



## KNES-102 – Introduction to Motor Skill Acquisition

Health and Human Services

**Effective Term & Year:** Fall 2022

**Course Outline Review Date:** 2025-03-01

**Program Area:** Health

### 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.

### 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.

**Delivery Methods:** On-campus (Face-to-Face)

**Credit Type:** College of the Rockies Credits

**Credits:** 3

**Course type/s:** Sciences, Social Sciences

### Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	45
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	

Other

Total	45
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### Course Requisites:

- Earned a minimum grade of C- (55%) in at least 1 of the following:
  - ENFP 12 – English First Peoples 12
  - ENST 12 – English Studies 12
  - ENGL090 – English – Provincial Level

### Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

### Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

### Textbook 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*, 8th Ed. McGraw-Hill

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

## 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.

## Evaluation and Assessments

### Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Assignments	45%
Unit Exams (3)	30%
Final Exam	25%
Total	100%

### Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	<50

**Pass requirements:** None

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

### Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a "0" on the exam.

### Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance
- Policy 2.5.3 Grade Appeal
- Policy 2.4.9 Student Concerns Re Faculty

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## **Equivalent Course(s) and Course Code Changes**

Prior Course Code: HKIN 102 >> KNES 102

Date changed: September 2012

### **Course Changes:**

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.