

**San José State University
College of Applied Sciences and Arts
Department of Kinesiology**

Spring 2013

Undergraduate Motor Learning
Kin 166, Section 1, SPX 077
Lecture, Tuesdays and Thursdays, 12:30-1:20pm
Lab, Tuesday or Thursday, 1:30-3:20pm

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D2L and MYSJSU Messaging

Course materials such as the course syllabus and major assignment handouts can be found on Desire to Learn (D2L) the content management system we use at SJSU. From the SJSU home page you can easily find the D2L entry page. From your D2L home page change the settings in preferences so that your e-mail is forwarded from D2L to your regularly used e-mail account. Also, be sure to regularly check MySJSU messaging system (or other communication system as indicated by the instructor).

Course Description

Concepts, principles, and theories of motor learning applied to movement and physical activity. The purpose of motor learning is to introduce students to information on human learning, remembering, and performing of motor skills

Kinesiology Program Learning Objectives

Students will:

(PLO 1) Obtain a critical understanding and the ability to apply theoretical and scientific knowledge from motor learning for personal fitness, healthy lifestyles, sport, teaching, and/or therapeutic rehabilitation.

Specifically, this objective will be met by writing two at home essays using primary and scholarly source materials to form an understanding of how information is processed and how this processing affects learning, remembering, and performing of motor skills. Critical analysis and recognition are required to understand how learners interact with their environments when performing motor skills. You will be able to apply these critical disciplinary ideas in a multidisciplinary approach of the field of kinesiology. In addition, three exams will include multiple choice items and essay items to test recognition and recall of specific theoretical and scientific knowledge.

(PLO2) Learn to effectively communicate, in written and verbal form, the essential theories, scientific application, and ethical considerations related to motor learning.

Specifically, the at home essays provide a specific kind of scholarly writing assignment. You will also meet this objective by participating on a lab team to develop an oral presentation delivered at the end of the semester in the lab class. Each group presentation must include some technology (e.g., PowerPoint) for its production. You will have an opportunity to award up to 5 points to your team members for their productivity.

(PLO3) Develop ideas from a motor learning perspective on movement competence by understanding different movement forms.

Specifically, when you submit your laboratory notebook at the end of the semester you will have developed an understanding of movement and the relevant theories and perspectives from motor learning. Each week in this laboratory you will explore behavioral processes and collect data to study well known hypotheses in motor learning, e.g., hypotheses regarding contextual interference and short term memory.

(PLO4) Understand sustainable approaches as they relate to the field of motor learning.

Specifically, you will have an essay item on your first exam that explores economy of caloric expenditure through efficiency of human movement. Further, you will learn about how efficiency of movement contributes to quality of life. Your understanding and articulation about movement and physical activity may have an impact the quality of life for individuals and for society.

(PLO5) To understand social justice and equity issues related to movement, fitness, and sport opportunities for various populations by studying motor learning.

Specifically, you will have an essay item on the final exam that requires an understanding of how social justice and equity issues relate to all that we do in good practice of kinesiology. For example when understanding the literature an unbiased perspective must be applied.

Required Materials and Readings



Computer access is required for acquisition of slides and other materials from Desire 2 Learn (D2L) and to conduct scholarly research for short papers and oral presentation



Magill, R.A. (2011). *Motor learning and control: Concepts and applications* (9th ed.). New York: McGraw-Hill.



A print-out Motor Learning Lab Manual available on D2L is required for students while in laboratory

Library Liaison (Optional)

Peggy Cabrera is our liaison. She can be reached at: peggy.cabrera@sjsu.edu.

Classroom Protocol

Students are expected to be courteous during class. Any student engaging in disruptive behavior will be asked to leave. This includes arriving more than 10 minutes late to class. Please turn off all cell phones, pagers, PDA's or other electronic device. The use of anything that beeps or vibrates during class is disruptive and will not be tolerated. If you are caught using a telephone (even silently, e.g. texting), you will be asked to leave the classroom.

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](#) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](#) web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The [Late Drop Policy](#) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](#) at <http://www.sjsu.edu/advising/>.

Course Activities and Evaluation

Student Activity	Points for Assignment	Points Earned
Exam 1*	20	
Exam 2*	20	
Final Exam*	25	
Take Home Essays (2 essays will be assigned)**	10	
Laboratory Grade***	20	
Pop Quizzes****	5	
Total Points	100 points	

All exams must be taken and all assignments must be accepted for a final grade to be assigned. Passing grades will not be assigned when tests or assignments are missing.

**Exams* include content discussed in class and in the assigned readings; also, information from the motor learning laboratories will be included. All exams consist of multiple choice and essay items. Exams 1 and 2 are constructed to test short-term information; the final examination is comprehensive. The first exam will be administered during the time of the regularly scheduled 50 minute lecture class, however the exam should be taken in a quiet place. A computer with Internet access is required. The second exam will be administered in class. The final examination also in

class is scheduled by the university schedule of classes for Monday May 20 from 12:15-2:30pm.

****Two essays** are assigned in class to be completed at home. Approximately two weeks will be given between the dissemination of an essay topic and submission of the essay. Each essay topic should be supported by a **minimum of three scholarly articles** from the primary and scholarly motor behavior literature. Late essays will only be accepted if serious and compelling issues exist. Short essays must be computer printed (typed), or they will not be accepted. In each essay you will be required to make application of the knowledge gained to 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 shifted by special needs and abilities.

***** An electronic lab notebook 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. You will submit a lab notebook at the end of the semester. Lab notebooks are due in the dropbox on D2L on Thursday, May 9 no later than 5pm. Late lab notebooks will not be accepted except if serious and compelling reasons exist. Each student will be assigned a lab team that will be responsible to creatively and orally present a topic using technology to the class.

******Seven pop quizzes** will be given in class. Pop quizzes will *not* be announced. Make up quizzes will not be given. Students must arrive in class on time to take a pop quiz when it is given. Two quizzes may be missed for a total of 5 points awarded for these quizzes.

No exceptions will be made from taking exams or from submitting required materials on the assigned test dates and times, except for serious and compelling reasons.

Grade Calculator	
Points Earned	Grade Assigned
97-100	A+
93-96.99	A
90-92.99	A-
88-89.99	B+
85-87.99	B
80-84.99	B-
78-79.99	C+
75-77.99	C
70-74.99	C-
68-69.99	D+
65-67.99	D
60-64.99	D-
↓ 59.99	F

University Policies

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University's Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm), located at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy S07-2 requires approval of instructors.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

Student Technology Resources

Computer labs for student use are available in the Academic Success Center located on the 1st floor of Clark Hall and on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include digital and VHS camcorders, VHS and Beta video players, 16 mm, slide, overhead, DVD, CD, and audiotape players, sound systems, wireless microphones, projection screens and monitors.

Learning Assistance Resource Center (LARC)

The Learning Assistance Resource Center (LARC) is located in Room 600 in the Student Services Center. It is designed to assist students in the development of their full academic potential and to inspire them to become independent learners. The Center's tutors are trained and nationally certified by the College Reading and Learning Association (CRLA). They provide content-based tutoring in many lower division courses (some upper division) as well as writing and study skills assistance. Small group, individual, and drop-in tutoring are available. Please visit [the LARC website](http://www.sjsu.edu/larc/) for more information at <http://www.sjsu.edu/larc/>.

SJSU Writing Center

The SJSU Writing Center is located in Room 126 in Clark Hall. It is staffed by professional instructors and upper-division or graduate-level writing specialists from each of the seven SJSU colleges. Our writing specialists have met a rigorous GPA requirement, and they are well trained to assist all students at all levels within all disciplines to become better writers. The [Writing Center website](http://www.sjsu.edu/writingcenter/about/staff/) is located at <http://www.sjsu.edu/writingcenter/about/staff/>.

Peer Mentor Center

The Peer Mentor Center is located on the 1st floor of Clark Hall in the Academic Success Center. The Peer Mentor Center is staffed with Peer Mentors who excel in helping students manage university life, tackling problems that range from academic challenges to interpersonal struggles. On the road to graduation, Peer Mentors are navigators, offering “roadside assistance” to peers who feel a bit lost or simply need help mapping out the locations of campus resources. Peer Mentor services are free and available on a drop –in basis, no reservation required. The [Peer Mentor Center website](http://www.sjsu.edu/muse/peermentor/) is located at <http://www.sjsu.edu/muse/peermentor/>

Motor Learning Lecture Calendar, Spring 2013
Tuesday and Thursday, 12:30-1:20pm

Assignments and readings are due on the day assigned according to this calendar. Any changes will be reflected on updated versions of this calendar available on D2L. Changes will be determined by class discussion.

Date	Topics	Assignments
January 24	Introduction to motor learning	
January 29	Motor learning in the field of kinesiology; principles and applications	Unit I Magill
January 31	Introduction to skill classification systems	
February 5	Gentile's taxonomy of motor skills	
February 7	Gentile's taxonomy of motor skills; diversity of movement patterns; measuring motor performance	
February 12	Information processing and dynamic approaches in Gentile's taxonomy Possible on-line class –Jury Duty	
February 14	Writing scholarly essays Possible on-line class – Jury Duty	Distribute Essay 1
February 19	Review for Exam 1	
February 21	Exam 1	
February 26	Review Outcome of Exam 1; Introduction to motor control	
February 28	Information Processing	Unit II Magill
March 5	Information processing: perception	Essay 1 due
March 7	Information processing: perception	
March 12	Information processing: decision	Unit III Magill
March 14	What is memory?	
March 19	No class (Spring Break)	
March 21	No class (Spring Break)	
April 2	Information processing: action	Unit IV Magill
April 4	Review for Exam 2	
April 9	Exam 2 in class	
April 11	Review of Exam 2; cognitive processing and motor control view contrasts	
April 16	Motor control theories and hypotheses AAHPERD National Convention On-line class	Unit V Magill
April 18	Dynamic Systems Analyses AAHPERD National Convention On-line class	Distribute Essay 2
April 23	Dynamic Systems Analyses	
April 25	Schmidt's Schema Theory	
April 30	Levels of Processing in Memory	Unit VI Magill
May 2	Contextual Interference Theory	Essay 2 Due
May 7	Dynamics of contextual interference and variability of practice	
May 9	Performance feedback; Sustaining motor behavior	Lab Manuals due in D2L dropbox
May 20	Please note Final Exam special schedule from 12:15-2:30pm– scheduled by the University schedule of classes to be found on http://info.sjsu.edu/static/schedules/final-exam-schedule-spring.html	

