

Western Kentucky University  
College of Health and Human Services  
School of Kinesiology, Recreation, & Sport  
Spring 2016  
February 8 – May 13

<b>COURST TITLE:</b> KIN 503 (Online)	Advanced Motor Learning (3 credit hours)
<b>INSTRUCTOR:</b> Dr. Travis Esslinger	Smith Stadium (East) 1019
Office Hours:	MW: 10:00-11:30, 1:00-3:00 TTh: 11:00-12:00, 2:05-3:05
Phone #:	270.745.3423
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**Course Description:**

Welcome to KIN 503: Advanced Motor Learning and Control. This class has been designed to provide students a better understanding of the theories and principles of learning as they apply to the acquisition of gross motor skills. Emphasizes the interpretation and practical application of experimental data.

**Required Text:**

Magill, R.A. (2011). *Motor learning and control: Concepts and applications* (9<sup>th</sup> ed.). New York: McGraw-Hill.

**Recommended Text:**

American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6<sup>th</sup> ed.). Washington, DC: Author.

**Course Objectives:**

Upon completion of this course students will have achieved the following objectives:

- 1.) Understand the mechanisms of motor control at both the psychological and neurological level of analysis.
- 2.) Identify the concepts that underline the acquisition and retention of movement skills.
- 3.) Perceive the process of multiple feedback and learning.

**Course Format:**

Due to the web-paced nature of this course you will need to be both motivated and responsible as you will cover 12 subject areas throughout the semester. The course will consist of four unit assignments consisting of chapter questions and one written term paper (see term paper assignment). All materials will be available upon the opening of the course site and you will be free to work at your own rate, but must adhere to the five established course deadlines.

**Assignments:****Unit Assignments-**

## 1.) Unit 1 “Introduction to Motor Skills and Abilities”

Read Unit 1 Introduction to Motor Skills and Abilities (Chapters 1, 2, and 3). Answer the chapter questions as they relate to Unit 1.

Due Sunday, Feb. 28<sup>th</sup> by 11:55pm.

## 2.) Unit 2 “Introduction to Motor Control”

Read Unit 2 Introduction to Motor Control (Chapters 4, 5, and 6). Answer the chapter questions as they relate to Unit 2.

Due Sunday, March 20<sup>th</sup> by 11:55pm.

## 3.) Unit 4 “Introduction to Motor Skill Learning”

Read Unit 4 Introduction to Motor Skill Learning (Chapters 11, 12, and 13). Answer the chapter questions as they relate to Unit 4.

Due Sunday, April 10<sup>th</sup> by 11:55pm.

## 4.) Unit 6 “Practice Conditions”

Read Unit 6 Practice Conditions (Chapters 16, 17, and 18). Answer the chapter questions as they relate to Unit 6.

Due Sunday, May 1<sup>st</sup> by 11:55pm.

**Term Paper Assignment-**

Students will independently investigate a topic relevant to the discipline of motor learning. You are free to choose your topic, however, I am providing the following topics to help formulate ideas:

- Amount and distribution of practice sessions
- Mental practice or mental imagery
- Instruction and feedback

You will find relevant literature on the topic (from scholarly journals, magazines, books, and newspapers- ***at least three sources must come from scholarly peer reviewed journals***).

By **Sunday, April the 10<sup>th</sup>** (due date of Unit 4 material) you need to email me with the topic and title of your paper. The term paper with cover page and reference page is due by **Tuesday, May 10<sup>th</sup> by 11:55pm**. The body of the paper must be at least six full pages double-spaced (not including cover page and references). For more information on style, see the “Policies” section of the syllabus along with the “APA Information” menu tab within the course site.

**Policies:**

- Term paper formatting- “APA 6<sup>th</sup> edition” formatting title page, body, referencing and bibliography.
- The paper should be typed using 12 point, Times New Roman font and double-spaced. Margins should be set at 1 inch on all four sides.
- The paper should be completed as a Word or Plain Text Document. Your file must remain in .doc, .docx, or .txt formats. Save the file to a local drive then upload the file to the course website using the “Browse My Computer” option.
- Grammar, punctuation, and spelling will be included in the evaluation of the paper (up to 10% of total possible points). Must adhere to APA guidelines (6<sup>th</sup> ed.).
- Any assignment due date, not indicated in the syllabus, will be determined during the course of the semester and put on the ANNOUNCEMENTS page of Blackboard.
- All assignments MUST be completed in order to receive a grade in the course.
- Each student is responsible for completing the assignments on time. All assignments are to be uploaded to the appropriate assignment folder before the designated due date/time to receive full credit. You will be allowed to complete incomplete assignments at the end of the term for 70% credit.
- Students may not submit a paper that has been utilized in another class. They may write about the same topic and use resources from another class, but the paper should be unique to the course.

**Evaluation Procedure (tentative):**

Student Introduction	(1 @ 5 pts.)
Unit assignments	(12 @ ~26 pts. for a total of 311)
Term Paper	(1 @ 100 pts.)
Total	(416 pts.)

**Grading Scale:**

(A) 90-100%, (B) 80-89%, (C) 70-79%, (D) 60-69%, (F) Below 60%

**Information Technology:**

Technological problems are not an excuse for late submissions of assignments/papers. If you have any issues with blackboard or any other technology application provided through WKU you should contact the WKU IT Helpdesk at 270-745-7000. They will be able to assist you with any problem you are having with the software they oversee. The staff in this department are very knowledgeable and experienced, they have been trained, and they can provide you with the help you need very quickly. I cannot do any of these things, so please contact the Helpdesk first.

\*\*\*Note/blackboard materials: You will have sufficient time for all material to be completed. If materials (assignments/exams) are not submitted prior to the deadline you will be allowed to complete the assignment but there will be an automatic 30-40% deduction.

**Academic Honesty:**

Students are expected to do their own work on all graded material submitted for this course. "Students who commit any act of academic dishonesty may receive a failing grade from the instructor without a possibility of withdrawal. The faculty member may also present the case to the Office of Student Life for disciplinary action." Students who are unfamiliar with the University policy on plagiarism should consult the most recent edition of the Western Kentucky University Student Handbook. Students uncertain regarding what actions constitute plagiarism should consult the instructor. Student Handbook:

<http://www.wku.edu/handbook/2009/>

\*\*\*Use the following link as a guide throughout your graduate studies:

<http://isites.harvard.edu/icb/icb.do?keyword=paraphrasing>

**Student Accessibility Resource Center:**

In compliance with university policy, students with disabilities who require accommodations (academic adjustments and/or auxiliary aids or aids) for this course must contact the Student Accessibility Resource Center within Downing Student Union (DSU, 1074). The Phone number is 745-5004.

**The Learning Center:**

Should you require academic assistance with your WKU courses, The Learning Center (located in the Downing Student Union, 2141) provides free supplemental education programs for all currently enrolled WKU students. TLC @ DSU offers certified, one-on-one tutoring in over 200 subjects by appointment or walk in. Online tutoring is offered to distance learners. TLC is also a quiet study area, with side rooms designated for peer-to-peer tutoring, and offers a thirty-two machine Dell computer lab to complete academic coursework. For more information, or to schedule a tutoring appointment, please call TLC at (270) 745-5065. [www.wku.edu/tlc](http://www.wku.edu/tlc)

Hours of Operation:

**TLC @ DSU**

Monday – Thursday	10:00am – 7:00pm
Friday	10:00am – 2:00pm

*The above procedures and schedule of this course are subject to change in the event of extenuating circumstances. Changes will be posted on Blackboard, or via e-mail. It is the student's responsibility to note changes should they occur.*

### Course Assignments:

Due Date	Topics	Assignments	Points
Sunday, Feb. 21 <sup>st</sup>		-Student Introduction	- 5 pts.
Sunday, Feb. 28 <sup>th</sup>	Unit 1: Intro to Motor Skills and Abilities	-Ch. 1: UA -Ch. 2: UA -Ch. 3: UA	- 25 pts. - 25 pts. - 21 pts.
Sunday, March 20 <sup>th</sup>	Unit 2: Intro to Motor Control	-Ch. 4: UA -Ch. 5: UA -Ch. 6: UA	- 25 pts. - 30 pts. - 30 pts.
Sunday, April 10 <sup>th</sup>	Unit 4: Intro to Motor Skill Learning	-Ch. 11: UA -Ch. 12: UA -Ch. 13: UA	- 25 pts. - 27 pts. - 25 pts.
Sunday, April 10 <sup>th</sup>	Term Paper	Email: Topic and Title	
Sunday, May 1 <sup>st</sup>	Unit 6: Practice Conditions	-Ch. 16: UA -Ch. 17: UA -Ch. 18: UA	- 30 pts. - 23 pts. - 25 pts.
Tuesday, May 10 <sup>th</sup>	Term Paper due date	-Term Paper	- 100 pts.

\*All due times are set at 11:55pm CST unless otherwise stated.

### Term Paper Rubric:

Title Page	Proper APA Format	5 pts.
Introduction	What, Why, and How of Paper	20 pts.
Body of Paper	Supporting Evidence (references)	20 pts.
Conclusion	Concluding Thoughts	20 pts.
Citing Sources	APA Format pp. 169 - 192	10 pts.
Grammar, Punctuation, Spacing, etc.	As per instructions	10 pts.
Reference Page(s)	APA Format	15 pts.
	Total	100 pts.