

**KINE 3364.1 - Motor Learning** (3 semester hrs. credit)

KINE 3364 is a required course for the Bachelor's of Science in Kinesiology and EC-12 Physical Education Certification.

College of Health Sciences | Department of Kinesiology

Course instructor: Jack Sears

Office: 207 Health and Kinesiology Center (HKC)

Email: jvs005@shsu.edu **Best Option**

Phone: 936-294-2260 Kinesiology Dept.

Office Hours: by appointment only

Required Textbook

Author: Magill, R. and Anderson, D. (2014)

Title: *Motor Learning and Control: Concepts and Applications / Edition 9*, You can purchase Edition 8, 9 or 10.

Publisher: McGraw-Hill Professional Publishing. ISBN: 9780073523804

**Edition 10 has an e-book edition with an option to buy the paper version for \$15 extra. The e-book edition will have extra learning opportunities if you would like to take advantage of those. You are responsible for reading the assigned readings and handouts distributed in class.

**SHSU Online Blackboard**

- Supplementary readings, announcements, web links, and assignment information will be posted on Blackboard.
- Please make sure you are familiar with our course site and the information on it!

Class time: 8:00 – 9:20 am Tuesday and Thursday

Room: HKC 247

Course Description: This class explores the processes involved in the acquisition of motor actions. Emphasis is placed on how teachers and physical trainers can apply theoretical concepts to more effectively structure their classes or work with clients. Prerequisite: Junior standing. Credit 3 hours.

Course Content: The overall approach to this introductory course is the study of motor learning and control and the organization of the implementation of that approach. The course will challenge students who aspire to become practitioners in exercise science, physical education, and other movement-oriented professions to learn the fundamental classifications of motor skills, the performance measures and the theories and components related to

motor control. Clear presentations, practical applications and further exploration will provide a solid foundation for working with all ages as they move and perform skills.

Course Objectives

Objectives /Goals of the course: This course is designed to help the student develop	Activities and Assignments (*indicate field base activity)	Performance Assessment	Standards: S - SPA Standard Alignment TS —Texas Educator Standards/ Competencies CF -Conceptual Framework Indicator N —NCATE Knowledge and Skills Proficiencies by indicator
1. knowledge about characteristics that distinguish the various types of motor skills;	Chapter Readings Study Questions	Quiz Exam	NASPE Standard 1.1, 1.2, 1.3 Competencies 001, 002,003 CF 1
2. knowledge about motor control features that influence motor skill performance and learning;	Chapter Readings Study Questions	Quiz Exam	NASPE Standard 1.1, 1.3, 1.5 Competencies 001, 002,003 CF 1
3. knowledge about the assessment of motor skill learning and characteristics of the various stages of skill learning;	Lecture Chapter Readings Lab: Conduct Assessment	Quiz Exam Lab Report	NASPE Standard 4. Competencies 001, 002 CF 1
4. knowledge of various motor skill learning principles and their applications to various motor skill learning and rehabilitation contexts;	Lecture Chapter Readings Lab: Application	Exam Lab Report Group Presentation	NASPE Standard 1.1, 1.3, 1.5 Competencies 001, 002,003 CF 1
5. experiences in various motor learning research activities and writing about those experiences.	Lecture Chapter Readings Lab: Experience	Exam Lab Report	NASPE Standard 1, 2, 3, 4, 5

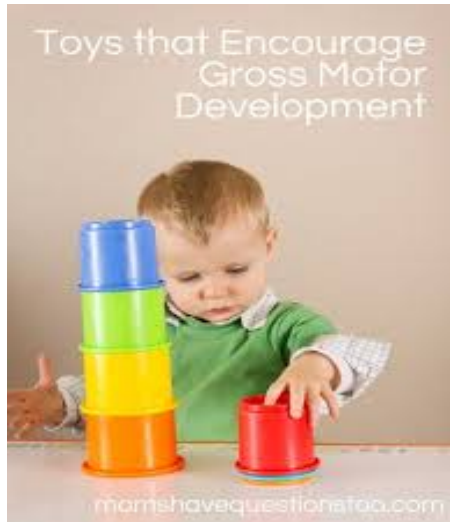
NCATE Unit Standards <http://www.ncate.org/documents/standards/NCATE%20Standards%202008.pdf>

Web address for **NASPE standards**: <http://www.shapeamerica.org/standards/pe/index.cfm>

Web link on Educator Preparation Services site for **Conceptual Framework**: http://www.shsu.edu/~edu_edprep/

IDEA Objectives: In this course, our focus will be on these major objectives (as assessed by the IDEA course evaluation system):

- 5 **Gaining factual knowledge** (terminology, classifications, methods, trends)
- 5 Learning **fundamental principles**, generalizations, or **theories**,
- 5 Learning to **apply course material** (to **improve thinking, problem solving, and decisions**
- 5 **Developing specific skills**, competencies, and points of view needed by professionals in the field most closely related to this course.
- 5 Learning how to **find and use resources** for answering questions or **solving problems**.
- 5 Learning how to **analyze** and **critically evaluate ideas**, arguments, and points of view.

**Course Format:**

The content of this course is delivered in a traditional classroom setting, including a community engagement lab, with Blackboard serving as an ancillary resource. Instructional strategies used in this course will include lecture, student-centered discussion, service-learning, small group discussions, audiovisual aides such as videotapes and slides, Internet computer technology, questioning, lab work, reciprocal teaching and activities, independent reading, movement, and the use of outside resources. The instructor's main objective is to facilitate learning in all students by motivating each to seek knowledge of the subject.

Course Requirements:

Attendance. Attendance is mandatory. Roll will be called. **Accumulation of more than two absences may result in a lower grade** (e.g., 3 absences may result in a reduction of one letter grade, 4 absences may result in a reduction of two letter grades, 5 absences may result in a failing grade). Students are expected to be in class on time. You are late if your name has already been called when checking attendance. **Being late twice will be considered as an absence.** Should you miss any classes, you alone are responsible for all material covered. If you are sick or have to miss for some reason, you must take your note or other documentation to the Dean of Students and have them send an email to your professor saying that your absence may be excused. **The class starts at 8:00 am and ends at 9:20 am.** To be counted present in class, you must be in attendance for the entire class time. (see [SHSU Class Attendance Policy AP 800401](#)) For further information, see the following link: <http://www.shsu.edu/dotAsset/b719129b-9593-424f-9d5a-920e2eda6890.pdf>

Professionalism/Participation. It is expected that students be active, enthusiastic, and collegial participants during the semester. **The success of this course is in large part a result of your contributions to it.** Significantly contributing to a course's success includes more than just showing up and being a consumer. For example, it also includes:

- Being inquisitive, asking good questions, taking initiative
- Your active involvement in class discussions
- Avoiding side conversations
- Listening to others and respecting your peers' views and comments
- Doing high-quality class work
- Being prepared for each class session and all activities
- **See also: Academic Grievance Procedures for Students AP 900823**

Examinations and Assignments: Exams will be administered only on the specified dates. No make-up exams are administered; however, the professor reserves the right to give make-up exams because of unforeseen valid emergencies, which can be officially documented in writing. Should a make-up exam be given, it will

differ in style from the original exam. Assignments and examinations are due at the end of class on the assigned date. Assignments may be required to be submitted on Blackboard (Turn it in) and a hard copy must be provided to the instructor. **The instructor will not accept emailed copy of assignments. Make-up work is only allowed upon presentation of medical or legal evidence.** In this case the work needs to be done upon returning to class. During examinations you will be required to store your belongings in your personal bag or backpack and placed on the floor near your desk.

Exams will identify IDEA Objectives:

- **Gaining factual knowledge** (terminology, classifications, methods, trends)
- Learning to **apply course material** (to improve thinking, problem solving, and decisions)
- Learning how to **find and use resources** for answering questions or **solving problems**.
- Learning how to **analyze** and **critically evaluate ideas**, arguments, and points of view.

Lab Reports/Major Assignments: Three lab activities will occur during the semester. These sessions will be done on your own. The purpose of the labs is to provide an opportunity for you to: (a) actively experience motor skill performance situations related to concepts discussed in class lectures, and (b) apply motor learning principles to professional contexts in which you may eventually be employed.

Labs will work on the following IDEA Objectives:

- Learning to **apply course material** (to improve thinking, problem solving, and decisions)
- **Developing specific skills**, competencies, and points of view needed by professionals in the field most closely related to this course.
- Learning how to **analyze** and **critically evaluate ideas**, arguments, and points of view.
- Learning how to **find and use resources** for answering questions or **solving problems**.
- **Assignments and Lab Reports:** Each lab will require a lab report to be turned in through Blackboard on the date specified at the time of the lab. **Assignments and Lab reports must be typed**, unless you are told otherwise. **All assignments are considered late if they are handed in after the due date, 10% OF YOUR GRADE WILL BE TAKEN OFF for EACH DAY the report is LATE.** If the assignment is turned in **more than 5 days late**, you will receive a **0** for that lab or assignment.
- **Assignment grading policies:** Unless specified otherwise, each assignment should be an individual report, even if the lab involves group data. Each assignment will be graded out of 20 – 100 total points. If a question is worth 15 points it requires a more detailed and complete answer than one worth only 5 points. You must EXPLAIN, DESCRIBE, COMPARE/CONTRAST completely to receive full credit on an answer. NOTE: If two or more assignments or lab reports are identical, or suspiciously similar, each will receive a 0 for the lab. All written assignments will be scanned by “safe assign” or “turnitin.com” **

Technology – Technological issues will NOT be accepted as an excuse for late work.

Assignments will work on the following IDEA Objectives:

- **Gaining factual knowledge** (terminology, classifications, methods, trends)
- Learning to **apply course material** (to improve thinking, problem solving, and decisions)
- **Developing specific skills**, competencies, and points of view needed by professionals in the field most closely related to this course.
- Learning **fundamental principles**, generalizations, or **theories**.
- **Class Behavior:** Disruptive behavior will result in the student being asked to leave the classroom. **This will be counted as an absence.** A second violation and the student will be dropped from the class. **Sleeping in**

class is unacceptable and unprofessional behavior. If you do, I reserve the right to call you to attention.
Baseball caps are not to be worn during the Community Engagement Project. Leaving the classroom or gym during group work is unacceptable. Your peers count on your contributions, active participation and equipment pick-up at the end of class. Please plan ahead.

- Electronic devices. **Devices, including cell phones, which produce noise or are otherwise distracting, are not to be operated during classes.** If you are caught using your cell phone in class you will receive a warning. The second time you are caught using your cell phone in class, you will be asked to leave the classroom. The third violation and you will be asked to drop the class. Laptops, tablets or other recording devices may be used with approval from the instructor. See: [SHSU Policy on Use of Telephones and Text Messengers in Academic Classrooms and Facilities AP100728](#).
- Sexual Harassment. In accordance with administrative policy, sexual harassment is reprehensible and will not be tolerated by the university. Behavior in the course must conform to the university policy.
- Class Materials: **The textbook is a requirement of the course.** You are responsible for reading the chapters from the textbook and handouts distributed in class or uploaded to Blackboard. The course syllabus, class notes, lab reports, announcements, and e-mail, can be accessed via Blackboard for KINE 3364.1
- Drop/add/withdraw. It is your responsibility to make sure that you are officially enrolled in this course. If, at any point, you decide to stop attending this course, it is your responsibility to officially drop or withdraw from enrollment. Failure to do so may result in a failing grade. It is your responsibility to contact the registrar's office by the required date.
- Syllabus subject to change. While information and assurances are provided in this course syllabus, it should be understood that content may change in keeping with new research and literature and that events beyond the control of the instructor could occur. Students will be informed of any substantive occurrences that will produce syllabus changes.

Email Etiquette. When communicating with me via email, you **must** follow the etiquette below; otherwise I reserve the right of not replying to your email.

- All email must be sent from your "@SHSU.edu" email account.
- Be sure to include a meaningful subject line; this helps clarify what your message is about and may also help me prioritize reading your email.
- Just like a written letter, be sure to open your email with a greeting like **Dear Professor Sears:**
- Use standard spelling, punctuation, and capitalization. THERE'S NOTHING WORSE THAN AN EMAIL SCREAMING A MESSAGE IN ALL CAPS. Stay away from abbreviations and do not use emoticons (those little smiley faces).
- Write clear, short paragraphs and be direct and to the point; I consider your email communication as business.
- Be friendly and cordial, but do not try to joke around (jokes and witty remarks may be inappropriate and, more commonly, may not come off appropriately in email)

Course Evaluation (Grading)

50% = Exams (2 – 1 hr. exams & the final exam)

You must have a D (60%) average on your exams to PASS the class.

20% = Minor Assignments (textbook reading quizzes)

30% = Major Assignments (Labs and/or presentation)

Grading scale: A = (90-100%) B = (80-89.9%) C = (70-79.9%) D = (60 – 69.9%) F = (0 – 59.9%)

PROCEDURES IN CASES OF ACADEMIC DISHONESTY: AP 810213

“Self-plagiarism represents a significant problem in academia as it serves to undermine the learning process and outcomes that are a key feature of each course that is offered as a part of a student’s curriculum. As a result, the Department of Health and Kinesiology has a strict policy in place to prevent self-plagiarism in the classroom. **Self-plagiarism is defined as the submission of any type of assignment that contains content that is recycled from other assignments or a prior publication that one submits for course credit in another course.**

Each instructor is provided the discretion to evaluate whether a student has engaged in self-plagiarism on a course assignment. If a student is unsure whether use of prior content would constitute self-plagiarism, they must consult with the instructor of the course within a reasonable period of time prior to the due date of the assignment. In most cases, this consultation should take place a minimum of 10 business days prior to submission. Following submission of the assignment, if the instructor deems that the student has engaged in self-plagiarism, he or she has the right to state that the student has violated Section 5.3 of The Texas State University Rules and Regulations dealing with Academic Honesty and the student is thereafter subject to any and all penalties and punishments present in the policy. This may include failure of the assignment and/or failure of the course. Additionally, the student may be referred to the Department Chair of Health and Kinesiology, the Dean of the College of Health Sciences, the Dean of Students, and/or the Provost and Vice-President for Academic Affairs for further academic review.”

When you submit your homework online, through the dropbox on SHSU Online, it will be scanned by “safe assign” or “Turnitin.com” and will check for plagiarism. If it is similar to other work from this class, previous semesters, or work on the internet, it will flag the information and let me know. If you turn in work that is not your own, you will receive a 0 on the assignment and further action may be taken. If more than one assignment is similar to another, BOTH students will receive 0’s for the assignment. No assignment will be accepted if it was not turned into the dropbox in proper format.

All students are expected to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain honesty and integrity in the academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action. The University and its official representatives may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including but not limited to, cheating on an examination or other academic work policy, see: [Dean of Student's Office](#)

STUDENT ABSENCES ON RELIGIOUS HOLY DAYS POLICY: AP 861001

Section 51.911(b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. Section 51.911 (a) (2) defines a religious holy day as: “a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20...” A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.

University policy 861001 provides the procedures to be followed by the student and instructor. A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day(s) shall present to each instructor involved a written statement concerning the religious holy day(s). The instructor will complete a form notifying the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed. For a complete listing of the university policy, see: <http://www.shsu.edu/dept/dean-of-students/policies/>

STUDENTS WITH DISABILITIES POLICY: AP 811006

It is the policy of Sam Houston State University that individuals otherwise qualified shall not be excluded, solely by reason of their disability, from participation in any academic program of the university. Further, they shall not be denied the benefits of these programs nor shall they be subjected to discrimination. Students with disabilities that

might affect their academic performance are expected to visit with the Office of Services for Students with Disabilities located in the Counseling Center . They should then make arrangements with their individual instructors so that appropriate strategies can be considered and helpful procedures can be developed to ensure that participation and achievement opportunities are not impaired.

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. If you have a disability that may affect adversely your work in this class, then I encourage you to register with the SHSU Counseling Center and to talk with me about how I can best help you. All disclosures of disabilities will be kept strictly confidential. NOTE: No accommodation can be made until you register with the Counseling Center . For a complete listing of the university policy, see:

<http://www.shsu.edu/disability>

OR FOLLOW THE LINK TO THE ADDITIONAL INFORMATION <http://www.shsu.edu/syllabus/>

Summary of Policies:

- Always relate the information back to motor learning concepts and terms when answering ALL assignments.
- You must have a D average on Exams to pass the class.
- Exams are to be taken with no outside help (closed book = no notes, no book, no websites and no
- Your exam average is worth 50% of your grade.
- There are opportunities for Extra Credit.
- Any assignment turned in late will lose 10% of the grade for each day it is late. After 5 days the assignment cannot be turned in.
- If you, for any reason, miss an exam you will be required to take a **comprehensive** make up exam at the end of the semester.
 - This exam will be comprehensive including all material covered throughout the semester. **NO EXCEPTIONS.** If you miss the makeup, you will receive a zero for the missed exam and will most likely have to retake the course. **You must have a D average on your exams to PASS the class.**

This class will help you to make progress on:

- ✓ **Gaining factual knowledge**
- ✓ (terminology, classifications, methods, trends)
- ✓ Learning **fundamental principles**, generalizations, or **theories**,
- ✓ Learning to **apply course material** (to **improve thinking, problem solving, and decisions**
- ✓ **Developing specific skills**, competencies, and points of view needed by professionals in the field most closely related to this course.
- ✓ Learning how to **find and use resources** for answering questions or **solving problems**.
- ✓ Learning how to **analyze** and **critically evaluate ideas**, arguments, and points of view.



This is a difficult course; however, you CAN be successful if you put forth the effort and learn how this information will be used in your professional career.

Extra Credit: You have 3 main ways to receive EC.

(I) You can receive extra credit to help your grade in this course by volunteering to participate in research studies being conducted by professors and/or graduate students approved by the Kinesiology Department:

(II) you can volunteer to take part in charity or service events approved by Professor Sears.

(III) complete the motor learning written extra credit near the end of the semester for up to 5 points of extra credit.

a) You will earn 1 point per hour of participation. The points you earn will be added as percentage points to your assignment average at the end of the semester.

b) The maximum number of extra credit points you can earn for the semester is 10. You cannot receive extra credit in multiple classes for participation in the same project! You must provide paperwork from the experimenter or the supervisor for the charity event, stating that you are only receiving credit for one class.

c) You must submit your completed paperwork to Professor Sears to receive credit.

- **You must have the supervisor indicate how long you volunteered,**
- **on what day,**
- **for what event,**
- **what activities you were involved in (what you did), and**
- **A supervisor signature and**
- **include a contact number and email address of the supervisor of the charity event or research project.**

*****You will not get credit if you do not turn in this signed paper with all information included.**

d) Charity work involves either time or money (and sometimes both). That is how the world works and all charities survive. People donate their time to help, they donate their money to help purchase services and goods,

they donate their time to collect donations from others, or they donate their time to purchase or prepare the services.

e) Some of the extra credit will relate to course material and some may just be service opportunities for you to learn other life lessons. Most all will relate to promoting Health and Fitness in the community.

f) Some may be on campus while others will be off campus, some during the week, while other opportunities will be on the weekend. Some will require more work than others.

g) There are no guarantees on the number or opportunities that will be available.

h) I will announce these opportunities both via email and as announcements on SHSU online.

i) Annual Health and Kinesiology Departmental sponsored charity events include:

i) Texas Children's Hospital Toy Drive (November/December) – we collect toys and deliver them during Fall Finals week to children in the hospital

ii) Special Olympics events to be held during the Fall Semester.

lii) other events will be announced

***Extra credit is EXTRA and NOT mandatory. You cannot 'buy' your grade through extra credit, but you will get credit for doing more than just the coursework. You must have a D exam average to pass, so you cannot do lots of service work to make-up for lack of proper studying and preparation.

*** If you complete all assignments on-time, follow all instructions, and clearly relate the material learned in the course to the questions on your assignments and exams, you will not likely need EC, but if you miss assignments, fail to study as needed, fail to follow instructions, or just make mistakes along the way EC is there to help. It may or may not help you to move from one letter grade to the next.**

When in doubt, ask Professor Sears or send him an email.