

Grande Prairie Regional College
Department of Physical Education, Athletics and Kinesiology

Course Outline - Fall 2002
PE 2030 A2
Skill Acquisition and Performance

Instructor: Ron Thomson Office: K217 Phone: 539-2901

Class Times: Wednesday & Friday 10:00 - 11:20am, Room J204

Lab Time: Monday 10:00 - 10:50am, Room J204

Transferability:

University of Alberta	PEDS 203(3)
University of Calgary	Jr. KNES(3)
University of Lethbridge	KNES 2xxx(3)

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

Course Objectives:

1. To gain an understanding of what happens when we learn or perform a motor skill.
2. To understand why and how some characteristics of the learner affect skill acquisition and performance.
3. To understand how the learning environment affects skill acquisition and performance.
4. To provide an opportunity to apply theory to field situations.
5. To gain an understanding of the various measurement methods of motor performance.

Texts: 1. Schmidt, R. A. and Wrisberg, C. A. (2000). Motor learning and performance: A problem based learning approach (2nd ed.). Champaign, IL: Human Kinetics.

2. Leonard, George. (1991). Mastery. New York: Plume.

Evaluation:

Test #1	15%	Chapters 1 and 2
Test #2	15%	Chapters 3 and 4
Test #3	15%	Chapters 5, 6 and Mastery
Test #4	15%	Chapters 7, 8 and 9
Test #5	7%	Chapter 10
Labs	18%	Six Labs each worth 3% - Handed in each Lab day.
Project	15%	Designing a Learning Experience. Due Dec 6 th in class.

Class Schedule - Fall 2002

September

W 4 - Introduction, Course Outline
F 6 - Chapter 1
M 9 - 1
W 11 - Chapter 2
F 13 - 2
M 16 - 2 - Lab #1
W 18 - Test #1 - Chapters 1 and 2
F 20 - Chapter 3
M 23 - 3
W 25 - 3
F 27 - Chapter 4
M 30 - 4

October

W 2 - 4 - Lab #2
F 4 - Test #2 - Chapters 3 and 4
M 7 - Mastery
W 9 - Mastery
*F 11 - Chapter 5
M 14 - No Class - Thanksgiving
W 16 - Chapter 5
*F 18 - 5
M 21 - Chapter 6
W 23 - 6
F 25 - Test #3 - Chapters 5 and 6, and Mastery
M 28 - Chapter 7
W 30 - 7

November

*F 1 - 7 - Lab #3 (Juggling)
M 4 - Chapter 8
W 6 - 8
F 8 - 8 - Lab #4 (Whole vs Part Practice)
M 11 - No Class - Remembrance Day
W 13 - 9
F 15 - 9
M 18 - 9
W 20 - Lab #5 (Practice Designs)
***F 22 - Test #4 - Chapters 7, 8 and 9**
M 25 - Chapter 10
W 27 - 10
F 29 - 10 - Lab #6 (Feedback)

December

M 2 - Test #5 - Chapter 10
W 4 - Chapter 11
F 6 - Project Due