

Kin 166, Motor Learning, Fall 2017

Course and Contact Information

Instructor	Emily H. Wughalter, Ed.D.
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Office Hours	Monday 3:00-4:00 pm; Thursdays 12-1 pm; hours arranged
Class Days/Time	Lecture Section 1, Tuesday and Thursday 12:00-12:50 pm Lab Section 2, Tuesday 1:00-2:50 pm Lab Section 3, Thursday 1:00-2:50 pm Lab Section 4, Thursday 3:00-4:50 pm
Classrooms	Lecture, SPX 160; Lab, SPX 172
Prerequisites	Biol 66

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).

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.

Required Texts/Readings

Schmidt, R.A., & Lee, T.D. (2014). *Motor Learning and Performance: From Principles to Application* (5th ed.). Champaign, IL: Human Kinetics.
Wughalter, E.H. (2017). *The Motor Learning Lab Portfolio*. Access available from Canvas.

Other equipment / material requirements

The starting template for the *Motor Learning Lab Portfolio* is available on the Modules page on Canvas; access to a print or electronic copy is required while present in the Applied Motor Behavior Laboratory.

Kinesiology Program Learning Outcomes

(PLO 1) 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.

Specifically, this objective will be met through the development of an essay that integrates primary and scholarly source materials to provide a deeper understanding of how information is processed and how processing affects learning, remembering, and performing of motor skills. Critical analyses and recognition strategies must be applied to understand the theoretical and scientific knowledge in the literature. You will learn to apply critical disciplinary perspectives 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 principles.

(PLO2) Students will be able to effectively communicate in writing (clear, concise and coherent) on topics in kinesiology.

Specifically, the at home essay provides a specific kind of scholarly writing assignment that represents written communication. Moreover, you will be asked to engage in a number of writing exercises in the laboratory portion of this class involving the application of scholarship and reflection essays.

(PLO3) Students will be able to effectively communicate through an oral presentation (clear, concise and coherent) on topics in kinesiology.

Specifically, you will demonstrate your effectiveness in communication in 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.

(PLO4) Students will be able to 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.

Specifically, when you submit your *Motor Learning Lab Portfolio* at the end of the semester you will have developed an understanding of moving bodies and the environments they perform in. You will learn about the relevant theories and perspectives from motor learning. Each week in this laboratory you will explore behavioral processes and collect data to explore well known hypotheses in motor learning. Examples include hypotheses such as contextual interference and short term memory.

(PLO5) Students will be able to identify and analyze social justice and equity issues related to kinesiology for diverse populations.

Specifically, you will have an item on the final exam that requires an understanding of how social justice and equity issues relate to all that we do in best practice of kinesiology. For example, when understanding the literature we should attempt to approach it from as unbiased perspective as possible.

Course Format

Technology Intensive, Hybrid, and Online Courses

While not specifically a hybrid course, the Kin 166 is delivered in a format that is technology intensive and it requires computer and Internet access inside and outside of the lecture and lab components of the class. Every lecture and lab class will be associated with a set of slides that students can use as a basis for developing more in depth notes by using personal systems for elaborating on the information I provide for them. In the laboratory portion of the class students learn how to use databases for data collection and analysis purposes. Additionally, new synchronous technologies make activity adaptable to remote locations and work in teams easily accomplished. Computers are available to students in the Applied Motor Behavior Laboratory (SPX 172) with the software required to complete the in class portion of the laboratory class; however, arrangements for computer and Internet access will be required for the outside portion of the class as well.

Library Liaison

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

Course Requirements and Assignments

SJSU classes are designed such that to be successful, it is expected that students will spend a minimum of 45 hours for each unit of credit (normally three hours per unit per week), including preparing for class, participating in course activities, completing assignments, and so on. More details about student workload can be found in [University Policy S12-3](http://www.sjsu.edu/senate/docs/S12-3.pdf) at <http://www.sjsu.edu/senate/docs/S12-3.pdf>.

Student Activity	Points for Assignment	Points Earned
Exam 1*	15	
Exam 2*	15	
Final Exam*	25	
Take Home Essay (includes preparation in lab class)	10	
Laboratory Grade (includes <i>Motor Learning Lab Portfolio</i> and presentation of team project***)	30	
Pop Quizzes****	5	
Total Points	100 points	

NOTE that [University policy F69-24](http://www.sjsu.edu/senate/docs/F69-24.pdf) at <http://www.sjsu.edu/senate/docs/F69-24.pdf> states that “Students should attend all meetings of their classes, not only because they are responsible for material discussed therein, but because active participation is frequently essential to insure maximum benefit for all members of the class. Attendance per se shall not be used as a criterion for grading.”

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 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 but scheduled by the university Schedule of Classes for Wednesday, December 13 from 9:45 am-12:00 pm.

One at home short essay will be assigned in class to be completed in combination in lab and at home. The essay should be supported by a **minimum of three articles** from the primary and scholarly motor behavior literature. Late essays (see Short Essay Assignment sheet at the end of this syllabus for dates) 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 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 might shift for people with special needs and abilities; a strength and conditioning trainer might consider the order of muscular work and how might feedback might be provided to maximize the performance of a client's skills. The essay will be submitted electronically on the date assigned 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 11, 2017, at 11:59 pm. Late *Motor Learning Lab Portfolios* will not be accepted except if serious and compelling reasons exist. Within the lab assignments, each student will be assigned a lab team for creatively and orally presenting 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.

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 on topics we are discussing in class. Discussion quizzes will be announced in class and through Canvas. Two quizzes may be missed for a maximum 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.

Grading Policy

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

Note: “all students have the right, within a reasonable time, to know their academic scores, to review their grade-dependent work, and to be provided with explanations for the determination of their course grades.” See [University Policy F13-1](http://www.sjsu.edu/senate/docs/F13-1.pdf) at <http://www.sjsu.edu/senate/docs/F13-1.pdf> for more details.

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

To learn more about all of the San Jose State University policies please go to this easy quick link provided by SJSU <http://www.sjsu.edu/gup/syllabusinfo/>.

Kin 166/ Motor Learning Lecture, Fall 2017 Course Schedule

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	Reading Assignme
August 24	Introduction to motor learning	
August 29	Motor learning in the field of kinesiology; principles and applications	Chapter 8
August 31	Introduction to skill classification systems	Chapter 1
September 5	Gentile's taxonomy of motor skills	
September 8	Gentile's taxonomy of motor skills	
September 12	Gentile's taxonomy of motor skills; diversity of movement patterns; measuring motor performance	
September 14	Information processing and dynamic approaches in Gentile's taxonomy; review for Exam 1	Chapter 2
September 19	Information processing	Chapter 3
September 21	On-line lecture – see Canvas – Rosh Hashanah Holiday	
September 26	Information processing	
September 28	Exam 1	
October 3	Outcome of Exam 1	
October 5	Information processing: perception	
October 10	Information processing: perception	
October 12	Information processing: decision	
October 17	What is memory?	
October 19	Information processing: action	
October 24	Cognitive processing and motor control view contrasts	Chapter 5 & 6
October 26	Review for Exam 2	
October 31	Exam 2 – Happy Halloween	
November 2	Outcome of Exam 2	
November 7	Motor control theories and hypotheses	
November 9	Dynamic Systems Analyses	
November 14	Dynamic Systems Analyses	
November 16	Schmidt's Schema Theory	Chapter 9 & 10
November 21	Levels of Processing in Memory	
November 23	No Class Thanksgiving	
November 28	Contextual interference	Chapter 11
November 30	Dynamics of contextual interference and variability of practice	
December 5	Final Thoughts	
December 7	Wrap up and Review for Final Exam	
	Please note Final Exam special schedule is Wednesday, December 13, 2017 at 945 AM	