



08/2010

Scientific Basis of Sport 1: Motor Learning Course Outline

Course:	ExSc 364 – Scientific Basis of Sport 1: Motor Learning
Instructor:	Larry T. Hall, EdD
Office:	106F SFH (Check first with secretary)
Office Hours:	Monday , 7:00–7:45am Tuesday , 8:00–9:50am Wednesday , 7:00–7:45am; 9:00–9:50am (Or by Appointment)
Extension:	801-422-7303 (Phone Mail)
E-mail:	larry_hall@byu.edu

Lecture Notes: Provided in class (\$9.00).

Course Description

An introduction to perceptual motor learning with an emphasis on the learning process, the individual learner, and the task and instructional procedures that may be employed by the teacher and coach in the instructional realm.

Learning Outcomes

The primary objective of the course is to enhance your abilities as a teacher and coach through increasing your knowledge and practical application relative to the individual learner and the learning environment.

At the conclusion of the course, the student will be able to delineate in writing, verbally, and demonstrate through practical examples:

- ♦ Assessment of individual abilities psychological traits from beginning to advanced skill levels, including their application to diverse populations.
- ♦ The process, assessment, and evaluation of curriculum principles as it relates to the dynamics of individual and group learning.
- ♦ The application of learning and coaching motor skill theory and practice into instructional and performance settings.
- ♦ Assess and evaluate mechanisms related to measuring and appraising individual and group performance. This includes basic statistical procedures pertinent to common motor skill evaluation.

Class Organization

To meet the primary objective we will: 1) Examine and discuss in class pertinent issues related to the basic knowledges of motor learning; 2) Read selected supplementary readings as assigned and participate in laboratory experiments related to research discussed in class.

Method and Criteria for Grading

1. Twelve (12) or more unannounced quizzes. (Lowest score will be automatically dropped).
 - a. The quizzes are administered at 8:00am sharp. These take about three minutes to complete. Thus, if you are late--you have missed the quiz for that day.
 - b. If you know in advance that you will miss class for an excusable reason (i.e., funeral, field trip, illness, etc.), let me know in advance and I will gladly arrange a time for you to take a quiz you might miss on that particular day.
2. Three mid-term examinations.
3. One final examination (comprehensive).

Grading

Quizzes	120 points (10 points each)
Mid-Course Examinations	210 points (Approx. 70 points each)
<u>Final Examination</u>	<u>100 points</u>
Total Points	<u>430 points</u>

Letter Grades

A 93% and above	C 73-76%
A- 90-92%	C- 70-72%
B+ 87-89%	D+ 67-69%
B 83-86%	D 63-66%
B- 80-82%	D- 60-62%
C+ 77-79%	E 59% and below

Honor Code Standards

In keeping with the principles of the BYU Honor Code, students are expected to be honest in all of their academic work. Academic honesty means, most fundamentally, that any work you present as your own must in fact **be** your own work and not that of another. Violations of this principle may result in a failing grade in the course and additional disciplinary action by the university.

Students are also expected to adhere to the Dress and Grooming Standards. Adherence demonstrates respect for yourself and others and ensures an effective learning and working environment. It is the university's expectation, and my own expectation in class, that each student will abide by all Honor Code standards. Please call the Honor Code Office at 422-2847 if you have questions about those standards.

Students with Disabilities

Brigham Young University is committed to providing a working and learning atmosphere, which reasonably accommodates qualified persons with disabilities. If you have any disability, which may impair your ability to complete this course successfully, please contact the University Accessibility Center (UAC) (801-422-2767). Reasonable academic accommodations are reviewed for all students who have qualified documented disabilities. Services are coordinated with the student and instructor by the UAC. If you need assistance or if you feel you have been unlawfully discriminated against on the basis of disability, you may seek resolution through established grievance policy and procedures. You should contact the Equal Employment Office at 801-422-5895, D-282 ASB.

Preventing Sexual Harassment

Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds. The act is intended to eliminate sex discrimination in education. Title IX covers discrimination in programs, admissions, activities, and student-to-student sexual harassment. BYU's policy against sexual harassment extends not only to employees of the university but to students. If you encounter unlawful sexual harassment or gender-based discrimination, please talk to your instructor; contact the campus EEO office (801-422-5895); or contact the Honor Code Office (801-422-2847).

H1N1 Flu

Students who have influenza-like illness should stay away from others for at least 24 hours after their fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine such as Tylenol. Please communicate with your instructor regarding your attendance (absence).

Standards of Social Courtesy

1. *Speaking in class:* Avoid private conversations when others are speaking.
2. *Headgear:* Please remove caps while in class.
3. *Laptops:* Use of laptops is permissible if used for taking notes for this class.
4. *Electronic Devices:* No cell phones, ear buds, MP3 players or any other electronic devices. All tones should be turned off or muted.
5. *Sleeping:* If you are sleepy, sleep outside the classroom.
6. *Homework:* Don't do homework for other classes while this class is in session.

Circle of Honor

I have been asked what I mean by "word of honor." I will tell you. Place me behind prison walls—walls of stone ever so high, ever so thick, reaching ever so far into the ground—there is a possibility that in some way or another I may escape; but stand me on the floor and draw a chalk line around me and have me give my word of honor never to cross it. Can I get out of the circle? No. Never! I'd die first!

- Karl G. Maeser

CLASS SCHEDULE

ExSc 364

(Fall - 2010)

INTRODUCTION

Aug. 30 (Mon.)	Introduction
Sept. 1 (Wed.)	The classification of motor skills into general categories
Sept. 6 (Mon.)	<i>Labor Day Holiday</i>
Sept. 8 (Wed.)	The classification of motor skills into general categories (con't); Individual differences
Sept. 13 (Mon.)	Individual differences (con't)
Sept. 15 (Wed.)	Learning and performance
Sept. 20 (Mon.)	Learning and performance (con't); Stages of learning
Sept. 22 (Wed.)	Measuring learning
Sept. 27 (Mon.)	Measuring Learning (con't); Response Time; Preparing for movement
Sept. 29 (Wed.)	Response Time; Preparing for movement (con't)
Oct. 4 (Mon.)	Anticipation timing
Oct. 6 (Wed.)	Models of Learning
Oct. 6-7 (W-Th)	<u>Examination #1</u> (Testing Center)
Oct. 11 (Mon.)	Models of Learning (con't)
Oct. 13 (Wed.)	Open and closed-loop systems of motor control, Motor Programs
Oct. 18 (Mon.)	Sensory and perceptual systems
Oct. 20 (Wed.)	Attention
Oct. 25 (Mon.)	Memory
Oct. 27 (Wed.)	Memory (con't)

THE LEARNER

Nov. 1 (Mon.)	Feedback
Nov. 3 (Wed.)	Feedback (con't)
Nov. 3-4 (W-Th)	<u>Examination #2</u> (Testing Center)
Nov. 8 (Mon.)	Transfer of learning
Nov. 10 (Wed.)	Transfer of learning (con't)

THE LEARNING ENVIRONMENT

Nov. 15 (Mon.)	Massed and distributed practice
Nov. 17 (Wed.)	Variety and amount of practice
Nov. 22 (Mon.)	Whole and part practice and learning
Nov. 23 (Tues.)	University Wide—Friday class schedule
Nov. 24-26	Thanksgiving Holiday
Nov. 29 (Mon.)	Whole and part practice and learning (con't); Speed and accuracy of movement
Dec. 1 (Wed.)	Mental practice, Fatigue and performance
Dec. 6 (Mon.)	Motivation
Dec. 8 (Wed.)	Attributes of advanced skill performers
Dec. 8-9 (W-Th)	<u>Examination #3</u> (Testing Center)
Dec. 9 (Thu.)	Last Day of Fall Semester Classes
Dec. 10-11	Reading Days

Final Examination Schedule (Mon.-Fri., Dec. 13-17)

Dec. 15	Final Comprehensive Examination (Wednesday, 7am-10am) (I follow the University examination policy for final exams. I do not allow early exams, etc. If you are not here for some reason, there is always the "Incomplete" procedure—take the final exam at a later date.)
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