Course Number and Title: KINE 3090 Motor Behavior (Section 001)

Instructor: Dr. Jeff E. Goodwin
Phone: (940) 565-3431 (Office)
Email: jeff.goodwin@unt.edu

Office: PEB 110
Office Hours: TR 11:00-1:30 or by appointment

Course Description: Concepts related to motor skill acquisition, motor control and motor performance.

Enrollment Requirements: Students must complete PHED 1000, KINE 2030, and KINE 2050 (or equivalent coursework as determined by the department) with a B or better average in order to enroll in this course. Non-kinesiology majors require department consent.

General Objective: Motor learning and performance provides an examination of the motor and cognitive characteristics of individuals involved in learning or performing motor skills and the conditions that can influence learning. Instruction will focus on learning the processes underlying skilled performance, how skilled performances are learned, and how to apply the principles of skilled performance and learning to instructional settings. An understanding of the basic psychological processes involved in learning and control of movement will help professionals provide better instruction and practice conditions for the performer.

Textbook:

Grading:
1. Exam 1 (50 points)
2. Exam 2 (65 points)
3. Exam 3 (50 points)
4. Exam 4 (65 points)
5. Blackboard Chapter Quizzes (65 points)

Projected Grading Scale:
265.50 - 295.00 POINTS (90.00 - 100.00%) -- A
236.00 - 265.49 POINTS (80.00 - 89.99%) -- B
206.50 - 235.99 POINTS (70.00 - 79.99%) -- C
177.00 - 206.49 POINTS (60.00 - 69.99%) -- D
000.00 - 176.99 POINTS (00.00 - 59.99%) -- F
## Calculating Blackboard Chapter Quizzes

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This # represents your score out of 5 points

## Calculating My Final Grade

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<td>Blackboard Chapter 08 Quiz</td>
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<td><strong>Total</strong></td>
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## TENTATIVE COURSE SCHEDULE

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>WHAT TO DO!</th>
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</table>
| 01-17 T | Introduction To Course                             | 1. Read And Understand Course Syllabus  
2. Turn In Pages 10-11 From Course Syllabus At End Of Class  
3. Purchase Or Rent Textbook                                                                 |
2. Read Chapter 01  
3. Complete Pages 2-4 From Lecture Outline: The Classification Of Motor Skills |
2. Print Lecture Outline: Defining And Assessing Learning  
3. Read Chapter 11  
4. Complete Pages 2-4 From Lecture Outline: Defining And Assessing Learning  
5. Complete Blackboard Chapter 01 Quiz  
   Available: 01-17 @ 7:00 AM  
   Deadline: 01-24 @ 7:00 AM  
6. Complete Blackboard Chapter 11 Quiz  
   Available: 01-17 @ 7:00 AM  
   Deadline: 01-24 @ 7:00 AM |
| 01-26 R | Motor Learning Stage Models                         | 1. Study To Learn – Review Lecture Outline: Defining And Assessing Learning  
2. Print Lecture Outline: The Stages Of Learning  
3. Read Chapter 12  
4. Complete Pages 2-4 From Lecture Outline: The Stages Of Learning  
5. Complete Blackboard Chapter 12 Quiz  
   Available: 01-17 @ 7:00 AM  
   Deadline: 01-26 @ 7:00 AM |
| 01-31 T | Motor Learning Stage Models                         | 1. Study To Learn – Review Lecture Outline: The Stages Of Learning |
| 02-02 R | Online Class                                        | 1. Study To Learn – Review Lecture Outline: Defining And Assessing Learning  
2. Complete Blackboard Practice Quiz: Understanding Research Graphs  
   Available: 01-17 @ 7:00 AM  
   Deadline: 02-02 @ 3:00 PM  
3. Watch Video: Lessons from the Pros: Tour-Tested Strategies |
2. Read Chapter 02  
3. Complete Pages 3-5 From Lecture Outline: The Measurement Of Motor Performance  
4. Complete Blackboard Chapter 02 Quiz  
   Available: 01-17 @ 7:00 AM  
   Deadline: 02-07 @ 7:00 AM |
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<tr>
<th>DATE</th>
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2. Complete Table Of Test Specifications – Exam 1 |
| 02-14 T | EXAM 1                                     | 1. Review Table Of Test Specifications – Exam 1                            
2. Review Blackboard Chapter 01 Quiz                   
3. Review Blackboard Chapter 11 Quiz                   
4. Review Blackboard Chapter 12 Quiz                   
5. Review Blackboard Chapter 02 Quiz                   |
| 02-16 R | Motor Control Theories Online Class       | 1. Print Preparation Guide To Motor Control Theories                        
2. Read Chapter 05 (Pages 92-99)                       
3. Complete Preparation Guide To Motor Control Theories 
4. Complete Blackboard Chapter 05 Quiz                 
   Available: 02-13 @ 7:00 AM   Deadline: 02-16 @ 3:00 PM 
5. Print Preparation Guide To Introduction To Motor Control  
6. Read Introduction To Motor Control – Lecture Content (Online Lesson inside Blackboard) 
7. Complete Questions From Preparation Guide To Introduction To Motor Control |
| 02-21 T | Motor Abilities                             | 1. Print Lecture Outline: Motor Abilities                                   
2. Read Chapter 03                                      
3. Complete Pages 2-4 From Lecture Outline: Motor Abilities 
4. Complete Blackboard Chapter 03 Quiz                 
   Available: 02-13 @ 7:00 AM   Deadline: 02-21 @ 7:00 AM |
| 02-23 R | Introduction To Motor Control Online Class| 1. Read Introduction To Motor Control – Lecture Content (Online Lesson inside Blackboard) 
2. Complete Questions From Preparation Guide To Introduction To Motor Control 
3. Read Chapter 04                                      
4. Complete Blackboard Introduction To Motor Control Quiz 
   Available: 02-13 @ 7:00 AM   Deadline: 02-23 @ 3:00 PM |
| 02-28 T | Memory Components, Forgetting, And Strategies | 1. Study To Learn – Review Lecture Outline: Motor Abilities                 
2. Print Lecture Outline: Memory Components, Forgetting, And Strategies 
3. Read Chapter 10                                      
4. Complete Pages 3-9 From Lecture Outline: Memory Components, Forgetting, And Strategies 
5. Complete Short-Term Memory Lab                       
6. Complete Blackboard Chapter 10 Quiz                  
   Available: 02-13 @ 7:00 AM   Deadline: 02-28 @ 7:00 AM |
<p>| 03-02 R | Memory Components, Forgetting, And Strategies | 1. Study To Learn – Review Lecture Outline: Memory Components, Forgetting, And Strategies |</p>
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<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>WHAT TO DO!</th>
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</table>
| 03-07 T   | Action Preparation                             | 1. Study To Learn – Review Lecture Outline: Memory Components, Forgetting, And Strategies  
2. Print Lecture Outline: Action Preparation  
3. Read Chapter 08  
4. Complete Pages 3-20 From Lecture Outline: Action Preparation  
5. Complete Reaction Time Lab  
6. Complete Blackboard Chapter 08 Quiz  
   Available: 02-13 @ 7:00 AM  
   Deadline: 03-07 @ 7:00 AM  
7. Complete Table Of Test Specifications – Exam 2 |
| 03-09 R   | EXAM 2                                         | 1. Review Table Of Test Specifications – Exam 2  
2. Review Blackboard Chapter 03 Quiz  
3. Review Blackboard Chapter 10 Quiz  
4. Review Blackboard Chapter 05 Quiz  
5. Review Blackboard Chapter 08 Quiz  
6. Review Blackboard Introduction To Motor Control Quiz |
| 03-21 T   | Practice Organization – The Amount And Distribution Of Practice | 1. Print Lecture Outline: Specific And Specific + Variable  
2. Read Chapter 17  
3. Complete Pages 2-6 From Lecture Outline: Specific And Specific + Variable  
4. Complete Specific And Variable Practice Lab  
5. Complete Blackboard Chapter 17 Quiz  
   Available: 03-20 @ 7:00 AM  
   Deadline: 03-21 @ 7:00 AM |
| 03-23 R   | Practice Organization – The Amount And Distribution Of Practice | 1. Study To Learn – Review Lecture Outline: Specific And Specific + Variable |
| 03-28 T   | Practice Organization – Practice Variability And Specificity | 1. Study To Learn – Review Lecture Outline: Specific And Specific + Variable  
2. Print Lecture Outline: Blocked, Serial, And Random  
3. Read Chapter 16  
4. Complete Pages 2-7 From Lecture Outline: Blocked, Serial, And Random  
5. Complete Contextual Interference I Lab  
6. Complete Blackboard Chapter 16 Quiz  
   Available: 03-20 @ 7:00 AM  
   Deadline: 03-28 @ 7:00 AM |
| 03-30 R   | Practice Organization – Practice Variability And Specificity | 1. Study To Learn – Review Lecture Outline: Blocked, Serial, And Random |
| 04-04 T   | Practice Organization – The Amount And Distribution Of Practice | 1. Study To Learn – Review Pages 2-6 From Lecture Outline: Blocked, Serial, And Random  
2. Print Lecture Outline: Massed And Distributed  
3. Read Chapter 17 |
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<th>DATE</th>
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| 04-06 R    | Practice Organization – Whole And Part Practice | 1. Study To Learn – Review Lecture Outline: Massed And Distributed  
2. Print Lecture Outline: Whole And Part  
3. Read Chapter 18  
4. Complete Pages 2-3 From Lecture Outline: Whole And Part  
5. Complete Blackboard Chapter 18 Quiz  
Available: 03-20 @ 7:00 AM  
Deadline: 04-06 @ 7:00 AM |
| 04-11 T    | Practice Organization                | 1. Complete Table Of Test Specifications – Exam 3                             |
| 04-13 R    | EXAM 3                               | 1. Review Table Of Test Specifications – Exam 3  
2. Review Blackboard Chapter 17 Quiz  
3. Review Blackboard Chapter 16 Quiz  
4. Review Blackboard Chapter 18 Quiz |
2. Read Chapter 15  
3. Complete Pages 3-6 From Lecture Outline: Augmented Feedback – Part I  
4. Complete Blackboard Chapter 15 Quiz  
Available: 04-17 @ 7:00 AM  
Deadline: 04-18 @ 7:00 AM |
2. Print Lecture Outline: Augmented Feedback – Part II  
3. Watch Video Presentation (inside Blackboard) |
| Online Class | Augmented Feedback                 | 1. Study To Learn – Review Lecture Outline: Augmented Feedback – Part II  
2. Print Lecture Outline: Augmented Feedback – Part III  
3. Complete Knowledge Of Results Precision Lab |
2. Complete Table Of Test Specifications – Exam 4 |
2. Complete Table Of Test Specifications – Exam 4 |
| 05-04 R    | EXAM 4                               | 1. Review Table Of Test Specifications – Exam 4  
2. Review Blackboard Chapter 15 Quiz |
| 05-11 R    | To Be Determined                     |                                                                             |
| (1:30)     |                                      |                                                                             |