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

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

**Fall Semester, 2013**

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

**E-mail:** Xiangli.Gu@unt.edu

**Office:** PEB 205J

**Office hours:** Monday & Wednesday between 11:00 am – noon

(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, & Friday 10:00 am – 10:50 am

Room: LIFE A106

**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**

Lab 1 = 20 points

Lab 2 = 20 points

Lab 3 = 20 points

Lab 4 = 20 points

Online Module Quizzes (7 quizzes) = 140 points

Exam 1 = 100 points

Exam 2 = 100 points

Exam 3 = 100 points \_

= 520 points

Extra Credit (see *Extra Credit* below) = 20 points

Total = 540 points

**Grading Scale**

Points earned: 468 - 520 or Higher = A

Points earned: 416 – 467 = B

Points earned: 364 - 415 = C

Points earned: 312 - 363 = D

Points earned: 000 – 311 or Lower = F

**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 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 **6 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.

**Labs**

There will be **four** experimental laboratory assignments. **Lab participation is mandatory!!** **If you do not sign your name on my class roster during the lab class, you cannot receive credits for the lab!!**

Lab reports must be typed (double-space, 12 point font) and submit through Blackboard Learn (<http://learn.unt.edu>) 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 before the scheduled lab class.** 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 Learn regularly. All announcements will be made through Blackboard Learn.

There will be **seven** online learning module quizzes 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. **Note: You have to do the online quiz by yourself and group work is not allowed.**

**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.

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.

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 the exam/quiz 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 University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student.  The designated liaison for the Department of Kinesiology, Health Promotion and Recreation is Ms. Doryce Judd ([Doryce. Judd@unt.edu](mailto:Doryce.%20Judd@unt.edu) ).  For additional information see the Office of Disability Accommodation website at <http://www.unt.edu/oda>. You may also contact them by phone at [940.565.4323](file:///\\tel\940.565.4323).

**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 individual assignment will be posted in a way that could result in your being identified by other students or faculty members.

Students are required to submit written assignments for this class to Turnitin, a web-based plagiarism detection service. Before submitting your paper to Turnitin, please remove your title page and other personal information. (OPTIONAL: Any paper that is not submitted to Turnitin prior to submission to the instructor will not be accepted by the instructor and will not be graded.) You may be asked to complete and sign an “**Authorization to Release Assignments to Turnitin”** form at the beginning of the class.

**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.

**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.

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

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Month** | **Date** | **Topic** | **Readings** |
| **August** | **Wed., 28th** | **Course Introduction** | Syllabus |
|  |  | **Introduction to Motor Learning** |  |
|  | Fri., 30th | **Classification** | Ch 1 |
| **September** | **Mon., 2nd** | **Labor Day** | **No class** |
|  | **Wed., 4th** | **Classification** | Ch 1 |
|  | **Fri., 6th** | **Online Lab 1**  **Lab 1 Due Sun., Sep. 8th by midnight** | Ch 1  Submit Lab 1 report through “Turnitin” on the Blackboard Learn |
|  | **Mon., 9th** | **Measurements** | Ch 2 |
|  | **Wed., 11th** | **Measurements** | Ch 2 |
|  | **Fri., 13th** | **Online Quiz (Chapter 2)** | Blackboard Learn  **Online quiz** **will be opened** from Wed., Sep. 11th to Sun., Sep. 15th midnight. |
|  | **Mon., 16th** | **Motor abilities;**  **Review Chapter 2 quiz** | Ch 3 |
|  | **Wed., 18th** | **Motor abilities** | Ch 3 |
|  | **Fri., 20th** | **Lab 2: Balance as a Motor Ability** | **Meet in the PEB & GYM**  **Attendance Required** |
|  | **Mon., 23rd** | **Motor Control Theories** | Ch 5 |
|  | **Wed., 25th** | **Motor Control Theories**  **Exam 1 review** | Ch 5 |
|  | **Fri., 27th** | **Motor Control Theories online module:**  **Self-learning “Dynamic Pattern Theory”** | Blackboard Learn  **Online quiz will be opened from 9/25 noon to 9/29 midnight** |
|  | **Mon., 30th** | **Chapter 5 Online quiz review**  **Ask questions related to the Exam 1**  **Lab 2 Due Mon., 30th by midnight** | Submit Lab report through “Turnitin” on the Blackboard Learn |
| **October** | **Wed., 2nd** | Exam 1 preparation | No class |
|  | **Fri., 4th** | **Exam 1** | **All material covered in class + notes + Book Chapter 1 to 5** |
|  | **Mon., 7th** | **Performance and Motor Control** | Ch 7 |
|  | **Wed., 9th** | **Performance and Motor Control** | Ch 7 |
|  | **Fri., 11th** | **Online Quiz (Chapter 7)** | Blackboard Learn  **Online quiz will be opened from 10/ 9noon to 10/13 midnight** |
|  | **Mon., 14th** | **Lab 3: Fitts’ Law** | **Meet in the classroom**  **Attendance Required** |
|  | **Wed., 16th** | **Action Preparation**  **lab 3** | Ch 8 |
|  | **Fri., 18th** | **Online Quiz (Chapter 8)** | Ch 8  **Online quiz will be opened from 10/16 noon to 10/20 midnight** |
|  | **Mon., 21st** | **Action Preparation**  **Assessment of Learning**  **Review online quiz** | Ch 8  Ch 11 |
|  | **Wed., 23rd** | **Assessment of Learning**  **Review Exam 2** | Ch 11  **Extra points opportunity: in class questions** |
|  | **Fri., 25th** | **Attention online module: online quiz**  **Self-learning Chapter 9** | **Ch 9**  **Online quiz will be opened from 10/23 noon to 10/27 midnight** |
|  | **Mon., 28th** | **Chapter 9 Online quiz review**  **Ask questions related to the Exam 2**  **Lab 3 Due Mon., 28th by midnight** | Submit Lab 3 report through “Turnitin” on the Blackboard Learn |
|  | **Wed., 30th** | **Exam 2 preparation** | **No class** |
| **November** | **Fri., 1st** | **Exam 2** | **All material covered in Ch 7to 11.** |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Mon., 4th** | **Stages of Learning** | Ch 12 |
|  | **Wed., 6th** | **Stages of Learning** | Ch 12 |
|  | **Fri., 8th** | **Online Quiz (Chapter 12)** | Ch 12  **Online quiz will be opened from 11/6 noon to 11/10 midnight** |
|  | **Mon., 11** | **Lab 4: Assessing Learning** | **Ch 11 & 12**  **Attendance Required** |
|  | **Wed., 13** | **Lab 4: Assessing Learning (group work)** | **Ch 11 & 12**  **Attendance Required** |
|  | **Fri., 15th** | **Transfer of Learning-online module: online quiz- Self-learning Chapter 13** | Ch 13  **Online quiz will be opened from 11/13 noon to 11/17 midnight** |
|  | **Mon., 18th** | **Practice Variability and Specificity**  **Review online quiz** | Ch 16 |
|  | **Wed., 20th** | **Practice Variability and Specificity** | Ch 16 |
|  | **Fri., 22nd** | **Lab 4 Due Fri., 22nd by midnight** |  |
|  | **Mon., 25** | **The Amount and Distribution of Practice**  **Review Exam 3** | Ch 17 |
|  | **Wed., 27** | Extra points opportunity:  Online quiz for Ch17 | **Online quiz will be opened from 11/25 noon to 12/01 midnight** |
|  | **Fri., 29th** | **Thanksgiving Break** | No class |
| **December** | **Mon. 2nd** | Exam 3 Review & Preparation  Ch17 quiz review | Ch 17 |
|  | **Wed., 4th** | **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.** |
|  | **7th -13th** | **Final Week** | **No CLASS** |