

# Bemidji State University

## PHED 3110: Motor Learning

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

An introductory class in motor control and learning that gives an overview of the processes and mechanisms involved in generating, acquiring, and refining motor skills and of factors that foster or hinder the acquisition and refinement of these skills.

**B. COURSE EFFECTIVE DATES:** 08/22/1997 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Assessing Learning
2. Fitts Law
3. Individual Differences & Motor Abilities
4. Motor Skill, Motor Performance, & Motor Learning
5. Principles of Motor Control & Movement Accuracy
6. Processing Information & Making Decisions
7. Providing Feedback During the Learning Experience
8. Sensory Contributions to Skill Performance
9. Structuring the Learning Experience
10. Supplementing the Learning Experience
11. Vision & Catching a Ball

#### **D. LEARNING OUTCOMES (General)**

1. demonstrate knowledge of the concepts foundational to an understanding of motor performance and learning.
2. demonstrate knowledge of the principles of information processing relevant to skilled performance and the conceptual model of skills based on these principles.
3. demonstrate knowledge of how individuals use relevant sensory information to produce skilled movements.
4. demonstrate knowledge of motor program theory, principles of motor control and movement accuracy.
5. demonstrate the ability to prepare a learning experience and structure the experience, with regard to educational principles as they relate to learning motor skills.
6. demonstrate the ability to use Excel to record data and use formulas to find statistical results.
7. demonstrate the ability to apply principles of motor skills learning and performance in the creation of their final project.
8. demonstrate knowledge of the relationship between motor performance and motor learning.
9. demonstrate knowledge of individual differences, abilities, and capabilities as they relate to motor performance and skill learning.

#### **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

#### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

#### **G. SPECIAL INFORMATION**

None noted