

MCMASTER UNIVERSITY
Department of Kinesiology

KINESIOLOGY 1E03

Motor Control and Learning

Term II

Winter 2018

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COURSE OUTLINE

DESCRIPTION

This course examines the behavioural, physiological and psychological principles underlying motor control and motor learning. Specific topics include classifications and measurement of motor performance; the role and function of sensory processes, perception, memory and attention, and the delivery of feedback and structure of practice.

OBJECTIVES

At the end of this course, the student should possess a thorough understanding of the different theoretical approaches that drive motor control and learning research; a comprehensive knowledge base of the ways in which the human motor system subserves the acquisition and retention of complex movement skills and, an understanding of how instructional situations can be varied in order to better achieve maximum performance and retention of taught skills.

TEXT

There is one required text book for this course (available for purchase through the Campus Store)

Schmidt, R.A., & Lee, T.D. (2014). *Motor Learning and Performance (5th Ed.)*. Human Kinetics Publishing: Champaign, IL.

This text contains all of the readings for this course. Content from these readings will be included in all tests and the final examination (see below), material which may not be covered in such great detail in the lectures.

EVALUATION

Midterm 1	25%	Thursday, February 1st
Midterm 2	30%	Thursday, March 12th
Final Examination	45%	Scheduled by the Registrar

Material to be examined in Midterm exam #1 will include lectures and labs from the beginning of term, plus required readings from the text as assigned.

Material to be examined in Midterm Exam #2 will include lectures and labs since the previous midterm, plus required readings from the text as assigned.

Material to be examined in the Final exam will include all lectures and labs from the beginning of the term, plus required readings from the text as assigned. A greater emphasis will be placed on material covered after Midterm exam #2.

Laboratory Experiences: A bonus of 2 marks is available for the completion of lab assignments. Students must complete ALL assigned labs to receive the 2 bonus marks.

CLASSES

3 – One hour lectures per week

3 – Laboratory experiences (Topics and dates TBA)

TOPICS TO BE COVERED IN LECTURES AND READINGS (Dates are approximate)

Section 1 (January 4 – January 25)

Readings

How Skills are Studied

Chapter 1

Processing Information and Making Decisions

Chapter 2

Attention and Performance

Chapter 3

Section 2 (January 29 – March 5)

Readings

Sensory Contributions to Skilled Performance

Chapter 4

Motor Programs

Chapter 5

Speed, Accuracy and Coordination

Chapter 6

Section 3 (March 7 – April 9)

Readings

Introduction to Motor Learning

Chapter 8

Skill Acquisition, Retention and Transfer

Chapter 9

Organizing and Scheduling Practice

Chapter 10

Augmented Feedback

Chapter 11

SOME NOTES ON READINGS/LECTURE NOTES/CLASS ATTENDANCE AND LECTURES

You are expected to attend every class. The readings and lectures will both overlap and complement each other. The lectures are designed to expand and elaborate on the readings and the readings on the lectures; neither is a substitute for the other. Written information contained in lecture notes will be made available via Avenue to Learn (see also the section on On-Line Resources below). These will typically (but perhaps not always) be available before the class.

Please be aware however, that the lectures may depart from the notes on Avenue and that there will be additional information conveyed in the class that may not appear in the posted lecture notes. It is YOUR responsibility to cross-check the notes with others if you miss a class. If in-class attendance drops, notes will NOT be posted on Avenue.

Computer use in the classroom is permitted but please note that such use is intended solely to facilitate learning (e.g., note taking, viewing posted material, etc.) for that particular lecture. University policy stipulates that, at the discretion of the instructor or TA, students using a computer in class for any other purpose will be required to turn it off immediately. We would also kindly ask that all cell phone be set to silent mode before the lecture begins.

Course materials provided by the instructor are for use by students registered in this class only. ***Under no circumstances*** are these materials to be shared, posted or sold to a third party without permission from the instructor. This includes, but is not limited to, online posting of instructor provided lecture/lab notes, online lectures, recordings of lectures, or any lab materials on a website other than the Avenue site designed for this course.

POLICY REGARDING CONFLICTS WITH TESTS AND ASSIGNMENTS

Students who miss the midterm test, final exam or any other evaluated work for legitimate reasons such as illness *may* be allowed to write a deferred or "make-up" test. In all instances, ***appropriate documentation must be submitted to the Office of the Associate Dean, Faculty of Science***. In situations where the Office of the Associate Dean deems sufficient merit in the request, alternative arrangements regarding test deferral or assignment extensions will be made by the course instructor. Please note that in order to maintain the greatest degree of fairness, these alternative times will be within two school days of the originally scheduled test or assignment. If circumstances do not allow for the make-up work to be completed during this time frame, a final opportunity to write any missing tests will be held on ***Thursday, March 22nd, 9:30-10:30 am or 2:30-3:30 pm***.

Note: it is the student's responsibility to initiate accommodation arrangements for missed work. Failure to do so will result in a grade of zero for the missed work.

University policy provides provision for possible accommodation for missed *work worth less than 25% of your final grade*, for absences (minor medical reasons lasting fewer than 3 days), using the McMaster Student Absence Form (msaf). ***Please note that both of the in-class tests in this course are valued at or above 25% of your final grade and, as such, accommodation for rewriting these tests will not be granted through the msaf process***.

Students who miss a Registrar-scheduled final exam can apply to the Associate Dean's office for permission to write in the deferred final exam schedule. In all cases, appropriate documentation must be submitted to the Office of the Associate Dean, Faculty of Science, for consideration of deferred examination permission. Under no circumstances will the instructor re-schedule a final exam for individual students.

ACADEMIC ACCOMMODATION OF STUDENTS WITH DISABILITIES

Students who require academic accommodation must contact Student Accessibility Services (SAS) to make arrangements with a Program Coordinator. Academic accommodations must be arranged for each term of study. Student Accessibility Services can be contacted by phone (905) 525-9140 ext. 28652 or email sas@mcmaster.ca. For further information, consult McMaster University's Policy of Academic Accommodation of Students with Disabilities:

<http://www.mcmaster.ca/policy/Students-AcademicStudies/AcademicAccommodation-StudentsWithDisabilities.pdf>

DROP BOXES

Course drop boxes are located on the second floor of the IWC near IWC 224 (*please do not place assignments in the administrative drop box located outside IWC 219C*).

ACADEMIC INTEGRITY

You are expected to exhibit honesty and use ethical behaviour in all aspects of the learning process. The academic credentials you earn are rooted in principles of honesty and academic integrity.

Academic dishonesty is to knowingly act or fail to act in a way that results, or could result, in unearned academic credit or advantage. Academic dishonesty consists of misrepresentation by deception or by other fraudulent means and can result in serious consequences (e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript reading "Grade of F assigned for academic dishonesty", and/or suspension or expulsion from the university). It is your responsibility to understand what constitutes academic dishonesty. For information on the various kinds of academic dishonesty please refer to the Academic Integrity Policy, specifically Appendix 3, located at:
<http://www.mcmaster.ca/univsec/policy/AcademicIntegrity.pdf>

The following illustrates only three forms of academic dishonesty:

- Plagiarism (e.g. the submission of work that is not one's own or for which other credit has been obtained),
- Improper collaboration in group work.
- Copying or using unauthorized aids in tests and examinations.

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POLICY ON THE USE OF CALCULATORS IN EXAMINATIONS

The use of calculators during exams will not be permitted (as it is extremely unlikely that they will ever be needed in this course)

ON-LINE LEARNING RESOURCES

This course is subscribed to Avenue to Learn. As a student registered in this course, you will be able to log-in to this site at any time and access certain elements of course content. On this site we will post lecture outlines, assignment information, discussion forums and other materials pertinent to the course. Please note that these materials are provided to guide you through in-class lectures and assist in developing a structured framework for learning. *Because certain information may not be included in these on-line resources, they are NOT to be considered substitutes for lectures.*

Students should be aware that, when they access the electronic components of this course, private information such as first and last names, user names for the McMaster e-mail accounts, and program affiliation may become apparent to all other students in the same course. The available information is dependent on the technology used. Continuation in this course will be deemed consent to this disclosure. If you have any questions or concerns about such disclosure please discuss this with the course instructor.

ELECTRONIC COMMUNICATION

This course has a dedicated e-mail account: kines1e03.2018@gmail.com

All students registered in this course will have access to this e-mail account. The account will be monitored daily by the course TAs and we will make every effort to respond to e-mails as soon as possible. Please direct all questions regarding the course (e.g., questions on content, tests, etc.) to this address. *Any course related e-mail communication that is sent to the instructor's personal e-mail addresses **will not be answered.***

MODIFICATIONS TO COURSE

The instructor and university reserve the right to modify elements of the course during the term including the specific details for the class assignments. You will be informed of any such changes to the course as soon as possible. As well, the university may change the dates and deadlines for any or all courses in extreme circumstances. If either type of modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the opportunity to comment on changes. It is the responsibility of the student to check their McMaster email and course websites weekly during the term and to note any changes. **Note: Details, updates, and/or changes to this course outline will be announced in class and posted on Avenue to Learn.**

OTHER ISSUES

- Full attendance is expected at all lectures.
- Students, whose attendance or performance is severely affected by medical, emotional or other disabilities, should consult with the instructor early in the term to discuss special arrangements. Supporting documentation must be provided.
- Please let us know in advance, preferably in the first week of class, if there are any special learning requests or requirements.
- Students who plan to be absent for varsity athletics, family obligations or other similar commitments should discuss these commitments with the instructors before the withdrawal date.
- All notes posted on Avenue to Learn are the intellectual property of the instructors and are not to be redistributed without permission.
- Should you wish to record a lecture (in any format, whether audio or audio-visual) *you must seek the permission of the instructor* before the lecture begins and you will need to explain the reason for wishing to record the lecture. Note that any such recording will be permitted only for the purposes of private study by the individual student. ***Students may not distribute, email, electronically post, or otherwise communicate these materials to any other person.***

FEEDBACK

It really helps us improve our services when we hear from our students, faculty and staff about what we can do better. A feedback process brings to our attention situations in which we may not have adequately considered accessibility and allows us to better plan for accessibility in the future.