GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
COURSE OUTLINE - PE 2030
SKILL ACQUISITION AND PERFORMANCE
FALL 1993

Instructor: Leigh Goldie   Office: K219   Phone: 539-2978

Course Description: This course is designed to examine the theory of skill acquisition and performance in typical sport and physical activity situations.

Objectives: 1.To gain an understanding of the various measurement methods of motor performance.

2. To gain an understanding of what happens when we learn or perform a motor skill.

3. To understand why and how some characteristics of the learner affect skill acquisition and performance.

4. To understand how the learning environment affects skill acquisition and performance.

5. To provide an opportunity to apply theory to field situations.

Required Books:

Magill, R.A. (1993). Motor learning: Concepts and applications (4th ed.). Dubuque, IA: Brown and Benchmark.

Magill and Lee (1994). Motor learning laboratory manual: Customized for GPRC. Dubuque, IA: Brown and Benchmark.

Transfer Credits:

U. of Alberta	PESS 203 (3)
U. of Calgary	Jr PHED (3)
U. of Lethbridge	PHED 2xxx (3)

Schedule: Monday, Wednesday and Friday, 9:00-9:50, J 203

Evaluation:

Lab Manual - Due Mon. Dec. 6	40%
Test No. 1 - Wed. Sept. 29	10%
Test No. 2 - Mon. Oct. 18	15%
Test No. 3 - Mon. Nov. 8	15%
Test No. 4 - Wed. Dec. 8	20%
	100%

CLASS SCHEDULE

SEPTEMBER

WED. 8	1.1 - Classification of skills
FRI. 10	1.2 - Measurement of motor performance
MON. 13	1.3 - Research, scientific method
WED. 15	2.1 - Inferred learning
FRI. 17	2.2 - Stages of learning
MON. 20	Lab 4 - Performance changes during practice
WED. 22	2.3 - Transfer of learning
FRI. 24	3.1 - Open-loop and closed-loop systems
MON. 27	*TEST NO. 1* - Chapters 1 & 2
WED. 29	3.2 - Vision

OCTOBER

FRI. 1	Lab 6 - Vision and walking / Lab 8 - Vision and ball catching
MON. 4	3.3 - Motor programs
WED. 6	3.4 - Bilateral transfer
FRI. 8	4.1 - Attention
MON. 11	Thanksgiving - no class
WED. 13	4.2 - Limited attention capacity
FRI. 15	4.3 - Alertness
MON. 18	*TEST NO. 2* - Chapters 3 & 4
WED. 20	5.1 - Memory
FRI. 22	5.2 - Forgetting
MON. 25	5.3 - Retention
WED. 27	Lab 16 - Preselection effect for movement memory
FRI. 29	6.1 - Individual differences

NOVEMBER

MON. 1	6.2 - General motor ability
WED. 3	6.3 - Prediction of potential / Lab 18 - Predicting performance during practice
FRI. 5	7.1 - Demonstrations
MON. 8	*TEST NO. 3* - Chapters 5 & 6
WED. 10	7.2 - Whole vs. part
FRI. 12	Lab 20 - Whole vs. part practice
MON. 15	7.3 - Augmented feedback
WED. 17	7.4 - Variety of feedback
FRI. 19	Lab 22 - K-P priorities / Lab 23 - Frequency of Knowledge results
MON. 22	7.5 - Timing of feedback / Lab 24 - Error estimation during KR delay
WED. 24	8.1 - Variety
FRI. 26	8.2 - Amount of practice
MON. 29	8.3 - Distribution / Lab 26 - Distribution of practice

DECEMBER

WED. 1	8.4 - Mental practice / Lab 27 - Mental practice and motor skill learning
FRI. 3	8.5 - Fatigue
MON. 6	9.1 - Goal setting / 9.2 - Reinforcement
WED. 8	*TEST NO. 4* - Chapters 7, 8 & 9