

SAMPLE COURSE OUTLINE

Course Code, Number, and Title:

KINS 2211: Human Motor Behavior

Course Format:

[Course format may vary by instructor. The typical course format would be:]

Lecture 2 h + Seminar 0 h + Lab 2 h

Credits: 3

Transfer credit: For information, visit bctransferguide.ca

Course Description, Prerequisites, Corequisites:

This course provides an introduction to the study of the fundamental processes underlying human motor learning and control. Students examine the conceptual and empirical foundations of motor learning and control, and their application to coaching, sport, and physical activity experiences. Through experiential activities, students explore the characteristics, principles, and factors involved in motor learning and control.

Prerequisites: None

Corequisites: None

Learning Outcomes:

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

- Define fundamental terminology and explain principles and concepts in motor learning and control;
- Articulate the differences between motor learning and motor control;
- Explain the cognitive and sensorimotor factors influencing purposeful movement and motor skill acquisition;
- Explain and critically examine frameworks, models, and theories of motor learning and control;
- Apply concepts of motor learning and control to sport and physical activity experiences;
- Communicate scientific information and draw conclusions about the processes involved in motor learning and control.

Instructor(s): TBA

Office: TBA **Phone:** 604 323 XXXX **Email:** TBA

Office Hours: TBA

snəwəyət̚ leləm̚ Langara College acknowledges that we are located on the unceded territory of the Musqueam people.

Textbook and Course Materials:

[Textbook selection may vary by instructor. An example of texts and course materials for this course might be:]

Schmidt, RA & Lee, TD. "Motor Learning and Performance". Human Kinetics. Champaign, IL. 2014.

Note: This course may use an electronic (online) instructional resource that is located outside of Canada for mandatory graded class work. You may be required to enter personal information, such as your name and email address, to log in to this resource. This means that your personal information could be stored on servers located outside of Canada and may be accessed by U.S. authorities, subject to federal laws. Where possible, you may log in with an email pseudonym as long as you provide the pseudonym to me so I can identify you when reviewing your class work.

Assessments and Weighting:

Final Exam 20%

Other Assessments %

(An example of other assessments might be:) %

Midterm Exam: 40%

Quizzes/Tests: 10%

Assignments: 20%

Lab work: 10%

Proportion of individual and group:

Individual: 100%

Grading System: Letter grade

Specific grading schemes will be detailed in each course section outline.

Passing grade: D

Topics Covered:

[Topics covered may vary by instructor. An example of topics covered might be:]

Research Methods and Research Measures in Human Motor Behaviours

Skills, Abilities, Measurement, Error Scores

Information Processing, Memory

Attention and Arousal

Sensory Systems, Vision, Closed Loop Control

Open Loop Control, Motor Programs, Generalized Motor Programs

Speed-Accuracy Trade-off, Fitts' Law, Coordination

Measurement of Learning, Stages of Learning

Learning Supplementation, Practice Conditions, Theories of Learning

This generic outline is for planning purposes only.

Feedback Types, Feedback Functions, Feedback Applications
Applications and Principles of Motor Learning

As a student at Langara, you are responsible for familiarizing yourself and complying with the following policies:

College Policies:

[E1003 - Student Code of Conduct](#)

[F1004 - Code of Academic Conduct](#)

[E2008 - Academic Standing - Academic Probation and Academic Suspension](#)

[E2006 - Appeal of Final Grade](#)

[F1002 - Concerns about Instruction](#)

[E2011 - Withdrawal from Courses](#)

Departmental/Course Policies:

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