# **KINE 3650-001 Motor Learning and Performance – Syllabus**

**School of Kinesiology**

**Auburn University**

**Spring 2022**

## **Course details:**

**Course number:** KINE 3650 – 001

**Course title:** Motor Learning and Performance

**Course meetings:** Monday, Wednesday, and Friday 8:00 AM – 8:50 AM in the Student Activity Center (SAC) room #257

**Credit hour:** 3.000

**Prerequisites:** None

**Corequisite:** KINE 3651 - Motor Learning and Performance Lab (Credit hour: 1.0)

## **Contact information:**

**Lecture instructors:** Juliana Parma, M.S. (she/her), Mariane Bacelar, M.S. (she/her)

**Email:** Juliana Parma: [jzo0034@auburn.edu](mailto:jzo0034@auburn.edu);  
Mariane Bacelar: [mzf0029@auburn.edu](mailto:mzf0029@auburn.edu)

(Allow us at least 48h -business days- to reply)

**Office location:** Juliana Parma: Kinesiology Building 140

Mariane Bacelar: Kinesiology Building 138

School of Kinesiology, 301 Wire Rd., Auburn/AL

**Office hours:** When we will be in our office and on zoom (Zoom link can be found on Canvas) to meet with students. Juliana Parma will be available Tuesdays 11 AM – 1 PM, and Mariane Bacelar will be available Thursdays 12 – 2 PM. If you prefer an appointment, we are happy to meet with you between the hours of 8 AM and 5 PM, Monday through Friday. Please send us an email proposing at least two day/times that work for you. Grades will not be discussed by email and require a meeting (in-person or on Zoom). We look forward to seeing you there!

## **Required material:**

For this class, you need the following ***textbook (see information on Canvas about e-Book):***

* Schmidt, R. A., & Lee, T. D. (2020). Motor learning and performance: From principles to application (Sixth edition). Champaign, IL: Human Kinetics.

If additional materials are used, they will be made available on Canvas.

## **Course description:**

Understanding of the basic psychological processes in learning and control of skillful human movement.

## **Learning outcomes:**

At the end of this course, students will be able to:

* define learning and the psychological basis of motor learning and performance;
* critically discuss motor learning theories and research;
* design effective practice conditions to facilitate long-term changes in performance.

## **Evaluation:**

**Grading:**

Assessments contribute as follows to final class grade:

|  |  |
| --- | --- |
| **Assessments** | **Percentage** |
| In-class Activities/Participation | 15% |
| Quizzes | 45% |
| Exams | 40% |
| Total | 100% |

Grades in the course are based on the following point system.

|  |  |
| --- | --- |
| **Percentage of points accumulated** | **Final grade** |
| 90 – 100% | A (4.00) |
| 80 – 89.99% | B (3.00) |
| 70 – 79.99% | C (2.00) |
| 60 – 69.99% | D (1.00) |
| Below 60% | F (0.00) |

**\*Grades will be rounded up at the semester end using standard rounding rules** (i.e., only final grades with .5 or above will be rounded up. Therefore, an 87.5 will become an 88, while an 87.4 will become an 87).

**Description of the assessments:**

In-class Activities/Participation

Each module provides opportunities for participation, discussion, and engagement. Students should be prepared to work in teams and pairs, answer and ask questions, and participate in other dynamic learning activities during every course meeting. Attendance and participation are paramount to your success.

Quizzes

There will be 11 quizzes. All quizzes will be completed through Canvas and are open source with the exception that you cannot consult with another person. Allowable sources include the textbook, lecture notes, and the internet. However, what we say during lecture should be considered correct information and will override information in the textbook and on the internet. The quizzes will be weighted based on the number of questions they contain (e.g., 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 (i.e., if Quiz 1 has 10 questions, then you will have 15 minutes to complete it). All quizzes will be due by 11:59 PM the day indicated on the schedule. If you do not complete a quiz by the due date for ‘unexcused reasons,’ then you may not have the opportunity to complete the quiz and, thus, could receive a grade of zero.

Exams

There will be a midterm (20% of the final grade) and a final exam (20% of the final grade), which will ask questions related to material covered after the midterm. Exams will be completed through Canvas and are open source with the exception that you cannot consult with another person. Allowable sources include the textbook, lecture notes, and the internet. However, what we say during lecture should be considered correct information and will override information in the textbook and on the internet. The exams will be weighted based on the number of questions they contain (i.e., if the midterm contains 50 questions, and the final contains 55 questions, then they will be worth 50 and 55 points, respectively). The time limit for the midterm and final will be 2 hours and 30 minutes, and they will be due by 11:59 PM the day indicated on the schedule. If you do not complete an exam by the due date for ‘unexcused reasons,’ then you may not have the opportunity to complete the exam and, thus, could receive a grade of zero.

**Policy on extra-credit:**

If extra-credit opportunity arises, it will be available to all students in the course. Any requests for extra credit or special exceptions to grading policies are an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly.

## **Course content and schedule**

The content schedule on the following page provides a road map for this course. Dates and contents are subject to changes, which will be communicated in class and via Canvas.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week** | **Dates** | **Topic** | **Readings** | **Assignments** |
| 1 | 01/12  01/14 | Syllabus  Introduction | Chapter 1 | **01/16: Getting to know you Quiz** |
| 2 | **01/17**  01/19  01/21 | **No class on 01/17: MLK Day**  Introduction (continued)  Processing Information and Making Decisions | Chapter 1 (continued)  Chapter 2 | **01/23: Chapter 1 Quiz** |
| 3 | 01/24  01/26  01/28 | Processing Information and Making Decisions (continued) | Chapter 2 (continued) | **01/30: Chapter 2 Quiz** |
| 4 | 01/31  02/02  02/04 | Attention and Performance | Chapter 3 | **02/06: Chapter 3 Quiz** |
| 5 | 02/07  02/09  02/11 | Sensory Contributions to Skilled Performance | Chapter 4 | **02/13: Chapter 4 Quiz** |
| 6 | 02/14  02/16  02/18 | Motor Programs | Chapter 5 | **02/20: Chapter 5 Quiz** |
| 7 | 02/21  **02/23**  02/25 | Connecting the dots/review  **Mid-term exam**  Discussing the Midterm exam | Chapters 1-5 | **02/23: Mid-term exam due by 11:59 PM** |
| 8 | 02/28  03/02  03/04 | Principles of Speed, Accuracy, and Coordination | Chapter 6 | **03/06: Chapter 6 Quiz** |
| 9 | **03/07**  **03/09**  **03/11** | **Spring Break – NO CLASS** |  | **Spring Break – NO CLASS** |
| 10 | 03/14  03/16  03/18 | Performance of Complex Movements | Chapter 7 | **03/20: Chapter 7 Quiz** |
| 11 | 03/21  03/23  03/25 | Introduction to Motor Learning | Chapter 8 | **03/27: Chapter 8 Quiz** |
| 12 | 03/28  03/30  04/01 | The Motor Learning Process | Chapter 9 | **No quiz this week** |
| 13 | 04/04  04/06  04/08 | The Motor Learning Process (continued)  Organizing and Scheduling Practice | Chapter 9 (continued)  Chapter 10 | **04/10: Chapter 9 Quiz** |
| 14 | 04/11  04/13  04/15 | Organizing and Scheduling Practice (continued) | Chapter 10 (continued) | **04/17: Chapter 10 Quiz** |
| 15 | 04/18  04/20  04/22 | Augmented Feedback | Chapter 11 | **04/24: Chapter 11 Quiz** |
| 16 | 04/25  04/27  04/29 | Connecting the dots/Review for Final Exam | Chapters 6-11 | **No quiz this week** |
| **Final Exam** | 05/02 | **Final Exam: Monday May 2** |  | **04/02: Final Exam** |

## **COVID-related policies**

The sections below provide expectations and conduct related to COVID-19 issues.

**Face coverings**

The university permits individual faculty members to require face coverings in their classrooms and instructional laboratories. All students enrolled in this course are required to properly wear a face covering that covers the nose and mouth while inside the classroom, laboratory, studio, or office. Failure to comply with this requirement represents a potential Code of Student Conduct violation and may be reported as a non-academic violation. Please consult the Classroom Behavior Policy ([Link](https://sites.auburn.edu/admin/universitypolicies/Policies/PolicyonClassroomBehavior.pdf)) for additional details.

**Possibility of going remote**

In the event that the University is forced to move to fully online instruction, please be assured that the learning goals and outcomes of the course will not change; however, some aspects of the course will change in terms of the mode of delivery, participation, and testing methods. Those details will be shared via a Canvas Announcement within 24 hours of the announcement that we are going remote. Please be prepared for this contingency by ensuring that you have access to a computer and Internet.

**In the event a student in class tests positive**

Your health and safety, and the health and safety of your peers, are our top priorities. If you are experiencing any symptoms of COVID-19, or if you discover that you have been in close contact with others who have symptoms or who have tested positive, you should not attend in-person classes and should follow the instructions on the [COVID-19 Resource Center website.](http://auburn.edu/covid-resource-center/) Our hope is that if you are feeling ill or if you have been exposed to someone with the virus, you will stay home to protect others.

***In the event of illness:***

1. Keep up with coursework as much as possible.
2. Participate in class activities and submit assignments remotely as much as possible.
3. **Notify the instructors if you require a modification to the deadline of an assignment or exam.**
4. Finally, if remaining in a class and fulfilling the necessary requirements becomes impossible due to illness or other COVID-related issues, please let us know as soon as possible so we can discuss your options.

**In the event that the instructors test positive or are required to quarantine**

If we become ill or unable to lead the class, a backup instructor will be identified and they will communicate any changes or updates to the course schedule or mode of instruction as soon as possible.

## **Course policies:**

By remaining enrolled in this course, you agree to abide by all course policies. All policies set forth in the Student Policy Handbook apply to this course. (<http://www.auburn.edu/student_info/student_policies/>).

### **Academic honesty**

All portions of the Auburn University Student Academic Honesty code (Title XII) found in the Student Policy eHandbook at <http://www.auburn.edu/student_info/student_policies/> apply to this class. 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.

### **Classroom behavior**

The Auburn University Classroom Behavior Policy is strictly followed in the course; please refer to the Student Policy eHandbook at <http://www.auburn.edu/student_info/student_policies/> for details of this policy. 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.

### **Attendance:**

We truly believe learning is more effective when we interact with each other. Every student has a different background and can make contributions based on unique experience, which is incredibly valuable. With that said, we expect you to attend all classes and, more importantly, fully engage in class discussions and activities (e.g., answer and ask questions during class, contribute to your group’s work during in-class activities, take notes, etc.).

### **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 the instructors in advance of the absence to request permission. The instructors will then weight the merits of the request and make a decision. Students are encouraged to notify the instructors prior to the occurrence of any excused absences. However, when not feasible, such notification must occur **within a week after the absence**. Appropriate documentation for all excused absences is required. Please refer to the Auburn University Student Policy eHandbook at the following link [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies) for more on 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 missed assignments due to properly authorized excused absences must be initiated by the student within one week from the end of the period of the excused absences. 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. The format of the make-up assignment will be as specified by the instructor.

### **Communication:**

All official communication for this class will be made through the university’s official means of communication, Tigermail, and via Canvas, the latter being the best way to contact us. We aim to respond to all email within 48 hours; however, this is not always possible. If your concern is urgent and we do not respond within 3 days, please forward your original email with a friendly reminder. Emails sent during the weekend will not be answered until the next working day. Students are expected to communicate with the instructors in a professional manner. At a minimum, use a clear subject line, with course and section number (e.g., KINE 3650-001), as well as your name and any other information that may help to address your problem/concern. If you have questions about how to write a proper email, click [here.](https://www.insidehighered.com/views/2015/04/16/advice-students-so-they-dont-sound-silly-emails-essay) You are encouraged to check your email and Canvas regularly.

### **Emergency contingency**

If normal class activities are 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. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials.

### **Professionalism:**

As faculty, staff, and students interact in professional settings, we are expected to demonstrate professional behaviors as defined in the College of Education 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.

## **Disability accommodations**

Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with our office hours, an alternate time can be arranged. To set up this meeting, please contact us by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT). Please note that accommodations are not retroactive. Accommodations begin after: (1) a meeting with the Office of Accessibility to determine appropriate accommodations; and (2) a meeting with the Instructor arranged by the student.

## **Personal note from the instructors**

As people who truly care about your wellbeing and personal success, we encourage you to ask for help when you notice that academic and non-academic problems are affecting your mental health. To receive professional assistance, please contact someone at **Auburn Cares**. For more information, visit their website at <http://aucares.auburn.edu/>. Also, if there is any additional support you need from us, do not hesitate to ask.

## **Proviso**

Juliana Parma and Mariane Bacelar may make changes to the syllabus if necessary. All changes will be announced in class and will be posted in writing on Canvas.