Motor Learning and Performance

**Lecture Instructor:** Matt Miller, Ph.D.

**Email:** mwm0024@auburn.edu

**Virtual Office Hours (when I will be in my Zoom Office Hours Meeting):**

Wednesday 12 – 2 PM and by appointment (Meeting ID: 864 2549 7093,

Passcode: KINE164)

**Office Location**:Kinesiology Building 164

**Meeting:** Tuesday and Thursday 11:00 AM – 12:15 PM, SAC 257

**Course Number:** KINE 3650-002

**Credit Hours:** 3.000

**Prerequisites:** None

**Texts/Resources:** e-Book (see information on Canvas)

**Course Description:** Understanding of the basic psychological processes in learning and control of skillful human movement.

**Learning Outcomes:** Students will be able understand to the psychological basis of motor learning and performance as well as apply this knowledge to facilitate learning and performance.

**Course Content (*DATES ARE SUBJECT TO CHANGE*)**

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| Week  | Topic  | Readings | Assessments |
| 08/16 – 20 | Introduction | Chapter 1 |  |
| 08/23 – 27 | Processing Information and Making Decisions | Chapter 2 | 08/24: Chapter 1 Quiz |
| 08/30 – 09/03 | Processing Information and Making Decisions (continued) |  |  |
| 09/06 – 10  | Attention and Performance  | Chapter 3 | 09/07: Chapter 2 Quiz |
| 09/13 – 17 | Sensory Contributions to Skilled Performance  | Chapter 4 | 09/14: Chapter 3 Quiz |
| 09/20 – 24 | Motor Programs | Chapter 5 | 09/21: Chapter 4 Quiz |
| 09/27 – 10/01 | Review for Midterm Exam |  | 09/28: Chapter 5 Quiz09/30: Midterm Exam |
| 10/04 – 08No Class 10/07 | Principles of Speed, Accuracy, and Coordination | Chapter 6 |  |
| 10/11 – 15  | Principles of Speed, Accuracy, and Coordination (continued)Performance of Complex Movements | Chapter 7 | 10/14: Chapter 6 Quiz |
| 10/18 – 22 | Performance of Complex Movements (continued)Introduction to Motor Learning | Chapter 8 | 10/21: Chapter 7 Quiz |
| 10/25 – 29 | Introduction to Motor Learning (continued)The Motor Learning Process | Chapter 9 | 10/28: Chapter 8 Quiz |
| 11/01 – 05  | The Motor Learning Process (continued) |  |  |
| 11/08 – 12  | Organizing and Scheduling Practice  | Chapter 10 | 11/09: Chapter 9 Quiz |
| 11/15 – 19 | Augmented Feedback  | Chapter 11 | 11/16: Chapter 10 Quiz |
| 11/22 – 26 No Class  |  |  |  |
| 11/29 – 12/03  | Review for Final |  | 11/30: Chapter 11 Quiz |
| 12/06 – 10 | Finals |  | Final Exam: 12/10, 12 – 2:30 PM |

**Assessments:**

Quizzes

There will be 11 quizzes, one for each chapter/unit. All quizzes will be completed through Canvas in class, so ensure that you bring a device, such as a laptop, tablet, or smartphone, that you can use to complete a quiz when we have one. Attendance will be taken on the day of a quiz, and I will only accept quiz submissions from students who are present, meaning that you may not attempt to take the quiz from outside the classroom. Quizzes are closed source, meaning that you may not use anything other than what you have stored in your brain to complete them. Quizzes will be weighted based on the number of questions they contain, meaning that if Quiz 1 contains 10 questions and Quiz 2 contains 15 questions, then they will be worth 10 and 15 points, respectively. The time limit for the quizzes will be 1.5 minutes x the number of questions on the quiz, meaning that if Quiz 1 has 10 questions, then you will have 15 minutes to complete it. If you are late/absent from class the day on which a quiz is occurring for ‘unexcused reasons,’ then you may not have the opportunity to complete the quiz and, thus, could receive a grade of zero. If you have an excused lateness or absence, then you will be able to take a make-up quiz.

Exams

There will a midterm and final exam, which will ask questions related to material covered after the midterm. The exams will be completed through Canvas in class, so ensure that you bring a device, such as a laptop, tablet, or smartphone, that you can use to complete a quiz when we have one. Attendance will be taken on the day of an exam, and I will only accept exam submissions from students who are present, meaning that you may not attempt to take the exam from outside the classroom. Exams are closed source, meaning that you may not use anything other than what you have stored in your brain to complete them. Exams will be weighted based on the number of questions they contain, meaning that if the midterm contains 50 questions and the final contains 55 questions, then they will be worth 50 and 55 points, respectively. You will have 75 minutes to complete the midterm, and 2 hours and 30 minutes to complete the final. If you are late/absent from class the day on which an exam is occurring for ‘unexcused reasons,’ then you may not have the opportunity to complete the exam and, thus, could receive a grade of zero. If you have an excused lateness or absence, then you will be able to take a make-up exam.

**Grading:**

Assignments contribute as follows to final class grade:

Quizzes 60%

Exams 40%

Percentages will be associated with the following letter grades:

 A: 90.0% ≤

 B: 80.0% ≤

 C: 70.0% ≤

 D: 60.0% ≤

 F: 60.0% >

## COVID-Related Policies:

### Statement on COVID-19 Physical Distancing

### Face Covering Policy

In response to COVID-19, and in alignment with Auburn University's Presidential directives, and local, state, and national health official guidelines face coverings are required at all times while on campus, except when alone in a private office. This includes the classroom, laboratory, studio, creative space, or any type of in-person instructional activity, and public spaces. "A “face covering” is defined as a “covering that fully covers a person’s nose and mouth, including without limitation, cloth face mask, surgical mask, towels, scarves, and bandanas.

If a student has a medical exception to the face covering requirement, please contact the Office of Accessibility to obtain appropriate documentation.

**Please note that this class may require face coverings even if Auburn University lifts its requirement.**

**Class Policies:**

Attendance: Although attendance is not required, students are expected to attend all classes, and will be held responsible for any content covered in the event of an absence.

Excused Absences: Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student’s immediate family, the death of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an excused absence from class for any other reason must contact Dr. Miller in advance of the absence to request permission. Dr. Miller will weigh the merits of the request and render a decision. When feasible, the student must notify Dr. Miller prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please see the *Tiger Cub* for more information on excused absences.

Make-Up Policy: Students are only guaranteed the opportunity to make up assignments due to excused absences (i.e., students are not guaranteed the opportunity to make up assignments due to unexcused absences). Arrangement to make up assignments due to properly authorized excused absences must be initiated by the student within one week of the end of the period of the excused absences(s). Except in unusual circumstances, such as the continued absence of the student or the advent of university holidays, a make-up assignment will take place within two weeks of the date that the student initiates arrangements for it.

Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in the *Tiger Cub* will apply to KINE 3650. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

Disability Accommodations: Students who need special accommodations in class, as provided by the Americans with Disabilities Act, should arrange for a confidential meeting with Dr. Miller during office hours in the first week of classes (or as soon as possible if accommodations are needed immediately). The student must bring a copy of their Accommodations Letter and an Instructor Verification Form to the meeting. If the student does not have these forms, they should make an appointment with the Program for Students with Disabilities, 1288 Haley Center, 844-2096 (V/TT).

Course Contingency: If normal class is disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course.

Professionalism: As faculty, staff, and students interact in professional settings, we are expected to demonstrate professional behaviors as defined in the College’s conceptual framework. These professional commitments or dispositions are listed below:

* Engage in responsible and ethical professional practices
* Contribute to collaborative learning communities
* Demonstrate a commitment to diversity
* Model and nurture intellectual vitality