

**KINESIOLOGY AND HEALTH SCIENCES
COURSE OUTLINE – Winter 2025**

PE2030 (A3): Skill Acquisition & Performance – 3 (3-0-1) 60 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Brendan Shaffick
OFFICE: K217
OFFICE HOURS: By Appointment

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CALENDAR DESCRIPTION: The course presents a psychological approach to understanding human motor behaviour. You will examine the processes involved in learning motor skills and controlling movement and the factors that influence acquisition and performance.

PREREQUISITE/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

- Additional Resources as designated by the instructor.

DELIVERY MODE: In person

LEARNING OUTCOMES:

- Define the concepts of motor learning and performance and describe the stages associated with motor skill acquisition.
- Construct an information processing model used for motor skill acquisition.
- Know how attentional processes and anxiety can influence motor skill acquisition.
- Classify motor skills and understand the possible effects of previous motor skill learning on the acquisition of new skills.
- Understand how memory impacts learning and apply this knowledge to instructional techniques.
- Compare the differences in processing abilities between expert and novice performers.
- Appreciate the different types of feedback techniques and understand which is best to learn motor skills.
- Create and construct effective learning environments through various practice techniques and practice organization.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. **Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

Online Discussion Engagement	20%	Continuous Assessment
Quizzes	10%	Continuous Assessment
Class Attendance & Participation	10%	Continuous Assessment
Term Project	15%	Week 12
Midterm Exam	20%	Week 8
Final Exam	25%	TBD

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100		C+	2.3	67-69
A	4.0	85-94		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

Lecture: Tuesday & Thursday – 2:30-3:50pm (**J202**)

Lab: Monday – 2:30-3:20pm (**L106**)

Wks	Dates	Lecture	Lecture	Lab	Assessments
1	Jan 6–10	Course Introduction	Introduction to Skill Acquisition and Performance	No Labs	
2	Jan 13–17	Neurophysiological Foundations of Skill Acquisition & Performance	Neurophysiological Foundations of Skill Acquisition & Performance	Movement Basics	
3	Jan 20–24	Muscle Physiology & Motor Control	Muscle Physiology & Motor Control	Isolation & Refinement of Patterns	
4	Jan 27–31	Neuroplasticity & Learning	Neuroplasticity & Learning	Combining Sequences	
5	Feb 3–7	Sensory Integration in Skill Acquisition	Sensory Integration in Skill Acquisition	Sensory Inputs	
6	Feb 10–14	Practical Applications of Neurophysiology	Practical Applications of Neurophysiology	Variation & Creativity	Term Project Proposal
7	Feb 17–21	No Classes: Winter Break			
8	Feb 24–28	Review - Midterm	Midterm	No Labs	
9	Mar 3–7	Theoretical Frameworks	Theoretical Frameworks	Articulations & Dynamics	Term Project Proposal Due
10	Mar 10–14	Practice Design & Strategies	Practice Design & Strategies	Partner Work	
11	Mar 17–21	Attention & Motor Control	Attention & Motor Control	Distractions	
12	Mar 24–28	Skill Transfer & Retention	Performance Under Pressure	Consolidation of Knowledge	Term Project Due
13	Mar 31–Apr 4	Presentations		Variation & Creativity	
14	Apr 7–11	Technology & Measurement Contemporary Applications & Challenges	Review - Final Exam	Variation & Creativity	
15	Apr 14–23	Final Exam			

STUDENT RESPONSIBILITIES:

1. Participation and Engagement:

Active participation is key in this experiential course. It's essential to attend and be engaged in all scheduled sessions; unfortunately, we cannot offer make-up labs, however exceptions may be made on a case-by-case basis.

2. Attendance Protocols:

Every session has attendance checks. Those present but inactive may be given in-class tasks to ensure they remain engaged. Students arriving up to 15 minutes late should discreetly join the session and may be asked to complete a brief catch-up task after class. If over 15 minutes late, students may be marked as absent, given the significant amount of content missed. If you anticipate being late, please try your best to inform the instructor in advance.

3. Attendance and Exceptions:

For medical-related absences or injuries, a note from a doctor or qualified medical professional is mandatory. If you sustain an injury and expect prolonged absences, please liaise with the instructor promptly. Students involved in intercollegiate events should preemptively consult with the instructor about possible scheduling conflicts. Alternate assignments might be offered to accommodate unforeseen situations. Please be aware that exceeding 10% (or 5 sessions) absence could render you ineligible for the final exam.

4. Late Policy:

Assignments are due by 12 midnight MST/MDT on the specified due date. Late assignments face a 5% daily deduction, to a maximum of 7 days. Missed exams, barring validated emergencies will result in a grade of zero. Approved alternative assignments will also be subject to the daily penalty.

5. Dress Code:

To ensure the best experience during our lab sessions, you are required to wear movement-friendly clothing that allows for flexibility and comfort. Footwear must consist of clean indoor shoes, such as workout shoes, runners, or specialized footwear appropriate for physical activities and providing adequate support. Please note that the instructor is not responsible for injuries or reduced participation resulting from improper clothing or footwear, which may also impact your overall grade.

6. Electronic Devices:

You're welcome to use electronic devices as long as they don't disrupt the learning environment. If they become a distraction, you may be asked to step out or adjust your usage. Remember, our primary goal is a focused and respectful classroom for everyone. If you have an essential call, please step outside discreetly.

7. Privacy and Media Recording Policy

As part of this course, students will be required to submit video recordings of their performance for discussion submissions and the final term project. These videos may be viewed during class for instructional purposes, peer feedback, and evaluation. By submitting video assignments, students

acknowledge and consent to their recordings being used within the course context. If you have privacy concerns, please notify the instructor at the start of the course to discuss alternative arrangements.

8. Code of Conduct:

Let's keep our class environment positive and respectful. Kindly avoid using offensive or inappropriate language. As we navigate through this course, conduct yourself in a manner that reflects leadership and inspires others.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

**Note: all Academic and Administrative policies are available on the same page.

ADDITIONAL INFORMATION:

Your success in this course is a priority. Please know that we are here to support your academic journey. If you encounter challenges or need clarification on any aspect of the course, do not hesitate to reach out. Together, we'll work towards your growth and achievement.