**Kinesiology 3090---Motor Learning and Control**

**Department of Kinesiology, Health Promotion, and Recreation**

**Fall Semester, 2012**

**Instructor Section 1:** Xiangli Gu, Ph.D

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**Office:** PEB 112

**Office hours:** Monday & Wednesday between 12:00 am – 2:00 pm

(or by appointment for other times)

To set an appointment send an email from your UNT email account

See Email etiquette below

**Class Schedule**:

**Lecture Section 1:** Monday & Wednesday 9:30 am – 10:50 am

Room: Gateway 132

**Course Description**

This course is designed to provide students an overview of theory, research, and practice in motor learning. Students develop an understanding of the cognitive, behavioral, neurophysiological and biomechanical approaches to motor skill learning. Special attention is given to the relationship between motor skill acquisition / motor skill learning and motor control theories.

**Goals of the course**

This course is designed to help the student develop

1. knowledge about characteristics that distinguish the various types of motor skills;

2. knowledge about motor control features that influence motor skill performance and learning;

3. knowledge about the assessment of motor skill learning and characteristics of the various stages of skill

learning;

4. knowledge of motor skill learning principles and their applications to motor skill learning and

rehabilitation contexts;

5. an understanding for an evidence based practice in real world environments (i.e. sport, rehab.,

educational, etc.).

**Required Text**

Magill, R.A. (2010). *Motor Learning and Control: Concepts and Applications* (9th edition). New York: McGraw-Hill.

**Course Evaluation**

Attendance = 40points 10%

Lecture questions (15) = 30 points 12%

Lab 1 = 20 points 4%

Lab 2 = 20 points 4%

Lab 3 = 20 points 4%

Online module quizzes (3 quizzes) 3\* 20 = 60 points 4%

Exam 1 = 100 points 20.50%

Exam 2 = 100 points 20.50%

Exam 3 = 100 points 20.50% +\_

= 490 points 100.00%

Extra Credit (see *Extra Credit* below) = 20 points 4.00% +­\_

= 510 points 104.00%\*

\*Scores over 100% are scored as 100%

**Grading Scale**

Points earned: 441 - 490 (90.00% - 100.00%) = A

Points earned: 392 - 440 (80.00% - 89.99%) = B

Points earned: 343 - 391 (70.00% - 79.99%) = C

Points earned: 294 - 342 (60.00% - 69.99%) = D

Points earned: 000 - 293 (0.00% - 59.99%) = no course credit

**Attendance**

Attendance will be taken at the BEGINNING of the class hour and/or at other times during the class. If you are absent when attendance is taken, you ARE ABSENT. Even if you were in class a few minutes later (or earlier), you will be counted absent if you are not present when attendance is taken. If you need to arrive at a specific class later than normal or leave earlier than normal, please let the instructor know. Arriving late or leaving early is NOT to be a general practice. If this is your practice, you will simply be counted absent. We need you in class to participate and engage in class activities. **Each absence will result in 2 points deduction from your total attendance points.**

It is impossible for the instructor to differentiate between “excused and unexcused” absences. Thus, an absence is an absence. To be fair to all, the instructor does NOT DIFFERENTIATE AMONG ANY TYPE OF ABSENCES. If you are absent on military orders please provide a copy of your orders to the Instructor PRIOR to your leaving. If you are traveling on University of North Texas business, you MUST complete the required form from the Office of the Dean of Students to not have the absence count against you. This form MUST be turned in within 2 class periods of your return to class. Otherwise, you will be counted absent. Any student missing more than 8 classes FOR ANY REASON will receive a grade of F in this course.

All students are expected to arrive on time, have reviewed the class Internet site, have read material PRIOR to coming to class, and be prepared to participate in class activities. Students are NOT to read the newspaper, conduct other work, sleep, or otherwise be non-participating in class. Such student actions are unprofessional and disrespectful to fellow classmates and to the instructor. Such actions disturb your classmates and/or the professor. Students who behave in any of these inappropriate manners will be asked to leave the classroom and will be counted absent for that period.

Do NOT simply stop coming to class without taking formal steps to drop the course. The instructor will drop you “passing” (WP) until the point in the semester where this is no longer possible. Students who simply stop coming to class and do not go through the formal drop procedure will be assigned a grade of “F” at the end of the semester.

**Lecture Questions**

During the lecture a question may be presented either about material covered during the current class or material covered during the previous class. If a question is presented, the instructor will pass out a question sheet for you to answer. On the answer paper the student should clearly write his/her name and write a short answer to the question or choose the right answer for the question. The answer and name should be easily legible and submitted at the end of the class. **No email submission will be accepted**. It is recommended to use a print script style, because submissions with illegible or hard to decipher answers and/or names will not get scored. Each answer is worth 2 points. **A maximum of 30 points can be counted toward the total number of points.** There will be 15 questions presented during the course, however, only a **correct** answered questions will be counted. **Note: You cannot make up for a missed question for any reasons.**

**Labs**

There will be three experimental laboratory assignments. **Lab participation is mandatory!!** **If you do not sign your name on my class roster before the end of the class, you cannot receive credit for the lab!!**

Lab reports must be typed (double-space, 12 point font) and handed in on the day indicated on the schedule. **No email submission will be accepted.** Partner/group work is highly encouraged and can help in understanding of material presented.

The lab-classes are scheduled ahead of time for your convenience, therefore plan accordingly. Please check the class schedule or Blackboard Learn announcement regularly. No lab-class will be excused unless you show the instructor a **valid and written excuse from a reputable source.** If no valid excuse is provided, the student will earn zero points for the missed lab-assignment. Note: if you have not signed the attendance-list for the lab-class it is assumed that you were not present and thus you cannot earn credit for the lab-assignment.

**Online Learning Module and Quizzes**

Blackboard Learn (<http://learn.unt.edu>) is used to report test scores and provide online learning activities. You should remember to check Blackboard regularly. All announcements will be made through Blackboard Learn.

There will be three online learning module posted on the Blackboard Learn during the specific time throughout the semester. Online Learning Module is a collection of course contents focused on specific subject that students can navigate at their own pace. We will not hold class in the classroom while students study the online learning module by their own– you will be informed ahead of time (The dates also will be listed on the course schedule).

There will be a multiple-choice quiz for each of the modules. **Each quiz is worth 20 points including 10 questions.** Quizzes are accessed through the “Quizzes” button in the content area of the module page. Each quiz may be taken only once. Quizzes for each module will be available for the length of time of the module and will “disappear” after the due date for the quiz. Quizzes have a 30-minute time limit. Quizzes may not be made up. Although you may use your text during the quiz, please be aware of the 30-minute time limit so it is unlikely you will do well on the quiz unless you have prepared.

**Examinations**

I will make you aware of the exact examination dates for the three examinations AT LEAST ONE WEEK IN ADVANCE OF THE EXAMINATION. No make-up examinations will be given (unless there are EXTREME circumstances). Any make-up examination will generally NOT be multiple choices in nature.

All regularly scheduled examinations are multiple choices. Read the directions before starting the examination. You will be permitted to have 75 minutes to complete each of the three examinations.

You may use a ONE-PAGE CHEAT SHEET for each examination. You may write anything you want on one side of a sheet of paper (A 4 size, or 8.5 x 11 inches). When you turn in your test, you must also turn in your cheat sheet. I will return it to you at the next class meeting. You are not to share or copy cheat sheets. Your cheat sheet MUST be in ink and/or computer generated. Cheat sheets not meeting the guidelines will not be returned and will be destroyed.

You may NOT have your cell phone on or out during tests. You are to do ALL of your work in the test booklet and mark your answer on the answer sheet provided for you.

You are expected to be present for each examination. Take care of all of your personal matters prior to starting the test (e.g., going to the bathroom, getting water, having tissue available, pencils, etc.). Do NOT ask for an exception to take an examination at some other time. If you arrive late for the start of an examination and any student has already completed the examination, you will NOT be permitted to take the examination and your grade will be zero on that examination. If you arrive late for an examination, you have only until the allotted end time to complete the examination.

Permission to take an examination at a time other than the scheduled time will ALMOST NEVER be granted. Failure to take the examination at the scheduled time will result in a zero for that examination. Excuses such as oversleeping, car problems, etc. are ALMOST NEVER granted. You need to plan ahead and be ready to take the examination as scheduled. Should you miss an examination and be granted the opportunity to take a make-up examination, you will take an examination much like the students in class but multiple choice items may be changed to short answer essay or completion. Any make-up examination will be conducted at the instructor’s convenience and not necessarily the student’s most convenient time. Consider the fact that there are many students in class and all might have different “convenient” times. Best advice – take the examination as scheduled.

**Extra Credit**

There will be various opportunities for extra credit provided throughout the semester. The maximum amount of extra credit allowed for the course is 20 points.

**Course Requirements**

The schedules and reading assignments contained in this syllabus may be subject to change.  **You are responsible for all announcements** concerning changes in the course outline, readings, assignments, exams, and other matters made during class periods whether or not you are in attendance when announcements are made. Reading assignments for each class are listed on the course outline.

**Class attendance is mandatory and associated with success!**

Material covered in class is additional to the textbook and aims to complement the textbook.

Exams will cover **all** material discussedin class, the text book, and possible additional readings announced during class.

Be punctual to class and submit class assignments on time. ALL ASSIGNMENTS ARE EXPECTED ON THE DUE DATES GIVEN. Assignment and work turn in late will not receive full point value. A two point deduction for each day the work is late will be assessed.

You are to be a contributing team member to ALL LAB ASSIGNMENTS that require group work. This includes the groups’ lab activities, lab implementation, and written component (lab report). DO not expect others to do the work for you. Group members are to notify me immediately if there are members who are not “pulling their own weight.” Points will be deducted from individual point totals (per assignment) if it is reported that a group member/partner is not doing his/her work in the group or shows up to a lab assignment without being prepared.

GROUP WORK IS ONLY AS SUCCESSFUL AS THE GROUP MEMBERS. NO ONE WANTS TO DO YOUR WORK. IT IS EXPECTED THAT GROUP MEMBERS WILL REPORT ANYONE WHO DOES NOT ASSIST IN DOING A LAB OR WRITING A LAB REPORT.

Information about this course and updates to assignments will be uploaded via Blackboard Learn. It is the student’s responsibility to check the Blackboard site regularly to keep up course requirements.

**Academic Dishonesty:**

Cheating will not be tolerated in this class. You are not to receive information from another student or give information to another student during an exam or quiz. You are to use only your memory. Students caught cheating during an exam will be charged under the University’s Code of Student Conduct. Among other punishments, students found guilty run the risk of having their score changed to a zero, receiving a grade of F for the course, and/or dismissal from the University. Academic dishonesty includes cheating, plagiarism, fabrication, and facilitating academic dishonesty. It is your responsibility to be familiar with the academic dishonesty policy at UNT. Please review the student rights and responsibilities information at the following link: <http://www.unt.edu/csrr/development/dishonesty.html>

**American with Disabilities Compliance:**

The Department of Kinesiology, Health Promotion and Recreation does not discriminate on the basis of disability in the recruitment and admission of students, the recruitment and employment of faculty and staff, and the operation of any of its programs and activities, as specified by laws and regulations. The designated liaison for the department is Dr. Chwee Lye Chng, Physical Education Building, Room 209, 565-2651. Copies of the Department of Kinesiology, Health Promotion and Recreation ADA Compliance Document are available in the Chair’s Office, Physical Education Building, Room 209. Copies of the College of Education ADA Compliance Document are available in the Dean’s Office, Matthews Hall 214. The student has the responsibility of informing the course instructor of any disabling conditions that will require modifications to avoid discrimination.

**Family Educational Rights and Privacy Act (FERPA Information):**

Students have the right to expect their grades will be kept confidential. There are a few things, because of the size of the size and/or nature of the class, the instructor must advise you of regarding collection and distribution of test results, quiz scores, assignments, projects, etc. During this class it may be necessary for you to pass your assignments forward to the instructor or it may be necessary for the instructor to call your name and then return your completed assignment to you by passing it across the room. The instructor, under the reasonable assumption guidelines, assumes students are collecting ONLY their own materials. Every attempt will be made to keep your information confidential. Neither your course grades nor grades for any assignment will be posted in a way that could result in your being identified by other students or faculty members.

**Acceptable Student Behavior:**

Student behavior that interferes with an instructor’s ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Center for Student Rights and Responsibilities to consider whether the student's conduct violated the Code of Student Conduct. The university's expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc.  The Code of Student Conduct can be found at [www.unt.edu/csrr](http://www.unt.edu/csrr).

**SETE (Student Evaluation of Teaching Effectiveness):**

The Student Evaluation of Teaching Effectiveness (SETE) is a requirement for all organized classes at UNT. This short survey will be made available to you at the end of the semester, providing you a chance to comment on how this class is taught.  I am very interested in the feedback I get from students, as I work to continually improve my teaching. I consider the SETE to be an important part of your participation in this class. A bonus option is available at the end of the semester.

**Cell phones/pagers/other electronic devices**

Please make sure cell phones, pagers and any other devices that could distract other students or the instructor are turned off prior to class. The use of electronic devices other than a calculator and a laptop is prohibited during lectures. The use of personal electronic devices is prohibited during Exams.

**Email etiquette**

1. Keep emails to a minimum! Ask general questions in class. Use email only to make an appointment.

2. Do NOT attempt to contact the instructor through Blackboard Learn. Use your UNT email account to send emails to Dr. Gu and course TA (emails send from gmail/yahoo/msn/etc. accounts may get directed to the Junk E-mail box)! The instructor’s e-mail address is [xiangli.gu@unt.edu](mailto:xiangli.gu@unt.edu) and that is the communication avenue you should use.

3. It is recommended that you put “KINE 3090 [and whatever else is appropriate]” in the subject line of your e-mail communication so that the instructor is aware that this is communication about KINE 3090.

4. Do not send attachments. Attachments get deleted. If for some reason you need to send an attachment, send first an email explaining why, and only send it after the instructor has emailed you back that you can send it.

5. Do not include your UNT-ID number (or Social security number) in any emails!

No questions about grades and/or specifics about exam questions will be answered by email.

6. Write your e-mail in professional ways:

a. Always including the instructor or course TA’s name or official title, such as Dr. Gu.

b. Having your own name listed at the end of the e-mail.

**Tentative Class Schedule – KINE 3090-001**

**Reminder: *The schedules and reading assignments contained in this syllabus may be subject to change.***

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| **Month** | **Date** | **Topic** | **Readings** |
| **August** | **Wed., 29** | **Course Introduction** | Syllabus |
|  |  | **Introduction to Motor Learning** |  |
| **September** | **Wed., 5** | **Classification** | Ch 1 pp. 2-21 |
|  | **Mon., 10** | **Measurements** | Ch 2 pp. 22-47 |
|  | **Wed., 12** | **Motor abilities** | Ch 3 pp. 48-62 |
|  | **Mon., 17** | **Lab 1: Balance as a Motor Ability** | Ch 2 and 3  **Lab 1: Attendance Required** |
|  | **Wed., 19** | **Motor Control Theories** | Ch 5 pp. 79-106 |
|  | **Mon., 24** | **Motor Control Theories online module:**  **online quiz** | No class  **Online quiz will be opened from 9/19 noon to 9/25 noon** |
|  | **Wed., 26** | **Review Chapter 5 online quiz**  **Exam 1 review** | **Lab 1 Assignment due** |
| **October** | **Mon., 1** | **Exam 1 preparation** | **No class** |
|  | **Wed., 3** | **Exam 1** | **All material covered in class + notes + Book Chapter 1 to 5 (pp. 2-106).** |
|  | **Mon., 8** | **Performance and Motor Control**  **Online quiz for self-testing** | Ch 7 pp. 135-168 |
|  | **Wed., 10** | **Performance and Motor Control**  **Review online quiz** |  |
|  | **Mon., 15** | **Lab 2: Fitts’ Law** | **Lab 2: Attendance Required** |
|  | **Wed., 17** | **Action Preparation** | Ch 8 pp. 169-192 |
|  | **Mon., 22** | **Attention online module: online quiz** | Ch 9 pp. 194-220  No class  **Online quiz will be opened from 10/17 noon to 10/23 noon** |
|  | **Wed., 24** | **Assessment of Learning**  **Review Exam 2** | Ch 11 pp. 248-264  Lab 2 assignment due |
|  | **Mon., 29** | **Exam 2 preparation** | No class |
|  | **Wed., 31** | **Exam 2** | **All material covered in Ch 7to 11.** |

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| **November** | **Mon., 5** | **Stages of Learning**  **Online quiz for self-testing** | Ch 12 pp. 265-288 |
|  | **Wed., 7** | **Review online quiz**  **Practice Variability and Specificity** | Ch 16 pp. 370-392 |
|  | **Mon., 12** | **Transfer of Learning-online module: online quiz** | **No Class**  Ch 13 pp. 289-305  No class  **Online quiz will be opened from 11/7 noon to 11/13 noon** |
|  | **Wed., 14** | **Practice Variability and Specificity** | Ch 16 pp. 370-392 |
|  | **Mon., 19** | **Lab 3: Knowledge of Performance** | **Lab 3: Attendance Required** |
|  | **Wed., 21** | Working on lab 3 assignment | **No class** |
|  | **Mon., 26** | **The Amount and Distribution of Practice** | Ch 17 pp. 393-408  **Lab 3 Assignment due** |
|  | **Wed., 28** | **Exam preparation** | NO class |
| **December** | **Mon. 3** | **Exam 3** | **All Material covered in class (notes + readings) + Book Ch 12 to 17 in dept and basic knowledge of all material covered for Exam 1 and 2.** |
|  | **Mon-Fri., 10-14** | **Final week** | **No class** |