or it will not be accepted.   In the essay you will be required to make application of the knowledge gained in your emphasis of study, e.g., adapted physical education, teaching physical education, movement science, or athletic training. For example, a student in adapted physical education might examine how certain tasks can be redesigned or shifted according to Gentile's taxonomy to adapt performance for a person with a disability; an athletic trainer might discuss the progression of reacquainting a client with skills according to Gentile's work; a physical education teacher might define how to schedule of practice for people with special needs and abilities; a strength and conditioning trainer might consider the order of muscular work and how feedback might be provided to maximize a client's skills. The essay will be submitted electronically on the date assigned, November 1 at 11:59 pm, by clicking on the appropriate link on the Assignments Page of Canvas for our class.

***A completed electronic *Motor Learning Lab Portfolio* is required at the end of the semester. You are expected to participate regularly in laboratories on the day assigned by the schedule of classes. Lab reports are assigned each week but shall be accumulated in the Motor Learning Lab Portfolio and submitted at the end of the semester. The Motor Learning Lab Portfolio is due in Canvas by Monday, December 6 at 11:59 pm. Late Motor Learning Lab Portfolios will not be accepted except if serious and compelling reasons exist.   Within each lab section students will be assigned a lab team for working cooperatively throughout the semester as well as creatively in developing an oral presentation on a topic assigned by the professor. Technology is required for the presentation. Teams will be assigned and students will use Google Docs to communicate about the team assignment. A draft of the grading rubric for the Motor Learning Lab Portfolio is available at the end of the electronic template provided.

****Ten **pop quizzes** will be given in total (5 in class and 5 on-line). These pop quizzes will not be announced. Make up pop quizzes will not be allowed. Students must arrive in class on time to take an in class pop quiz when it is given. On-line pop quizzes will be given on either the discussion threads that query responses from students on topics we are discussing in class or on the quizzes tab. Pop quizzes will be announced in class and through presentations accessed through Canvas. Two quizzes may be missed for a maximum of 5 points awarded for these pop quizzes.

No exceptions from taking exams or from submitting required materials on the assigned test dates; times and dates will be changed only for serious and compelling reasons.

Final Examination

All exams must be taken, and all assignments must be accepted for a final grade to be assigned; passing grades will not be assigned if tests or assignments are missing. The exception is optional pop quizzes that cannot be made up. An in class final exam will be given on Friday, December 14, 2018, from 9:45 am to 12:00 pm.

Grading Information

Grade Calculator	
Points Earned	Grade Assigned
99-100	A+
93-98.99	A
90-92.99	A-
88-89.99	B+
84-87.99	B
80-83.99	B-
78-79.99	C+
74-77.99	C
70-73.99	C-
This course must be passed with a C- or better to be used as a Kinesiology major requirement.	
68-69.99	D+
64-67.99	D
60-63.99	D-
↓ 59.99	F

Library Liaison

Adriana Poo is our library liaison. She can be reached at: Adriana.poo@sjsu.edu or by phone (408) 808-2019.

Classroom Protocol

Students are expected to be courteous during class. Any student engaging in disruptive behavior will be asked to leave. This includes regularly arriving more than 10 minutes late to lecture and lab classes. The use of anything that beeps or vibrates during class is disruptive and will not be tolerated. Please silence your phone. If you are caught using a phone for unrelated activities (even silently, e.g., texting), you may be asked to leave the classroom.

University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity and accommodations are be available on Office of Graduate and Undergraduate Programs' Syllabus Information web page at http://www.sjsu.edu/gup/syllabusinfo/" .

Calendar

Assignments and readings are due on the day assigned prior to attending class and according to this calendar. Any changes will be determined by class discussion and they will be reflected on updated versions made available through Canvas. Pop quizzes are not announced on the schedule. Blue shading means the lecture class is on campus, yellow shading means the lecture class is on-line, and green shading means there is no scheduled class due to spring break.

Hybrid Kin 166/ Motor Learning Lecture Schedule, Fall 2018

Date	Topics	Reading Assignments
August 21	Introduction to motor learning	
August 23	Motor learning in the field of kinesiology; principles and applications	Chapter 1 and 2
August 28	Introduction to skill classification systems (Please note exception to on-line/in class schedule)	
August 30	Gentile's taxonomy of motor skills	
September 4	Gentile's taxonomy of motor skills	
September 6	Gentile's taxonomy of motor skills; diversity of movement patterns; measuring motor performance	
September 11	Information processing and dynamic approaches in Gentile's taxonomy	Chapter 3
September 13	Introduction to information processing	
September 18	Information processing: signal detection	
September 20	Review for Exam 1	
September 25	Information processing: perception	Chapter 4
September 27	Exam 1	
October 2	Information processing: perception	
October 4	Outcome of Exam 1 - Information processing: decision	
October 9	What is memory?	
October 11	Information processing: action	Chapter 5
October 16	Cognitive processing and motor control view contrasts	Chapter 6 and 7
October 18	Review for Exam 2	
October 23	Motor control theories and hypotheses	
October 25	Exam 2	
October 30	Dynamic Systems Analyses	Chapter 8
November 1	Outcome of Exam 2	
November 6	Dynamic Systems Analyses	
November 8	Dynamic Systems Analyses Motor Learning Scholarly Essay Due at 11:59 pm	
November 13	Introduction to Schema Theory	Chapter 10
November 15	Schmidt's Schema Theory	
November 20	Levels of Processing in Memory	
November 22	No Class - Thanksgiving	
November 27	Contextual interference	
November 29	Dynamics of contextual interference and variability of practice	
December 4	Wrap up	Chapter 12
December 6	Review for Final Exam; final thoughts	
December 11	*Motor Learning Laboratory Portfolio* due at 11:59 pm	
Friday, December 14	Please note Final Exam special schedule is Friday, December 14, 2018 at 9:45 am	