



## Introduction to Motor Skill Acquisition – KNES 102

### Kinesiology Program

### Course Outline

COURSE IMPLEMENTATION DATE: Pre 1998  
OUTLINE EFFECTIVE DATE: September 2020  
COURSE OUTLINE REVIEW DATE: March 2025

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#### GENERAL COURSE DESCRIPTION:

This course is an introductory examination of motor skill acquisition, the variables which influence the learning and performance of motor skills, and the relationship between skill acquisition and growth and development. The course examines various fields for information that may help in the understanding of how motor skills are acquired.

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**Program Information:** This course is a required course in the Kinesiology Diploma Program and may be used as an elective for students in other disciplines.

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**Delivery:** This course is delivered face to face.

**COTR Credits:** 3

**Hours for this course:** 45 hours

#### Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	45
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	
Other Contact Hours	
<b>Total</b>	45

#### Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other	N/A
<b>Total</b>	

**Course Outline Author or Contact:**

Steve Kamps, BPE, MKin

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Signature

**APPROVAL SIGNATURES:**

Department Head  
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Department Head Signature

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Dean Signature

EDCO

Valid from: September 2020 – March 2025

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Education Council Approval Date

**COURSE PREREQUISITES AND TRANSFER CREDIT:**

**Prerequisites:** Either English 12, English Studies 12, English for First Persons 12, or ENGL 090 with a minimum grade of C- (55%).

**Corequisites:** None

**Flexible Assessment (FA):**

Credit can be awarded for this course through FA  Yes  No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

**Transfer Credit:** For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>.

Students should also contact an academic advisor at the institution where they want transfer credit.

**Prior Course Number:** HKIN 102 ⇔⇔KNES 102

**Date changed:** September 2012

## Textbooks and Required Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Magill, R.A. (2008) *Motor Learning & Control: Concepts and Applications*, 8<sup>th</sup> Ed. McGraw-Hill

Please see the instructor's syllabus or check COTR's online text calculator <http://go.cotr.bc.ca/tuition/tCalc.asp> for a complete list of the currently required textbooks.

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## LEARNING OUTCOMES:

Upon the successful completion of this course, students will be able to

- recall and define basic terminology used in this field of study;
  - identify the characteristics of an individual that influence the learning and performance of motor skills;
  - identify various conditions that may influence motor skill acquisition;
  - describe the changes that occur in learning as a result of practice;
  - describe the various developmental physical growth characteristics that may influence the learning and performance of motor skills;
  - describe the role of cognition, attention and memory in motor learning;
  - describe how the information-processing model is applied to the study of motor skill acquisition;
  - describe the role of feedback in the learning of a motor skill;
  - describe the importance of practice techniques and practice organization to optimize learning; and
  - gain an appreciation of the interactive nature of learning and instruction in sport and physical activity.
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## COURSE TOPICS:

- **Unit 1 Introduction to Motor Skills and Abilities**
  - The classification of motor skills
  - Motor abilities
  - The measurement of motor performance
  
- **Unit II Introduction to Motor Control**
  - Motor control theories
  - Performance characteristics of complex skills
  - Proprioception and vision
  - Action preparation
  
- **Unit III Attention and Memory**
  - Attention as a limited capacity resource
  - Memory components, forgetting and strategies

- **Unit IV Introduction to Motor Skill Learning**
  - Defining and assessing learning
  - The stages of learning
  - Transfer of learning
  
- **Unit V Instruction and Augmented Feedback**
  - Demonstration and verbal instructions
  - Augmented Feedback
  
- **Unit VI Practice Conditions**
  - Practice variability
  - The amount and distribution of practice
  - Whole and part practice
  - Mental practice

*See instructor’s syllabus for the detailed outline of weekly readings, activities and assignments.*

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**EVALUATION AND ASSESSMENT:**

Assignments	% Of Total Grade
Assignments	45%
Unit Exams (3)	30%
Final Exam	<u>25%</u>
Total	100%

*Please see the instructor’s syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments, and use of electronic aids.*

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**EXAM POLICY:**

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of “0” for the exam.

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## COURSE GRADE:

Course grades are assigned as follows:

Grade	A+	A	A-	B+	B	B-	C+	C	C-	D	F
Mark (Percent)	≥ 90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	< 50

A grade of "D" grants credit, but may not be sufficient as a prerequisite for sequential courses.

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## ACADEMIC POLICIES:

See [www.cotr.bc.ca/policies](http://www.cotr.bc.ca/policies) for general college policies related to course activities, including grade appeals, cheating and plagiarism.

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## COURSE CHANGES:

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor endeavours to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.