

**GRANDE PRAIRIE REGIONAL COLLEGE**  
**DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS**  
**COURSE OUTLINE - PE 2030**  
**SKILL ACQUISITION AND PERFORMANCE**  
**WINTER 1996**

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.

Leonard, G. (1991). *Mastery*. New York: Plume.

Transfer Credits:

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

Schedule: Monday, Wednesday and Friday, 9:00-9:50, J 227  
Lab/Seminar - Wednesday, 12:00-12:50, J 227

Evaluation:

Test No. 1 - Mon., Jan. 22	15%
Test No. 2 - Fri., Feb. 16	15%
Test No. 3 - Mon., Mar. 18	15%
Test No. 4 - Mon., Apr. 8	15%
Term assignments	40%
	<u>100%</u>

## CLASS SCHEDULE - 1996

### JANUARY

F 5 - Introduction, Course Outline  
M 8 - 1.1  
W 10 - 1.2  
F 12 - 1.3  
M 15 - Leonard, part one  
W 17 - Leonard, part two  
F 19 - Leonard, part three  
M 22 - TEST NO. 1 - 1, Leonard  
W 24 - 2.1  
F 26 - 2.2  
M 29 - 2.2  
W 31 - 2.3

### FEBRUARY

F 2 - 3.1  
M 5 - 3.2  
W 7 - 3.3  
F 9 - 4.1  
M 12 - 4.2  
W 14 - 5.1  
F 16 - TEST NO. 2 - 2, 3, 4, 5  
M 19 - FAMILY DAY  
W 21 - 6.1, 6.2  
F 23 - 6.3

### MARCH

M 4 - 7.1  
W 6 - 7.1  
F 8 - 7.2  
M 11 - 7.3  
W 13 - 7.4  
F 15 - 7.5  
M 18 - TEST NO. 3 - 6, 7  
W 20 - 8.1  
F 22 - 8.2  
M 25 - 8.3  
W 27 - 8.4  
F 29 - 8.5

### APRIL

M 1 - 9.1  
W 3 - 9.2  
F 5 - GOOD FRIDAY  
M 8 - TEST NO. 4 - 8, 9  
W 10 - Present assignments