

# KIN 4363-010

## Motor Learning

### SPRING 2022



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#### **Instructor: D. Rozena McCabe, PhD**

**Email:** dmccabe@angelo.edu

**Phone:** 325-486-6199

**Office:** CHP 109

**Office Hours:** Monday & Wednesday 12:30 pm – 3:30 pm  
Tuesday & -Thursday 10:00 am – 12:00 pm  
Also available by appointment

## **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 2:00 pm – 3:15 pm

## Student Learning Outcomes

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

## Required Texts and Materials

Coker, Cheryl A. (2018). Motor Learning and Control for Practitioners (4<sup>th</sup> ed). New York: Routledge. ISBN# 9781138737013 (pbk.)/ ISBN# 9781315185613 (ebook).

## Top Hat

We will be using **Top Hat Pro** ([www.tophat.com](http://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/775314>

Note: our Course Join Code is: **775314**

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](http://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](mailto: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.

Assessment	Approximate Points
Chapter Exams (100 pts each) - 4 exams - lowest exam score is dropped	300
Blackboard and in-class assignments	150
Top Hat Quizzes	150
Research Project	100
Total	700

### 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.

### Blackboard and In-class Assignments

The purpose of these assignments is to prepare students for new content and to reinforce important concepts. Activities will include directed reading of the textbook, library assignments, collection and analysis of data, and case studies. Instructions will indicate if an assignment should be submitted in class or through Blackboard.

### Top Hat Quizzes

Throughout the semester there will be quizzes and assignments conducted through the Top Hat learning system. These activities are designed to help students engaged with the materials and to reinforce learning. The quizzes must be taken during the scheduled class time unless approved in advance.

### 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. To receive full credit for the project the student must be approved to perform a presentation during an assigned class. A full description of the project requirements will be provided to the student in a separate document.

### Attendance

The format of this class requires face-to-face attendance. 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. Students wanting to attend lectures remotely must have an approved accommodation from Disability Services. Students attending class face-to-face are requested to wear a mask to reduce the spread of COVID-19. Exams and quizzes will be administered in class.

### 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.

**Blackboard and In-class Assignments:** Points will be deducted for each day the assignment is late.

**Top Hat Quizzes:** Students must be present in class to receive credit for TopHat quizzes unless prior arrangements have been made and approved.

**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](#)<sup>1</sup>
- [Angelo State University Catalog](#)<sup>2</sup>

## Face Masks and Health Screening

To reduce the transmission of the COVID-19 virus, all members of the ASU Community must complete the ASU Health Screening app before coming to campus or class. If you fail the screening do not come to class. You will be contacted by a contact tracer with instructions about next steps. Face masks are encouraged, but not required. 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. In addition, you are also asked to maintain safe distancing to the best of your ability.

## 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](#).<sup>3</sup>

## 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](mailto:ADA@angelo.edu). For more information about the application process and requirements, visit the [Student Disability Services website](#).<sup>4</sup> The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford, Director of Student Disability Services [dallas.swafford@angelo.edu](mailto:dallas.swafford@angelo.edu)  
Office of Student Affairs, Houston Harte University Center, Room 112, 325-942-2047

## 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](#)<sup>5</sup> for more information.

## Plagiarism

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)<sup>6</sup> 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](#).<sup>7</sup>

## **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](#)<sup>8</sup> 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](http://www.angelo.edu/incident-form)  
Phone: 325-942-2022

Face to face: Mayer Administration Building, Room 210  
Email: [michelle.boone@angelo.edu](mailto: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](http://www.angelo.edu/title-ix).

### **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](mailto: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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## **Course Schedule**

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

<b>DATE</b>	<b>LABS AND ASSIGNMENTS</b>	<b>CLASS TOPIC</b>
Tue Jan 18		Course Orientation and Introduction
Thurs Jan 20	Read Chapter 1	Introduction to Motor Learning and Control
Tues Jan 25		Ch. 1 continued
Thurs Jan 27	Read Chapter 2	Understanding Movement Preparation
Tues Feb 1		Ch. 2 continued
Thurs Feb 3	Read Chapter 3	The Role of Attention, Arousal, and Visual Search in Movement Preparation
Tues Feb 8		Ch. 3 continued
Thurs Feb 10	Read Chapter 4	Behavioral Theories of Motor Control
Tues Feb 15		Ch. 4 continued
Thurs Feb 17		Ch. 4 continued
Tues Feb 22		<b>Exam 1 – Chapters 1, 2, 3, 4, &amp; class notes</b>
Thurs Feb 24	Read Chapter 5	Neural Mechanisms: Contributions and Control
Tues Mar 1		Ch. 5 continued
Thurs Mar 3	Read Chapter 6	Stages of Learning

DATE	LABS AND ASSIGNMENTS	CLASS TOPIC
Tues Mar 8		Ch. 6 continued
Thurs Mar 10	Read Chapter 7	The Learner: Pre-Instruction Considerations
Tues Mar 15	SPRING BREAK	
Thurs Mar 17	SPRING BREAK	
Tues Mar 22		Ch. 7 continued
Thurs Mar 24	Read Chapter 8	Skill Presentation
Tues Mar 29		Ch. 8 continued
Thurs Mar 31		<b>Exam 2 – Chapters 5, 6, 7, 8, &amp; class notes</b>
Tues Apr 5	Read Chapter 9	Principles of Practice Design
Thurs Apr 7		Ch. 9 continued
Tues Apr 12	Read Chapter 10	Practice Schedules
Thurs Apr 14		Ch. 10 continued
Tues Apr 19	Read Chapter 11	Diagnosing Errors
Thurs Apr 21	Read Chapter 12	Correcting Errors
Tues Apr 26		Chapter 12 continued
Thurs Apr 28		<b>Exam 3 – Chapters 9, 10, 11, 12, &amp; class notes</b>
Tues May 3		Research Paper Workday
Thurs May 5		<b>Research Presentation</b>
<b>Tues May 10</b>	<b>Final Exam 1:00 pm</b>	<b>Comprehensive Final Exam Chapters 1 through 11, &amp; class notes</b>

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<sup>1</sup> <https://www.angelo.edu/student-handbook/>

<sup>2</sup> <https://www.angelo.edu/catalogs/>

<sup>3</sup> <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

<sup>4</sup> <https://www.angelo.edu/services/disability-services/>

<sup>5</sup> <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

<sup>6</sup> <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

<sup>7</sup> [https://www.angelo.edu/dept/writing\\_center/academic\\_honesty.php](https://www.angelo.edu/dept/writing_center/academic_honesty.php)

<sup>8</sup> <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>

### End of Syllabus