COURSE INFORMATION:

Instructor: Scott Melville, Ph.D.
Office: PEB 251
Office hours: 10-11 MTWTF (or by arrangement)
Phone: 359 7069
E-Mail smelville@ewu.edu
Room: Classroom PC114 and Laboratory 112
Time: lecture/discussion MR 9-10
      laboratory Tues or Wed 9-10
      discussion and exam F 9-10
Credit: 4

COURSE DESCRIPTION:

Covers the discipline areas of both motor control & motor learning: Course designed to provide the student with an understanding of the research dealing with how sensory information is processed and how physical movements are controlled and learned.

RATIONALE:

An understanding of how movements are controlled and learned should provide a solid basis for the intelligent design of training programs and teaching progressions in disciplines such as sports, dance, music, industry. It should also develop a heightened appreciation of the human body and biology in general.

COURSE OBJECTIVES:

Introduce the student to how…

1. sensory information from the environment, and from within the body, is used in the determination and control of movement.

2. the central nervous system is organized so that the many individual muscles and joints become coordinated.

3. the motor system changes as learning occurs.
4. application can be made of the above understanding of the body so as to design effective learning procedures and environments.

STATE STANDARD 1.3 (NASPE 1.4) IS PARTIALLY SATISFIED IN THIS CLASS

Standard 1.3: Demonstrate understanding of the organic, skeletal, and neuromuscular structures of the human body, identify how these systems adapt to skillful movement, physical activity, and fitness, and analyze their contributions to motor performance.

To meet this standard the student must achieve a score of 50% or better on the final comprehensive essay exam.
- below 25% indicates clear lack of understanding of motor control/learning principles – Standard 1.3 not met, course must be repeated
- 25%-49% indicates lack of understanding of motor control/learning principles – standard 1.3 not met, final exam must be retaken and passed at the 50% level
- 50%-74% indicates adequate understanding of motor control/learning principles – standard 1.3 is met
- 75%-100% - indicates clear understanding of motor control/learning principles – standard 1.4 is exceeded, strong reference can be given by the instructor

INSTRUCTIONAL METHODS AND MATERIAL:

Instruction Methods that will be used throughout the course:

* MR  Lectures, discussion groups, writing tasks
* TW  Laboratory experiments (students attend one of the labs for small group work)
* F  chapter exams and discussions

Instructional Materials that will be used throughout the course:

* Weekly Friday quizzes on the text and class material (Approximately 20 points / week). Format is a combination of multiple choice, true false, listing and short essay. Normally one chapter will be covered each week.

* Attendance/ timely completion of laboratory and writing assignments (5 points / week). Sorry but labs cannot be made-up except for arranging to attend the other section’s matching lab.

* Final comprehensive exam during finals week as scheduled by the university. Essay format (Approximately 40% of course grade)

Criterion grading will be followed. The following scale should allow you to determine your G. P. in an ongoing fashion.

**GRADE SCALE:**

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**GENERAL INFORMATION:**

The Physical Education, Health and Recreation Department policy on cheating is specific. Students who are observed utilizing any oral or written communications such as notes on paper, desktops or their body as well as actively looking around during an exam, are considered cheating unless an instructor has specifically designated that notes or aids are permissible. Students caught cheating will receive a 0.0 for that test and could face additional disciplinary action. Students observing other students cheating should notify the instructor as it is not fair to those who have properly studied for an exam.

**CLASS SCHEDULE:**
Week 1
M—introduction of course and coverage of course syllabus, discussion of chapter 1
T & W – laboratories related to general understanding of the lab
R – discussion of chapters 1 and 2
F – quiz on chapter 1

Getting Started

Week 2
M – discussion of chapter 2
T & W -- laboratories related to chapter 2
R – discussion of lab results and practical applications of chapter 2
F – quiz on chapters 2

Processing Information and Making Decisions

Week 3
M – VACATION
T & W -- laboratories related to chapter 3
R – discussion of lab results and practical applications of chapter 3
F – discussion of chapter 3

Movement Production and Motor Programs

Week 4
M – lecture discussion of chapter 4
T & W – laboratories related to chapter 4
R – discussion of lab results and practical applications of chapter 4
F – quiz on chapters 3 and 4

Sensory Contributions to Skilled Performance

Week 5
M – lecture discussion of chapter 5
T & W -- laboratories related to chapter 5
R -- discussion of lab results and practical applications of chapter 5
F -- quiz on chapter 5

Principles of Motor Control and Movement Accuracy

Week 6
M – lecture discussion of chapter 6
T & W -- laboratories related to chapter 6
R -- discussion of lab results and practical applications of chapter 6
F -- quiz on chapter 6

Individual Differences and Motor Abilities

Week 7
M – VACATION
T & W -- laboratories related to chapter 7
R – discussion of lab results and practical applications of chapter 7
F - discussion of chapter 7

**Week 8**
- M – lecture discussion of chapter 8
- T & W -- laboratories related to chapter 8
- R -- discussion of lab results and practical applications of chapter 8
- F – quiz on chapters 7 and 8

*Preparing for the Learning Experience*

*Supplementing the Learning Experience*

**Week 9**
- M – lecture discussion of chapter 9
- T & W -- laboratories related to chapter 9
- R – discussion of chapter 9 and the lab results
- F – quiz on chapter 9

*Structuring the Learning Experience*

**Week 10**
- M – lecture discussion of chapter 10
- T & W – laboratories related to chapter 10
- R – discussion of lab results and practical applications of chapter 10
- F – quiz on chapter 10 and review for final

*Providing Feedback During the Learning Experience*

**Exam week**
- Final as scheduled in the winter announcements
- Essay format (Approximately 40% of course grade)
## Dispositions Rubric

**Student Name:** ________________  
**Class:** ________________  
**Qrt/Yr:** ________________

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<th>Disposition</th>
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<td>Attendance</td>
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<td>Communication</td>
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<td><strong>Values Personal Integrity</strong></td>
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<td>Ethical Behavior &amp; Role Model</td>
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**Comments:**