KIN 4363-010
Motor Learning
FALL 2020

Instructor: D. Rozena McCabe, PhD
Email: dmccabe@angelo.edu
Phone: 325-486-6199

Office: CHP 109 – To reduce risk of exposure to the virus for myself and my family, I will primarily be working from home. If you wish to meet, send me an email and request a virtual meeting.

Virtual Office Hours: The following times I will be in front of my computer available to answer emails. I will also be checking my emails throughout the day and will respond as soon as I am able. Please use your ASU email account and check it often.

MWF 9:00 am – 11:00 pm
TR 1:00 pm – 3:00 pm

Course Information

Course Description
Learning in the psychomotor domain; motor learning theories, psychological and physiological basis of skill behavior, motor and skill learning, state of performer and application of instructional techniques in motor learning and skill performance.

Course Credits
Three hours

Prerequisite and Co-requisite Courses
None

Prerequisite Skills
Accessing internet web sites, use of ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are minimum requirements for this course. Computer access requirements are further delineated in the Undergraduate Handbook. Tutorials for ASU Library and for Blackboard are available through RamPort.

Course Delivery & Meeting Times
This is a face-to-face course with learning resources and assignments posted in Blackboard.
Class Meeting Times: TR 11:00am – 12:15pm
## Student Learning Outcomes

<table>
<thead>
<tr>
<th>Student Learning Outcome</th>
<th>Assignments or activities validating outcome achievement:</th>
</tr>
</thead>
<tbody>
<tr>
<td>By completing all course requirements, students will be able to:</td>
<td></td>
</tr>
<tr>
<td>Demonstrate an understanding of the theoretical approaches that drive motor control and learning research.</td>
<td>Chapter exams, Assignments, Labs &amp; Worksheets, Research Project</td>
</tr>
<tr>
<td>Demonstrate an understanding of the principles and processes underlying skilled performance.</td>
<td>Chapter exams, Assignments, Labs &amp; Worksheets, Research Project</td>
</tr>
<tr>
<td>Demonstrate an understanding of how the human motor system supports the acquisition and retention of complex motor skills.</td>
<td>Chapter exams, Assignments, Labs &amp; Worksheets, Research Project</td>
</tr>
<tr>
<td>Demonstrate an understanding of how instructional situations can be varied in order to achieve maximum performance and retention of taught skills.</td>
<td>Chapter exams, Assignments, Labs &amp; Worksheets, Research Project</td>
</tr>
</tbody>
</table>

## Required Texts and Materials


## Top Hat

We will be using Top Hat Pro (www.tophat.com) for class participation. You will be able to submit answers to in-class questions using Apple or Android smartphones and tablets, laptops, or through text message. You can visit the Top Hat Overview (https://success.tophat.com/s/article/Student-Getting-Started-with-Top-Hat) within the Top Hat Success Center which outlines how you will register for a Top Hat account, as well as providing a brief overview to get you up and running on the system.

An email invitation will be sent to you by email, but if don’t receive this email, you can register by simply visiting our course website: https://app.tophat.com/e/408543

Note: our Course Join Code is: 408543

Top Hat Pro may require a paid subscription, and a full breakdown of all subscription options available can be found here: www.tophat.com/pricing.

Should you require assistance with Top Hat Pro at any time please contact their Support Team directly by way of email (support@tophat.com), the in app support button, or by calling 1-888-663-5491. Specific user information may be required by their technical support team when troubleshooting issues.

## Technology Requirements

To successfully complete this course, students need to understand the use of Blackboard for reviewing course materials and submitting assignments.
Communication
Faculty will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number.

Grading

Evaluation and Grades
Course grades will be determined as indicated in the table below.

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Approximate Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapter Exams (100 pts each)</td>
<td>300</td>
</tr>
<tr>
<td>- 4 exams - lowest exam score is dropped</td>
<td></td>
</tr>
<tr>
<td>Labs (20 pts each)</td>
<td>100</td>
</tr>
<tr>
<td>- 6 labs – lowest lab score is dropped</td>
<td></td>
</tr>
<tr>
<td>Lecture Participation and Quizzes</td>
<td>150</td>
</tr>
<tr>
<td>Research Project</td>
<td>100</td>
</tr>
<tr>
<td>Total</td>
<td>650</td>
</tr>
</tbody>
</table>

Grading System
Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:
- A = 90.00-100 points
- B = 80.00-89.99 points
- C = 70.00-79.99 points
- D = 60.00-69.99 points
- F = 0-59.99 points (Grades are not rounded up)

Teaching Strategies
- Lecture, laboratory exercises, peer discussions, reflective writing, reading with a purpose, active learning strategies.
- Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved discovering, processing, and applying the course information at a level that contributes to the learning environment.
Assignment and Activity Descriptions

Chapter Exams
There will be four exams covering selected textbook chapters and class notes. The final exam (Exam 4) will be comprehensive and will include material covered during the entire semester. Each exam will assess the student’s knowledge of information in the textbook, information covered in class, laboratories, and assigned vocabulary and concepts. Possible exam questions may include multiple choice, matching, fill-in-the-blank, short answer, and discussion. Note: Four exams are administered but the lowest score is dropped.

Labs
The purpose of these assignments is to prepare students for new content and to reinforce important concepts. Each laboratory will require the collection and analysis of data. Graphic representation of the data and discussion of the results will be submitted through Blackboard. Laboratory reports will not be accepted after the posted due date. Students may work individually or with one or two partners. Note: Six labs will be assigned but the lowest score is dropped.

Lecture Participation and Quizzes
Throughout the semester there will be quizzes and assignments conducted through the TopHat learning system. These activities are designed to help students engaged with the materials and to reinforce learning.

Research Project
The purpose of this assignment is to encourage the student to do an in-depth study of one of the concepts in the course. The student will develop a research question, collect and analyze data, and discuss the results as they relate to motor learning and control theories. To receive full credit for the project the student will perform a poster presentation during an assigned class. A full description of the project requirements will be provided to the student in a separate document.

Exam Bonus Points for Chapter Worksheets
Worksheets will be provided to help direct your reading. Not all information from each chapter will be on the test, so focus your reading by using the worksheets and the exam study sheets. I will grant up to one (1) bonus point for each page of chapter worksheet. The worksheets need to be completed in your own words and in your own handwriting. Typed documents will not be accepted unless I provide prior approval. Worksheets should be scanned or photographed and submitted through Blackboard before the beginning of the associated exam.

Attendance
Face-to-face attendance is encouraged. However, due to COVID-19 you are asked not to attend class if you fail the health screening or start to feel ill at any time during the day. All lectures will be recorded and posted to Blackboard. Exams will be administered online during class time 11:00 am to 12:15 pm on regularly scheduled class days. Failure to take the tests during this time slot will result in a score of zero. The group and individual assignments can be completed any time before the due dates.

Late Assignments
Exam and major assignment due dates are shown on the calendar/schedule or posted within Blackboard.

Chapter Exams: No make-ups will be given on section exams unless prior arrangements have been made and approved.

Labs: Laboratories must be submitted on the due date to receive full credit.

Research Project: The project timeline will detail due dates and how late submissions will affect the final project grade.
**General Policies Related to This Course**

All students are required to follow the policies and procedures presented in these documents:

- Angelo State University Student Handbook
- Angelo State University Catalog

**Required Use of Masks/Facial Coverings**

As a member of the Texas Tech University System, Angelo State University has adopted the mandatory *Facial Covering Policy* to ensure a safe and healthy classroom experience. Current research on the COVID-19 virus suggests there is a significant reduction in the potential for transmission of the virus from person to person by wearing a mask/facial covering that covers the nose and mouth areas. Therefore, in compliance with the university policy students in this class are required to wear a mask/facial covering before, during, and after class. Faculty members may also ask you to display your daily screening badge as a prerequisite to enter the classroom. You are also asked to maintain safe distancing practices to the best of your ability. For the safety of everyone, any student not appropriately wearing a mask/facial covering will be asked to leave the classroom immediately. The student will be responsible to make up any missed class content or work. Continued non-compliance with the Texas Tech University System Policy may result in disciplinary action through the Office of Student Conduct.

**Academic Integrity**

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university's Statement of Academic Integrity.

**Accommodations for Students with Disabilities**

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student’s responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the Student Disability Services website. The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford  
Director of Student Disability Services  
Office of Student Affairs  
325-942-2047  
dallas.swafford@angelo.edu  
Houston Harte University Center, Room 112
Incomplete Grade Policy
It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 Grading Procedures for more information.

Plagiarism
Plagiarism is a serious topic covered in ASU’s Academic Integrity policy in the Student Handbook. Plagiarism is the action or practice of taking someone else’s work, idea, etc., and passing it off as one’s own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Papers are subject to be evaluated for originality. Resources to help you understand this policy better are available at the ASU Writing Center.

Student Absence for Observance of Religious Holy Days
A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for Observance of Religious Holy Day for more information.

Copyright Policy
Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

Syllabus Changes
The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student’s responsibility to look for such communications about the course on a daily basis.

Title IX at Angelo State University
Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.
You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form
Face to face: Mayer Administration Building, Room 210
Phone: 325-942-2022
Email: michelle.boone@angelo.edu

Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State’s policy please visit: www.angelo.edu/title-ix.
### Course Schedule

**TENTATIVE SCHEDULE OF READINGS AND MAJOR ASSIGNMENT DUE DATES**

<table>
<thead>
<tr>
<th>DATE</th>
<th>LABS AND ASSIGNMENTS</th>
<th>CLASS TOPIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue Aug 18</td>
<td></td>
<td>Course Orientation and Introduction</td>
</tr>
<tr>
<td>Thurs Aug 20</td>
<td>Read Chapter 1</td>
<td>Introduction to Motor Learning and Control</td>
</tr>
<tr>
<td>Tues Aug 25</td>
<td></td>
<td>Ch. 1 continued</td>
</tr>
<tr>
<td>Thurs Aug 27</td>
<td>Read Chapter 2</td>
<td>Understanding Movement Preparation</td>
</tr>
<tr>
<td>Tues Sep 1</td>
<td></td>
<td>Ch. 2 continued</td>
</tr>
<tr>
<td>Thurs Sep 3</td>
<td>Read Chapter 3</td>
<td>The Role of Attention, Arousal, and Visual Search in Movement Preparation</td>
</tr>
<tr>
<td>Tues Sep 8</td>
<td></td>
<td>Ch. 3 continued</td>
</tr>
<tr>
<td>Thurs Sep 10</td>
<td>Read Chapter 4</td>
<td>Behavioral Theories of Motor Control</td>
</tr>
<tr>
<td>Tues Sep 15</td>
<td></td>
<td>Ch. 4 continued</td>
</tr>
<tr>
<td>Thurs Sep 17</td>
<td></td>
<td><strong>Exam 1 – Chapters 1, 2, 3, 4, &amp; class notes</strong></td>
</tr>
<tr>
<td>Tues Sep 22</td>
<td>Read Chapter 5</td>
<td>Neural Mechanisms: Contributions and Control</td>
</tr>
<tr>
<td>Thurs Sep 24</td>
<td></td>
<td>Ch. 5 continued</td>
</tr>
<tr>
<td>Tues Sep 29</td>
<td>Read Chapter 6</td>
<td>Stages of Learning</td>
</tr>
<tr>
<td>Thurs Oct 1</td>
<td></td>
<td>Ch. 6 continued</td>
</tr>
<tr>
<td>Tues Oct 6</td>
<td>Read Chapter 7</td>
<td>The Learner: Pre-Instruction Considerations</td>
</tr>
<tr>
<td>Thurs Oct 8</td>
<td></td>
<td>Ch. 7 continued</td>
</tr>
<tr>
<td>Tues Oct 13</td>
<td>Read Chapter 8</td>
<td>Skill Presentation</td>
</tr>
<tr>
<td>Thurs Oct 15</td>
<td></td>
<td>Ch. 8 continued</td>
</tr>
<tr>
<td>Tues Oct 20</td>
<td></td>
<td><strong>Exam 2 – Chapters 5, 6, 7, 8, &amp; class notes</strong></td>
</tr>
<tr>
<td>Thurs Oct 22</td>
<td>Read Chapter 9</td>
<td>Principles of Practice Design</td>
</tr>
<tr>
<td>Tues Oct 27</td>
<td></td>
<td>Ch. 9 continued</td>
</tr>
<tr>
<td>Thurs Oct 29</td>
<td>Read Chapter 10</td>
<td>Practice Schedules</td>
</tr>
<tr>
<td>Tues Nov 3</td>
<td></td>
<td>Ch. 10 continued</td>
</tr>
<tr>
<td>Thurs Nov 5</td>
<td>Read Chapter 11</td>
<td>Diagnosing Errors</td>
</tr>
<tr>
<td>Tues Nov 10</td>
<td>Read Chapter 12</td>
<td>Correcting Errors</td>
</tr>
<tr>
<td>Thurs Nov 12</td>
<td></td>
<td><strong>Exam 3 – Chapters 9, 10, 11, 12, &amp; class notes</strong></td>
</tr>
<tr>
<td>Tues Nov 17</td>
<td></td>
<td>Research Poster Presentation</td>
</tr>
<tr>
<td>Thurs Nov 19</td>
<td></td>
<td>Final Exam Review</td>
</tr>
<tr>
<td><strong>Saturday Nov 21</strong></td>
<td>Final Exam 10:30 am</td>
<td>Comprehensive Final Exam Chapters 1 through 11, &amp; class notes</td>
</tr>
</tbody>
</table>
**Basic Needs**
Any student who has difficulty affording groceries or accessing sufficient food to eat every day, or who lacks a safe and stable place to live, and believes this may affect his or her performance in the course, is urged to contact the Multicultural and Student Activities Programs Center (multicultural@angelo.edu; 325-942-2729) or notify your professor.

**Student Evaluation of Faculty and Course**
Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

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2. https://www.angelo.edu/catalogs/
4. https://www.angelo.edu/services/disability-services/
5. https://www.angelo.edu/content/files/14197-op-1011-grading-procedures
7. https://www.angelo.edu/dept/writing_center/academic_honesty.php
8. https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of

**End of Syllabus**