## GEORGE MASON UNIVERSITY School of Recreation, Health and Tourism PHED 306 – Motor Learning and Performance (3) Fall 2010

DAY/TIME:	M-W 9:00 – 10:15 am	LOCATION:	Bull Run Hall, Rm 248
PROFESSOR:	Dr. Dominique Banville		
OFFICE LOCATION:	Bull Run Hall Rm 201c	OFFICE HOURS	: M-W 10:30 – 11:00
			12:30-1:00 pm
PHONE NUMBER:	703-993-3579	FAX NUMBER:	703-993-2025
EMAIL ADDRESS:	<u>dbanvill@gmu.edu</u>		

### PREREQUISTES: None

### TUNE

## COURSE DESCRIPTION:

Analyzes psychological aspects, learning theory, and practice conditions for learning motor skills.

# COURSE OVERVIEW

Students will be engaged in reasoning using quantitative and qualitative information, and the analysis of empirical observations in relation to theories while involved in a series of laboratory exercises and projects.

# COURSE OBJECTIVES

At the completion of this course students should be able to:

- 1. Show the application of motor learning principles by defining "skill" and identifying various skill classifications;
- 2. Using the concept of "Stages of processing" utilized by psychologists, describe the information processing stages as it relates to motor learning and performance;
- 3. Demonstrate the rationale and characteristics of motor programs;
- 4. Describe the concept of individual differences related to the nature of motor abilities;
- 5. Apply motor learning, behavioral and social laws and principles in the learning and teaching of a novel motor skill;
- 6. Explain how the structure of the learning experience relates to the development of skillful movement for all learners;
- 7. Use a variety of feedback to communicate progress in the development of skillful movement;
- 8. Use different strategies to increase self-motivation and motivation of their learner during the acquisition of novel motor skills; and
- 9. Manage time, space and equipment combined with an instructional routine for teaching a novel skill to a novice learner.

## **REQUIRED READINGS**

Cocker, C. A. (2009). Motor Learning and Control for Practitioners (2nd ed.). Scottsdale, AZ: Holcomb Hathaway Publishers.

= 150 pts (38%)
= 80 pts (20%)
= 100 pts (25%)
= <u>70 pts (17%)</u>
400 pts

### Projects

- Project 1: Student will document his/her personal development in learning a novel motor skill. A quantitative and qualitative report will be submitted at the end of the experiment reporting on the skill level reached, and the various strategies used to improve and motivate oneself.
- Project 2: Video Analysis. Videotaping (multiple angles) and performance analysis of a skill of your choice performed by a participant of your choice.

#### Attendance Policy

In accordance with the GMU Attendance Policies (University catalog, 2004-2005 p.33), "Students are expected to attend the class periods of the courses for which they register. In-class participation is important to the individual student and to the class as a whole. Because class participation may be a factor in grading, instructors may use absence, tardiness or early departure as de facto evidence of nonparticipation."

### The following scale will be used

The following scale will be used					*Attandance is taken at 0.00 am. A student		
o T	Two (2) absences are permitted			*Attendance is taken at 9:00 am. A student			
o T	Two (2) "tardies" $= 1$ absence			been taken. Leaving more than 10 minutes			
o T	Two (2) "early departures" = 1 absence			before the end of the class will be considered			
o 3-	3-4  absences = 10  points						
o 5	5  absences or more = 15  points			all carry u	eparture.		
Gradi	ıg Scale						
388 - 4	400 = A +	372 - 387=A	360-371=A-	348	– 359 =B+	332 - 347 = B	320 - 331=B-
308 – 3	319=C+	292 - 307 = C	280 - 291=C-	240-	279=D	<240 = F	
TENTATIVE COURSE OUTLINE							
DAY	DATE (	CHAPTER	LECTURE/DISC	USSI	ON TOPIC	C/LABORAT(	ORY
Μ	08/30	1	Presentation of the	syllab	ous; Introdu	ction to Motor	Learning & Control

	00,00	-	
W	09/01	1	Introduction to Motor Learning & Control. LAB #1 Abilities.
М	09/06	NO C	LASS – LABOR DAY RECESS
W	09/08	1, 2	Understanding Movement Preparation Lab #2:Hicks Law. PHED SOCIAL (10:00- 11:00)
F	09/11	RHT (	Opening session 11:00
М	09/13	2	Understanding Movement Preparation
W	09/15	2	TBD
М	09/20	2	Understanding Movement Preparation; Lab #3: Attentional Capacity
W	09/22	3	Motor Program Theories. Introduce Project phase 1

DAY	AY DATE CHAPTER		LECTURE/DISCUSSION TOPIC/LABORATORY		
Μ	09/27	4	Neural Mechanisms: Contribution and Control.		
W	09/29	4	Neural Mechanisms: Contribution and Control. Lab #4 Vision and Ball		
			Catching		
	10/04				
M	10/04	4	Neural Mechanisms: Contribution and Control. Review Test #1		
W	10/06		TEST #1 on Chapter 1, 2, 3, & 4		
М	10/11		NO CLASS – COLUMBUS DAY RECESS		
Tu	10/12	5	Stages of Learning		
W	10/13	5,6	Stages of Learning; The Learner		
М	10/18	6	The Learner		
W	10/20	7	Skill Presentation		
Μ	10/25	7	Skill Presentation; Lab #5 Modeling and Verbal Instruction		
W	10/27	8	Principle of Practice Design. Project phase 1 due		
м	11/01	0			
M	11/01	8	Principle of Practice Design. Lab #6 Speed-Accuracy Trade-off		
W	11/03		Review Test #2. Introduce Project 2.		
М	11/08		Test #2 on Chapter 5, 6, 7, & 8		
W	11/10	9	Practice Schedule: Laboratory #7: Variability of Practice		
	11,10	-			
Μ	11/15	9	Practice Schedule		
W	11/17	10	Diagnosing Errors		
Μ	11/22	10	Diagnosing Errors		
W	11/24		NO CLASS – THANKSGIVING RECESS		
М	11/29	11	Diagnosing Errors		
W	12/01	11	Correcting Errors		
••	12/01	11	Concerning Enforts,		
М	12/06	11	Correcting Errors – Laboratory #8: Knowledge of Results – Project 2		
			Due.		
W	12/08		Correcting Errors – Review Final		

FINAL EXAM: Per Final Exam Schedule, Monday December 13, 2010, 8:00 am- 10:15 am



- ✤ All students are held to the standards of the George Mason University Honor Code.
- STUDENTS WITH DISABILITIES: Students having documentation on file with the Disability Support Services Office should bring this to the attention of the professor.
- ✤ All electronic devices must be turned off during classes.
- For more information on the School of Recreation, Health and Tourism, please go to http://rht.gmu.edu