

MOTOR LEARNING

APK 3200 ~ 3 CREDITS ~ FALL 2020 (REMOTE)

INSTRUCTOR: **Paul A. Borsa, PhD, ATC**
Office: Florida Gymnasium, Rm. 149
Office Phone: (352) 294-1726
Email: pborsa@ufl.edu (preferred communication)

OFFICE HOURS: Scheduled Zoom times (W 11:30am – 12:30pm) or by appointment

MEETING TIME/LOCATION: MWF (1st period 7:25-8:15am; remote delivery accessed through Zoom and/or CANVAS)

COURSE DESCRIPTION: The course will provide theoretical concepts on how we learn to control our movements and become skilled at performing movements. The course provides background for understanding, analyzing, and teaching skills in sports, rehabilitation and instructional settings with attention given to aspects of psychomotor developments and theoretical models of skill acquisition. Although the emphasis of this course will be behavioral, it will include elements from neurophysiology and neuroscience.

PREREQUISITE KNOWLEDGE AND SKILLS: junior standing or above; majors only.

COURSE LEARNING OBJECTIVES:

Upon completion of this course, the student will be able to:

1. Differentiate and explain learning theories applicable to skill acquisition and retention
2. Apply knowledge of instructional strategies for basic skill acquisition
3. Appraise current evidence and trends in motor learning and motor control
4. Recognize general (classic) research paradigms used in motor learning and control research

REQUIRED AND RECOMMENDED MATERIALS: Magill, R.A. (2011). Motor Learning and Control: Concepts and Application (10th Ed.). Boston, MA: McGraw Hill.

COURSE FORMAT: Lecture material will be available to students on e-Learning CANVAS. The course will be taught remotely (100% on-line). Most, if not all, lectures will be available for

asynchronous learning. All lectures are pre-recorded and uploaded to the Modules section on CANVAS. Lectures can be viewed on most personal electronic devices (desktop & laptop computer, tablets, etc.) using Mediasite or other related audio/video platforms. Students are expected to take notes using the lecture notes provided. Lectures notes can be found in the files section.

COURSE AND UNIVERSITY POLICIES:

ATTENDANCE POLICY: N/A

PERSONAL CONDUCT POLICY: Students are expected to exhibit behaviors that reflect highly upon themselves and our University. UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obliged to report any condition that facilitates academic misconduct to appropriate personnel.

EXAM MAKE-UP POLICY: No makeup examinations or quizzes will be given without a serious and/or compelling reason. “Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found in the online catalog at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.”

ACCOMMODATING STUDENTS WITH DISABILITIES: Students requesting accommodation for a disability must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retro-active, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

ELECTRONIC DEVICES: N/A

COMMUNICATION: You are responsible for checking announcements and course postings on CANVAS. This is how your course instructor will communicate with you. All course grades (quizzes and examinations) will be posted on CANVAS. Any discrepancies should be pointed out to the instructor on or before the last day of finals week.

COURSE EVALUATIONS: Students in this class are participating in GatorEvals. This evaluation system is designed to be more informative to instructors so that teaching effectiveness is enhanced and to be more seamlessly linked to UF’s CANVAS learning management system. Students can complete their evaluations through the email they receive from GatorEvals, in

their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/> . Thank you for serving as a partner in this important effort.

GETTING HELP:

Health and Wellness

- U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575
- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies)
<http://www.police.ufl.edu/>

Academic Resources

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu. <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

GRADING:

Evaluation Components (number of each)	Points
Lecture Exams (6)	380 pts possible
Professional Development Project	20 pts possible

Quizzes: You will have 6 practice quizzes. Quiz format will be a combination of fill in the blank, multiple choice, short answer, and /or matching.

Lecture Exams: Each exam question will be worth 2 points. Questions will be in multiple choice and true/false format. Students are not permitted access to any kind of materials or notes during these exams. Exam questions are generated by the course instructor and the focus should be given to the lecture notes when studying. Exams are NOT cumulative and there is no final comprehensive examination. Students will take exams using Honorlock and will be allowed 30-50 minutes to complete each exam depending on the number of questions.

Exam	Unit	Chapters	Questions/Points Possible	Time allotted (minutes)
1	1	1-3	30/60	30
2	2	4-8	50/100	50
3	3	9-10	20/40	20
4	4	11-13	30/60	30
5	5	14-15	20/40	20
6	6	16-19	40/80	40

Project: Professional Development: Create a practice/training program using Gentiles Classification Scheme.

Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly.

Final grades will NOT be calculated using CANVAS. The instructor will calculate your grade using separate software and uploaded to CANVAS once the final tabulations have been made.

GRADING SCALE: Quiz and exam scores will be entered or uploaded directly into canvas within 12-24 hrs after completion. If you feel there is an error in grade calculation, please bring it to the attention of the instructor ASAP. "More detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>."

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	90.00-100%	4.0
B+	87.00-89.99%	3.33
B	80.00-86.99%	3.0
C+	77.00-79.99%	2.33
C	70.00-76.99%	2.0
D+	67.00-69.99%	1.33
D	60.00-66.99%	1.0
E	0-59.99%	0

WEEKLY COURSE SCHEDULE:

Week	Dates	Lecture Topic	Readings
1	Aug 31-Sept 4	<u>Unit 1: Introduction to Motor Skills and Abilities</u> Classification of Motor Skills Measurement of Motor Performance	Ch. 1 Ch. 2
2	Sept 7-11	<i>Mon, Sept 7 is a holiday (Labor Day) – no class</i> Measurement of Motor Performance (Continued) Motor Abilities Friday, Sept 11 Exam 1: Unit 1: Ch. 1-3 (60 pts.)	Ch. 2 Ch. 3
3	Sept 14-18	<u>Unit 2: Introduction to Motor Control</u> Neural Basis for Motor Control Motor Control Theories	Ch. 4/6 Ch. 5
4	Sept 21-25	Sensory Components of Motor Control (Vision) Performance & MC Characteristics of Functional Skills	Ch. 6 Ch. 7
5	Sept 28-Oct 2	Action Preparation Wednesday, Sept 30 Exam 2: Unit 2: Ch. 4-8 (100 pts.) <i>Fri, Oct 2 is a Holiday (Homecoming) – no class</i>	Ch. 8
6	Oct 5-9	<u>Unit 3: Attention & Memory</u> Attention as a Limited Capacity Resource Memory Components, Forgetting, and Strategies	Ch. 9 Ch. 10
7	Oct 12-16	Monday, Oct 12 Exam 3: Unit 3: Ch. 9-10 (40 pts.) <u>Unit 4: Introduction to Motor Skill Learning</u> Defining & Assessing Learning Stages of Motor Learning	Ch. 11 Ch. 12
8	Oct 19-23	Stages of Motor Learning (Continued) Transfer of Learning	Ch. 12 Ch. 13
9	Oct 26-30	Monday, Oct 26 Exam 4: Unit 4: Ch. 11-13 (60 pts.) <u>Unit 5: Instruction & Augmented Feedback</u> Demonstration & Verbal Instructions Augmented Feedback	Ch. 14 Ch. 15
10	Nov 2-6	Augmented Feedback (Continued) Wednesday, Nov 4 Exam 5: Unit 5: Ch. 14-15 (40 pts.) <u>Unit 6: Practice Conditions</u> Practice Variability	Ch. 15 Ch. 16
11	Nov 9-13	Practice Variability (Continued) The Amount & Distribution of Practice <i>Wed, Nov 11 is a Holiday (Veterans Day) – no class</i>	Ch. 16 Ch. 17

12	Nov 16-20	The Amount & Distribution of Practice (Continued) Whole & Part Practice	Ch. 17 Ch. 18
13	Nov 23-27	Wed-Fri, Nov 25-28 is a Holiday (Thanksgiving Break) – no classes	
14	Nov 30-Dec 4	Mental Practice Complete Course Evaluation	Ch. 19
15	Dec 7-9	Wednesday, Dec 9 Exam 6: Unit 6: Ch. 16-19 (80 pts.) <i>Fri, Dec 11 is a Reading Day – no class</i>	

SUCCESS AND STUDY TIPS:

- Read and familiarize yourself with all aspects of the course syllabus
- Complete required readings from the chapters in the textbook, watch pre-recorded lectures and take impeccable notes, and attend synchronous lectures/office hours on a regular basis
- Learning over time approach will help with comprehension of course material