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

Course Outline - Fall 2006
PE 2030 A2
Skill Acquisition and Performance

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

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Class Times: Monday & Wednesday 8:30 - 9:50am - Room J204

Lab Time: Friday 10:30 - 11:20am – Room J227

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 the fundamental processes underlying the learning and performance of all kinds of movements.
2. To understand how to apply motor learning principles to help teaching, coaching, rehabilitation and ergonomics.
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.
6. To gain an understanding of the various measurement methods of motor performance.

Texts: 1. Schmidt, R. A. and Wrisberg, C. A. (2004). Motor learning and performance: A problem based learning approach (3rd ed.). Champaign, IL: Human Kinetics.

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

Evaluation:

Test #1	13%	Chapters 1 and 2
Test #2	13%	Chapters 3 and 4
Test #3	15%	Chapters 5, 6 and Mastery
Test #4	15%	Chapters 7 and 8
Test #5	15%	Chapters 9 and 10
Labs	14%	7 Labs each worth 2%
Final Project	15%	Designing a Learning Experience. Due Dec 4th in class.

Grading System: The following system will be used for converting percentage grades to alpha grades.

A+	4.0	90 - 100	***Excellent***
A	4.0	85 - 89	
A-	3.7	80 - 84	***First Class Standing***
B+	3.3	76 - 79	
B	3.0	73 - 75	***Good***
B-	2.7	70 - 72	
C+	2.3	67 - 69	***Satisfactory***
C	2.0	64 - 66	
C-	1.7	60 - 63	
D+	1.3	55 - 59	***Minimal Pass***
D	1.0	50 - 54	
F	0.0	0 - 49	***Fail***

Note: There may be slight deviations from this system in the conversion of percentage grades to alpha grades depending on the grouping of marks within the class.

Tentative Class Schedule - Fall 2006

September

F 8 - Course Intro
M 11 - Chapter 1
W 13 - Chapter 2
F 15 – Chapter 2
M 18 - Lab #1
W 20 - **Test #1 – Chapters 1 and 2**
F 22 - Chapter 3
M 25 - 3
W 27 - Chapter 4
F 29 - 4

October

M 2 – 4 - Lab #2
W 4 - **Test #2 - Chapters 3 and 4**
F 6 - Mastery
*M 9 - *No Class - Thanksgiving
W 11 – Mastery
F 13 – Mastery Lab - Chapter 5
M 16 - Chapter 5
W 18 – Chapter 5
F 20 - Lab #3
M 23 - Chapter 6
W 25 - 6
F 27 - 6
M 30 – **Test #3 - Chapters 5 and 6, and Mastery**

November

W 1 - Chapter 7
F 3 - Lab #4
M 6 - 7
W 8 – Chapter 8
*F 10 – *No Class – Remembrance Day
M 13 - 8
W 15 – Lab #5
F 17 - Chapter 9
M 20 – **Test #4 - Chapters 7 and 8**
W 22 – 9
F 24 – Lab #6 (Practice Structure)
M 27 – Chapter 10
W 29 – 10

December

F 1 – Lab #7 (Feedback) - Chapter 11 - Project Overview/Questions
M 4 - Chapter 9 – 10 – ***Final Project Due***
W 6 - **Test #5 – Chapter 9 and 10**
F 8 - No Lab