

**San José State University College of
Applied Sciences and Arts
Department of Kinesiology
Spring 2015
Undergraduate Motor Learning**

Kin 166, Lecture Section 1, Dwight Bental Hall 133
Tuesdays and Thursdays, 9:00-9:50 am

Kin 166, Lab Section 2 or Section 3, MacQuarrie Hall 321
Tuesday or Thursday 1:30-2:50 pm; or
Section 4, Thursday 2:00-3:50 pm

Dr. Emily H. Wughalter

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Office Hours: Mon, 3:00-4:00; Tues and Thurs 8:15-8:45; hours arranged

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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. Upon arrival on your Canvas home page, change the settings so that your Canvas e-mail is forwarded to your regularly used e-mail account. Announcements will be posted on Canvas and should be checked on a regular basis; students may choose an option to be alerted that announcements have been made. Moreover, be sure to regularly check your MySJSU messaging system (or other communication system as indicated by your instructors).

Required Materials and Readings



Computer access is required to acquire course materials such as slides and the *Motor Learning Lab Portfolio*; to participate in credit bearing discussions; to conduct scholarly research for short essays and the oral presentation.



The base for the *Motor Learning Lab Portfolio* is available on the Assignments page for our class on Canvas and required for students while in laboratory.



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

Course Description

This course covers: 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 Outcomes

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 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 learn to apply these critical disciplinary ideas while using a multidisciplinary approach. 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 that represents written communication. Moreover, you will meet this objective by participating in the development of an oral presentation with your lab team to be delivered at the end of the semester in your lab class. Each team presentation must include some technology (e.g., PowerPoint) for its production, a medium representing an additional communication form.

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

Specifically, when you submit your *Motor Learning Lab Portfolio* at the end of the semester you will have developed an understanding of movement and the relevant theories and perspectives from motor learning on moving bodies and their environments. Each week in this laboratory you will explore behavioral processes and collect data to explore 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 as it is related to 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.

Library Liaison

Emily Chan is our library liaison. She can be reached at: Emily.Chan@sjsu.edu or by phone (408) 808-2044.

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.

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, and others. 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 year calendars document on the [Academic Calendars webpage](#) at http://www.sjsu.edu/provost/services/academic_calendars/. 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/>

Consent for Recording of Class and Public Sharing of Instructor Material

[University Policy S12---7](#), <http://www.sjsu.edu/senate/docs/S12---7.pdf>, requires students to obtain instructor's permission to record the course.

- “Common courtesy and professional behavior dictate that you notify someone when you are recording him/her. You must obtain the instructor's permission to make audio or video recordings in this class. Such permission allows the

recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.”

- Please inform your instructor orally that you are recording.
 - In classes where active participation of students or guests may be on the recording, permission of those students or guests should be obtained as well.
- “Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his or her approval. You may not publicly share or upload instructor generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.”

Course Activities and Evaluation

Student Activity	Points for Assignment	Points Earned
Exam 1*	15	
Exam 2*	15	
Final Exam*	25	
Take Home Essays (2 essays will be assigned)**	10	
Laboratory Grade (includes <i>Motor Learning Lab Portfolio</i> and presentation of team project***)	30	
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* will 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, 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 also an in class exam is scheduled by the university schedule of classes for Thursday, May 21, from 7:15-9:30 am.

****Two essays** will be 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 two scholarly articles** from the primary and scholarly motor behavior literature. Late essays will only be accepted if serious and compelling reasons exist. Short essays must be computer 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; a strength and conditioning trainer might consider within the order of muscular choices how might feedback be provided to maximize the performance of a client's skills. Essays will be submitted electronically on the dates assigned by clicking on the appropriate link on the Assignments Page of Canvas for our class.

***** An 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. Lab Portfolios are due in Canvas by Tuesday, May 12 at 5pm. Late portfolios will not be accepted except if serious and compelling reasons exist. Within the lab assignments, each student will be assigned a lab team that will be responsible for creatively and orally presenting a topic assigned by the professor. Technology is required. Teams will be assigned and students will use Google Docs to communicate about the team assignment.

******Seven pop quizzes** in total will be given in class and on-line. In class pop quizzes will *not* be announced. Make up quizzes will not be given. Students must arrive in class on time to take an in class pop quiz when it is given. On-line pop quizzes will be discussion threads that query responses from students. They will be announced in class and through Canvas. Two quizzes may be missed for a total of 5 points awarded for these pop 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
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-
68-69.99	D+
64-67.99	D
60-63.99	D-
↓ 59.99	F

University Policies and Resources

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University Academic Integrity Policy S07---2](http://www.sjsu.edu/senate/docs/S07---2) at <http://www.sjsu.edu/senate/docs/S07---2.pdf> 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 Integrity Policy S07---2 requires approval of instructors.

Campus Policy in Compliance with the Americans 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](http://www.sjsu.edu/president/docs/directives/PD_1997---03) at http://www.sjsu.edu/president/docs/directives/PD_1997---03.pdf requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec/) at www.sjsu.edu/aec/ to establish a record of their disability.

Student Technology Resources

Computer labs for student use are available in the [Academic Success Center](http://www.sjsu.edu/at/asc/) at <http://www.sjsu.edu/at/asc/> located on the 1st floor of Clark Hall and in the Associated Students Lab 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 DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

SJSU Peer Connections

Peer Connections, a campus---wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their services which include course---content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem---solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop---in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop---in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. Computer lab and study spaces are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10th and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit [Peer Connections website](http://peerconnections.sjsu.edu) at <http://peerconnections.sjsu.edu> for more information.

SJSU Writing Center

The SJSU Writing Center is located in Clark Hall, Suite 126. All Writing Specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one---on---one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the [Writing Center website](http://www.sjsu.edu/writingcenter) at <http://www.sjsu.edu/writingcenter>. For additional resources and updated information,

follow the Writing Center on Twitter and become a fan of the SJSU Writing Center on



Facebook. (Note: You need to have a QR Reader to scan this code.)

SJSU Counseling Services

The SJSU Counseling Services is located on the corner of 7th Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit [Counseling Services website](http://www.sjsu.edu/counseling) at <http://www.sjsu.edu/counseling>.

Motor Learning Lecture Calendar, Spring 2015
Lecture: Tuesday and Thursday, 9:00-9:50
Labs: Tuesdays or Thursdays 10:00-10:50 , or
Thursday 2:00-3:50

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

Date	Topics	Assignments
January 22	Introduction to motor learning	
January 27	Motor learning in the field of kinesiology; principles and applications	Chapter 8
January 29	Introduction to skill classification systems	Chapter 1
February 3	Gentile's taxonomy of motor skills	
February 5	Gentile's taxonomy of motor skills	
February 10	Gentile's taxonomy of motor skills; diversity of movement patterns; measuring motor performance	
February 12	Information processing and dynamic approaches in Gentile's taxonomy; review for Exam 1	Essay 1 distributed
February 17	Information processing	
February 19	Information processing	
February 24	Exam 1	Chapter 2
February 26	Outcome of Exam 1	Chapter 3
March 3	Information processing	
March 5	Information processing: perception	Essay 1 due
March 10	Information processing: perception	
March 12	Information processing: decision	
March 17	What is memory?	
March 19	No in class –SHAPE National Convention	
March 24, 26	No in class – Spring Recess	
March 31	No in class – Cesar Chavez Day	
April 2	Information processing: action	Chapter 5 & 6
April 7	Information processing: action	
April 9	Cognitive processing and motor control view contrasts	
April 14	Exam 2	
April 16	Motor control theories and hypotheses	
April 21	Dynamic Systems Analyses	
April 23	Dynamic Systems Analyses	Essay 2 distributed
April 28	Schmidt's Schema Theory	Chapter 9 & 10
April 30	Levels of Processing in Memory	
May 5	Contextual interference	
May 7	Dynamics of contextual interference and variability of practice	

Date	Topics	Assignments
May 12	Wrap up and Review for Final Exam	Chapter 11 Essay 2 due <i>Motor Learning Lab</i> <i>Portfolios</i> due in Canvas Assignments Page by 5pm May 12
May 21	Please note Final Exam special schedule is from 0715-0930 as scheduled by the University Schedule of Classes to be found on http://www.sjsu.edu/calendars .	