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

Course Outline - Fall 2009
PE 2030 A2
Skill Acquisition and Performance

Instructor: Ron Thomson Office: K219 Phone: 539-2901

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Class Times: Monday & Wednesday 8:30 - 9:50am - Room J229

Lab Time: Friday 10:30 - 11:20am – Room J229

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 (4th 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 and 8
Test #5	15%	Chapters 9 and 10
Labs & Assignments	10%	6 Labs
Final Poster Project	15%	See Detail Assignment Sheet

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 2009

Week #1	***Chapter***	***Content***
Friday - September 4	1	Introduction – Text Orientations - Ice Breakers Why study skill acquisition? Where will I use this information?
Monday - Sept 7		No Class – Labor Day Holiday
Wednesday - Sept 9	1	Motor Skill definition and conceptualization Understanding and differentiating Motor Performance and Motor Learning Stages of Performance and Learning Differentiating Implicit and Explicit Learning
Friday - Sept 11	1	Lab #1 – Stages of Learning – Juggling Lab
Week #2	***Chapter***	***Content***
Monday – Sept 14	2	Understanding Information Processing Stages Understanding Reaction Time and Decision Making
Wednesday – Sept 16	2	Understanding how arousal and attention influence performance Understanding the three memory systems and their relationship to information processing and movement
Friday – Sept 18	2	Lab #2
Week #3	***Chapter***	***Content***
Monday – Sept 21	1 & 2	***Test #1***
Wednesday – Sept 23	3	Sources of Sensory Information Closed-Loop Control Systems Reflexive Modulations in Movement Skills
Friday - Sept 25	3	Role of Two Visual Systems in Movement Control Visual Control of Motor Performance
Week #4	***Chapter***	***Content***
Monday – Sept 28	4	Motor Program Theory Open-Loop Control Within the Conceptual Model
Wednesday – Sept 30	4	Generalized Motor Programs
Friday – October 2	4	Lab #3
Week #5	***Chapter***	***Content***
Monday – Oct 5	3 & 4	***Test #2***
Wednesday – Oct 7	5	Relative Timing
Friday – Oct 9	5	Determinants of Accuracy in Rapid Movements
Week #6	***Chapter***	***Content***
Monday – Oct 12		*No Class – Thanksgiving
Wednesday – Oct 14	5	Combining the Principles: A Batting Example
Friday – Oct 16	6	Understand the concept of individual differences Discuss the fundamental nature of motor abilities Discuss what practitioners should remember about people's abilities
Week #7	***Chapter***	***Content***
Monday – Oct 19	6 & Mastery	Use the concept of motor abilities to classify skills and perform task analyses Difficulties inherent in predicting a person's future performance Mastery
Wednesday – Oct 21	Mastery	What is Mastery? Five Master Keys
Friday – Oct 23	Mastery	Lab #4 - Mastery Lab

Week #8	***Chapter***	***Content***
Monday – Oct 26	5, 6 & Mastery	***Test #3***
Wednesday – Oct 28	7	Defining the Learning Experience Goal Setting Transfer of Learning
Friday – Oct 30	7	The Learner Assessing Progress
Week #9	***Chapter***	***Content***
Monday – November 2	8	Preliminary Considerations - Familiarizing Learner, opening Communication, Directing Attention, Managing Arousal and Balancing Practice and Rest
Wednesday – Nov 4	8	Skill Presentation Techniques Forms of Practice
Friday – Nov 6	7	Lab#5
Week #10	***Chapter***	***Content***
Monday – November 9	7 & 8	***Test #4***
Wednesday – Nov 11		*No Class – Remembrance Day Holiday
Friday – Nov 13	Project	Poster Project Orientation
Week #11	***Chapter***	***Content***
Monday – November 16	9	Practicing Several Different Skills or Versions of the Same Skill Random or Blocked Practice Versus Varied or Constant Practice
Wednesday – Nov 18	9	Combining Random and Varied Practice Practicing for Consistent and Varied Stimulus-Response Mapping
Friday – Nov 20	9	Lab #6 – Chapter 9 – Practice Structure
Week #12	***Chapter***	***Content***
Monday – November 23	10	Classifying Feedback Properties of Extrinsic Feedback
Wednesday – Nov 25	10	Practical Considerations When Providing Information Feedback Summary
Friday – Nov 27	Project	Project Confirmations
Week #13	***Chapter***	***Content***
Monday – November 30	9 & 10	***Test #5***
Wednesday – Dec 2	Project	Poster Presentations
Friday – Dec 4	Project	Poster Presentations
Week #14	***Chapter***	***Content***
Monday – December 7	Project	Poster Presentations