F.91

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
COURSE OUTLINE - PE 203
SKILL ACQUISITION AND PERFORMANCE

1.0 Instructor: Ray Kardas

Office: C418
Phone: 539-2990

2.0 Course Description:

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

3.0 Required Textbook and Supplementary Material

(1) Magill, R.A. Motor Learning Concepts and Applications 3rd ed. Dubuque: Wm C. Brown, 1989.
(2) Notes for PE 203.

4.0 Evaluation:

Class Presentations (3)	45%
Labs (5)	25%
Final Exam	30%

5.0 Transfer Credits:

University of Alberta PESS 203 Skill Acquisition and Performance (3.0 hours).

6.0 Course Purpose and Objectives:

The purpose of this course is two fold:

* to understand how individuals produce and control motor skills.
* to know how physical educators can best teach motor skills.

6.1 To identify the classification of motor skills.

6.2 To distinguish the different measurement methods of motor performance.

6.3 To discuss the process of how physical educators know learning occurs.

6.4 To identify the learning stages of a motor skill by using a model of learning.

6.5 To describe the Jack Adams theory of learning and the Richard Schmidt theory of learning.

6.6 To identify how proprioception and vision play important roles in the control of voluntary movement.

6.7 To discuss the current view of motor programming.

6.8 To identify the essential elements of attention to produce a motor skill.

6.9 To identify the characteristics of memory.

6.10 To identify the individual motor differences between and among individuals.

6.11 To discuss how knowledge of results affect motor skill acquisition.

6.12 To discuss the fundamentals of transfer of learned motor skills.

6.13 To identify the critical elements of practise to learning motor skills.

6.14 To discuss the value of motivation when learning motor skill.

7.0 Schedule: Tues./Thurs. 9:30 - 11:00 a.m.: Po D

PHYSICAL EDUCATION 203 - DETAILED COURSE SCHEDULE

FALL 1991 - 1992

			TEXT
September	5	Course Outline/Introduction/Historical Background	
	10	Orientation to text and notes/begin definitions and classifications of motor skills	1.1
	12	Finish classification/measurement methods/Lab # 1	1.2
	17	Scientific method	1.3
	19	Learning	2.1
	24	Skill in stages	2.2
	26	Theories of motor learning	2.3
October	1	Neuromuscular systems/Presentations*	3.1
	3	Open loop and closed loop systems	3.2
	8	Lab # 2	
	10	Proprioception and vision	3.3
	15	Motor programming	3.4
	17	Anticipation Timing	3.5
	22	Attention	Ch. 4
	24	Memory	5.1, 5.2
	29	Memory	5.3, 5.4
	31	Individual differences	Ch. 6
November	5	Lab # 3	
	7	Presentations*	
	12	Knowledge of results	Ch. 7
	14	Transfer of learning	Ch. 8
	19	Practice	9.1, 9.2
	21	Practice	9.3, 9.4
	26	Practice	9.5, 9.6, 9.7
	28	Lab # 4 / Lab # 5	
December	3	Motivation	Ch. 10
	5	Motivation	Ch. 10
	10	Presentations*	

Final TBA within Final Exam week

Evaluation:

1. Presentations	45%
2. Labs	25%
3. Final	30%