GRANDE PRAIRIE REGIONAL COLLEGE DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY PE 2030 - SKILL ACQUISITION AND PERFORMANCE COURSE OUTLINE - FALL 2000

INSTRUCTOR: Leigh Goldie Office: K219 Phone: 539-2978

CLASS TIMES: Monday and Friday, 11:30 - 12:50 PM

Lab/Seminar - Wednesday, 11:30 - 12:20 PM

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

COURSE OBJECTIVES: | 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.
- To understand how the learning environment affects skill acquisition and performance.
- To provide an opportunity to apply theory to field situations.
- To gain an understanding of the various measurement methods of motor performance

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

1.eonard, George. (1991). Mastery. New York: Plume.

TRANSFERABILITY:	University of Alberta University of Calgary University of Lethbridge	PEDS 203(3) Jr. KNES (3) KNES 2xxx(3)
EVALUATION:	Test No. 1 - Wed., Sept. 20	15%
	Test No. 2 - Fri., Oct. 6	15%
	Test No. 3 - Wed., Oct. 25	15%
	Test No. 4 - Mon., Nov. 13	
	Test No. 5 - Fri. Dec. 8	15%
	Project	25%

CLASS SCHEDULE - Fall 2000

SEPTEMBER

W n = Introduction, course outline F 8 - 1 M 11 - 1 W 13 - 2 F 15 - 2 M 18 - 2 W 20 Test No. 1 - Chapters 1 2 F 22 - 7 M 25 - 3 W 27 - 3 F 29 + 4

OCTOBER

M 2 - 4 W 4 - Lab - Vision F 6 - Test No. 2 - Chapters 3 - 4 W 11 - Mastery F 13 - Mastery M 16 - 5 W 18 - 5 F 20 - 6 M 23 - 6 W 25 - Test No. 3 - Chapters 5, 6, Mastery F 27 - 7 M 30 - 7

NOVEMBER

W I - Lab Juggling
F 3 - 8
M 6 - 8
W 8 - 8
M 13 - Test No. 4 - Chapters 7, 8
W 15 - Lab - Distribution of Practice
F 17 + 9
M 20 - 9
W 22 - Lab - Feedback
F 24 - 10
M 27 - 10
W 29 - Lab - Knowledge of Results

DECEMBER

F 1 - 10 M 4 - 11 W 6 - 12 F 8 - Test No. 5 - Chapters 9, 10, 11 12