Motor Learning

APK 3200 | Class # 29541 & 10574 | Section 7140 & 2059| 3 Credits | SP 24

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Course Info

INSTRUCTOR	**Diba Mani, Ph.D.** Method of Contact: **Canvas Messaging** for presently enrolled students Email: dmani@ufl.edu for non-course related communications Pronouns: she/her
OFFICE HOURS	Virtual; details posted on Canvas
MEETING TIME/LOCATION	Access course during the semester enrolled through Canvas on UF e-Learning (https://elearning.ufl.edu/) and the Canvas mobile app by Instructure. There are no in-person meetings for this course.

COURSE DESCRIPTION

Provides background for understanding, analyzing, and teaching skills in sports and dance. Attention to specific aspects of psychomotor developments and theoretical models of skill acquisition.

PREREQUISITE KNOWLEDGE AND SKILLS

Junior status or higher. Students enrolling in this course must have at least the following minimum technical skills to succeed:

- Using the learning management system, Canvas
- Using e-mail with attachments
- Operating Microsoft Office (e.g., Word, PowerPoint, Excel)
- Using Zoom video conferencing
- Downloading and installing software such as Google Chrome with extension for HonorLock
- Incorporating applications associated with Canvas, such as Flip

REQUIRED AND RECOMMENDED MATERIALS

Our recommended textbook, which is available for short-term use through the UF Libraries, is: RA Schmidt and TD Lee. Motor Control and Learning: A Behavioral Emphasis. 6th edition. Champaign, IL: Human Kinetics, 2019.
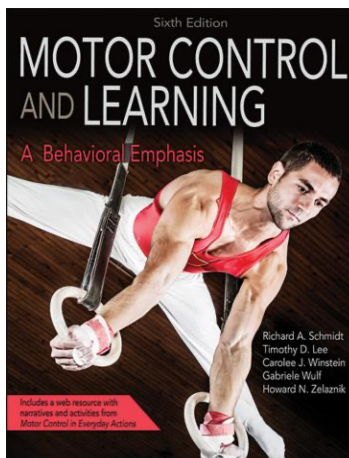
Lecture notes and articles will be provided throughout the term via Canvas. Additional content will be accessible through online resources, which are provided at no cost to you if you sign in with the UF VPN. Access to the internet, a computer with functioning webcam, microphone, and speaker (or headphones/earbuds) are required. Please refer to "UF Computing Requirements" below for additional information on this.

COURSE FORMAT

This is a fully online course, with asynchronous online lectures (you will NOT attend lectures in a classroom). Students are responsible for checking Canvas for announcements, which will include updates to the course schedule (please set your Canvas notifications to receive e-mails of the announcements and discussion posts, at the very least). The general format of the course is lecture content based on the textbook material with interspersed course activities ("Engagement" posts and "Narrative" assignments) and presentations toward the end of the term. You will be required to enable audio and visual recording capabilities for some activities.

COURSE LEARNING OBJECTIVES

Upon completion of this course, students will be able to:
1.   Differentiate and explain learning theories applicable to skill acquisition and retention
2.   Apply knowledge of instructional strategies for basic skill acquisition
3.   Appraise current evidence and trends in motor learning and motor control
4.   Recognize general (classic) research paradigms used in motor learning and control research

Course & University Policies

ATTENDANCE POLICY

As an asynchronous online course, there is no specific attendance policy. However, exams must be completed within the designated assessment time (48 hours) and assignments must be submitted by posted deadlines.

PERSONAL CONDUCT POLICY

Students are expected to exhibit behaviors that reflect highly upon themselves and our University:
- Read and refer to the syllabus.
- Please review all announcements for updates – you are required to receive Canvas announcements and respond to Canvas messages promptly.
- Arrive to live sessions (e.g., scheduled office hours), if applicable, on time.
- Follow the guidelines for appropriate behavior in virtual environments (e.g., name visible, non-offensive background (whether virtual or not), appropriate dress during live sessions).

- Submit assignments by the deadlines. If you miss a deadline, please recognize that requesting an exception is unfair to your classmates and instructor.
- Show respect for the course instructor and classmates in engagement.
- Use professional, courteous standards for any web exchanges (e.g., proper greetings and titles in emails).
- Communicate through the preferred means (Canvas), reserving communication through official UFL email addresses for emergencies.
- UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code (http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/) specifies several behaviors that are in violation of this code and the possible sanctions.
- You are obliged to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult the instructor in this class.
- The use of software to promote academic integrity through plagiarism detection is advocated for. Although not required, Turnitin is an excellent resource for this and reference/citation assistance.

STUDENT COMPUTING POLICY

Since this course is fully online, and per the UF student computing requirements, UF does not recommend students relying on/regularly using tablet devices, mobile phones, or Chromebook devices as their primary computer, as these may not be compatible with specific platforms used in this course or other UF courses (https://it.ufl.edu/policies/student-computing-requirements/). Access to a fast, secure internet network will be necessary for this course. If a student is in an area with limited internet access, UF students can access eduroam for free with their GatorLink log-in credentials. If you have any problems connecting to eduroam you can call (352-392-HELP/4357) or email the UF Computing Help Desk.

ASSESSMENT PROCTORING POLICY (HONORLOCK SYSTEM REQUIREMENTS)

Exams will be proctored using Honorlock. You will not need to sign-up or schedule a testing time, nor will you need to create an account. To ensure your device is compliant with HonorLock, a series of pre-assessment checks must be performed before gaining access to the exam. Please do so in advance of the exam; we are unable to further accommodate for individual technological issues that may detract from your exam time. Specifications necessary for Honorlock to work are listed below:
- You need to open Canvas on the Google Chrome internet browser and to download the HonorLock Chrome Extension. Other internet browsers will not be compatible with HonorLock. You must use a PC or Mac.
- Make sure you have a stable Internet connection wherever you are taking the exam.
- Students must install the HonorLock Extension within Chrome
- HonorLock will not support certain operating system versions. You can find the updated Minimum System Requirements and a system compatibility test at www.honorlock.com/support.
- You will need to take the exam on a desktop computer or laptop with a webcam and microphone set up on your chosen device. This will not work on mobile devices or tablets, including iPads and smart phones.
- You need to make sure that the camera is always facing you – if the camera does not stay facing you or if you are out of frame, the exam will pause, preventing you from continuing, even midway through.
- A live proctor pop-in may ask you to conduct a 360-degree scan of your testing room/environment. The testing environment should be cleared of any clutter, no notes, or textbooks laying out. These could constitute a violation of the Honor Code (e.g., academic dishonesty).

- Cell phones, tablets, smart watches, calculators, earphones, and other external electronic devices must be removed from the vicinity of the testing space (ideally outside the room).
- Make sure the room you are taking the exam in is well-lit and that you are by yourself (private space). Rooms that are not bright enough may get flagged as "blurry" or "unclear". Avoid posters or photographs on the wall behind you; try to minimize noise, including talking aloud. These will also flag your exam, which will be reviewed by a member of the instructor team for the course to confirm or refute any academic dishonesty.
- You must have a valid and clear photo identification (ID) card (e.g., Gator ID, driver's license, passport) to show at the start of the exam. Make sure the image is clear.
- Only one screen - you cannot have multiple monitors - and one tab, which is that is being used for the exam) in Chrome is allowed. HonorLock has an integrity algorithm that can detect search-engine use, so do not attempt to search for answers, even if it is on a secondary device.
- An Honorlock Practice Quiz will be set up under Quizzes in Canvas. Please go through this practice test well in-advance of taking the exam. This practice quiz allows you to go through all the pre-assessment checks so you will know what to expect when taking the exam itself. Take the practice quiz on the device you intend to take the exam on, in the same environment (building, room, lighting).
- Failure to meet the items above may result in a zero grade. If you encounter any issues with the testing platform or the exam, you should immediately contact HonorLock for assistance. If this fails, you need to email your course instructor right away with specific details (e.g., screenshots of your chat conversation with HonorLock with time stamps) of what occurred so that they can assist you as quickly as possible.

MAKE-UP POLICY

Make-up assessments and assignments will be given at the discretion of the instructor. To request and possibly schedule a make-up quiz or exam, please fill out the "Make-Up or Accommodation Request Form" posted in Canvas > Orientation and send it to your course instructor via Canvas messaging as soon as possible. Documentation is required. Unexcused missed assessments and assignments will result in a zero on that item (this includes contacting the instructor after the exam if you are ill).

Unexcused (including "inappropriate excuses") material cannot be made up and will result in a zero on that item. Please do not ask for an accommodation for inappropriate excuses, which include:
- Procrastinated preparation
- Extracurricular activities
- Out of town/vacation
- Traveling
- Sleeping in
- Sports
- Technological issue due to procrastinated assignment upload
- Volunteering
- Work

If you have a serious emergency or life event, please contact the Dean of Students Office (DSO, www.dso.ufl.edu) and they will contact your instructor so that you do not have to provide documentation to individual instructors for a make-up. The requirements for make-ups in this course are consistent with university policies that can be found in the online catalog at: https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/.

LATE SUBMISSION OR MISSED ASSESSMENT POLICY

Make-up assessments and assignments will be given at the discretion of the instructor. Late submissions are **not** accepted, although some adjustments have been put in place to accommodate for a single first-time mistake on any one assignment or assessment throughout the entire semester (such as technological issues like missing a

deadline or uploading an unreadable or incorrect file): a courtesy adjustment may be made under certain circumstances but with a 50% score deduction, maintaining fairness and consistency with peers – this must be communicated *immediately* (*not* the day after the deadline, *not* at the end of the term, etc.). Please review "Grading" below for late submission or missed assessment policies (outside of documented and excusable scenarios).

ACCOMMODATING STUDENTS WITH DISABILITIES

Students requesting accommodation for disabilities must first register with the DSO (http://www.dso.ufl.edu/drc/). The DSO will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking exams. In the case of situations that may impede learning throughout the semester, students may reach out to the DSO to provide documentation that will then be directed to the course instructor. Accommodations are not retroactive; therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations. Students registered with the Disability Resource Center (DRC): It is strongly recommended that you submit your accommodation requests through the DRC in the first week of classes to ensure that they are approved in time.

COURSE EVALUATIONS

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at https://gatorevals.aa.ufl.edu/students/. Students will be notified when the evaluation period opens and can complete evaluations through the e-mail they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via https://ufl.bluera.com/ufl/.

Getting Help

HEALTH & WELLNESS
- U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575
- Counseling and Wellness Center: https://counseling.ufl.edu/, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies) http://www.police.ufl.edu/

ACADEMIC RESOURCES
- E-learning technical support, 352-392-4357 (select option on 2) or e-mail to Learning-support@ufl.edu. https://lss.at.ufl.edu/help.shtml
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. https://career.ufl.edu/
- Library Support, http://cms.uflib.ufl.edu/ask. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. http://teachingcenter.ufl.edu/
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. http://writing.ufl.edu/writing-studio/
- Student Complaints On-Campus: https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/
- On-Line Students Complaints: http://distance.ufl.edu/student-complaint-process/

CIVILITY, ACCESSIBILITY, and COMMUNITY RESOURCES

All individuals, irrespective of their gender, gender identity, gender expression, sexual identity, sexual orientation, race, ethnicity, religious affiliation, physical or mental ability, political affiliation, or any other perceived generalized differentiator, are welcome in this course. It is expected that we treat each other with respect and as equals. Treat one another as you want to be treated so that we can have valuable discussions in this course. Intolerant, inflammatory, or insulting behavior or speech is not acceptable and may lead to dismissal from the course. Please do reach out for assistance regarding accommodations – I do not want inaccessibility to keep anyone from the opportunity to learn and grow.

PREFERRED NAME

It is important to the learning environment that you feel welcome and safe in this class, and that you are comfortable participating in class discussions and communicating with me on any issues related to the class. I would like to acknowledge your preferred name, and pronouns that reflect your identity. Please let me know how you would like to be addressed if your name and pronouns are not reflected by your name on the class roster. Please kindly correct me if I forget or make a mistake.

You may also change your "Display Name" in Canvas. Canvas uses the "Display Name" as set in myUFL. The Display Name is what you want people to see in the UF Directory, such as "Ally" instead of "Allison." To update your display name, go to one.ufl.edu, click on the dropdown at the top right, and select "Directory Profile." Click "Edit" on the right of the name panel, uncheck "Use my legal name" under "Display Name," update how you wish your name to be displayed, and click "Submit" at the bottom. This change may take up to 24 hours to appear in Canvas. This does not change your legal name for official UF records. Please keep your preferred name (first and last, if possible) visible when engaging in course activities online (e.g., virtual office hours).

NameCoach is an online tool that provides students, faculty, and staff the ability to record the pronunciation of their names. You are encouraged to record this information in our Canvas course; instructions may be found on https://it.ufl.edu/resources/namecoach/.

PRIVACY

Aspects of course content may be audio and visually recorded for students in the class to refer to. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. By enrolling in this course, you will be required to have audio and video enabled for certain activities (e.g., poster presentation). If you do not want your image in any recording pertaining to course content, please let me know within the first couple weeks of class so that we may seek an accommodation. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

Grading

The following table outlines the point-accruing components of the course. Be careful to avoid uploading your file to another week's Canvas Assignment or a blank presentation evaluation – these will result in a "0" grade if not adjusted by the assignment deadline. There are no exceptions to uploading a blank file, the wrong file, no file, or to the wrong location.

Evaluation Components	Weigh Allocation
Syllabus Quiz	0%
Internationalization	10%
Assignments	20%
Narratives (10)	20%
Exams (2)	50%

Syllabus Quiz – The syllabus quiz is based on content found in this syllabus. Students will be given an unlimited number of attempts on the quiz. It is recommended that students complete the quiz as soon as possible to unlock the course material – a score of 100% must be earned to do so. Students will receive a zero for the syllabus quiz if it is not completed by the deadline. You will need to complete the syllabus quiz before gaining access to other course material.

Internationalization – There are a few graded aspects related to engaging with communities across the globe in relation to topics covered in this course. For example, you may be asked to view a video on a dance originating in India, a sporting event in Spain, or a method to cook food in Japan and then elaborate on this experience as pertaining to course content. There may be an in-person opportunity to replace a grade in this category.

Assignments – A portion of your final grade is earned through activities designed to augment our online community. These activities may comprise video posts and peer interaction. There may also be quizzes to complete in preparation for closed-book exams.

Please make sure to post your submissions in the correct assignment, as failure to do so (e.g., incorrect uploading in a different place) will result in a "0" grade. Creativity and personality are so very welcome on these submissions. Sometimes, external tool integration (e.g., Flip) into the Canvas gradebook is wonky – if you believe you incorrectly earned a "0", respond to the grade comment with a direct link to your post in Flip; you will have one week from earning your credit to do so for adjustment.

Practice exam question submissions must be unique. Engaging academic misconduct to complete this assignment may result in report to the Student Conduct & Conflict Resolutions (SCCR) office.

Narratives – Each Narrative represents one textbook chapter and comprises four questions on an expanded aspect relevant to the chapter. Although late submissions or incorrect uploads are **not** accepted, Narratives are accessible throughout the entire semester and may be uploaded any time through each Narratives specifically deadline. **As the Narratives may be uploaded any time until the deadline, late, inaccessible, or incorrect file submissions will not be accepted.**

Exams – The midterm exam may cover all material from the start of the semester up to the week of the exam. The final exam will emphasize material presented in the textbook chapters, lecture content, and Narratives; content from peer presentations will not be included. Please refer to the "Exam Review Sheet" on Canvas for elaboration. Please note the time and duration of access for each exam (the final exam is based on UF administrative settings, which are typically just two hours long).

All students will complete this assessment online from a private testing space via Honorlock proctoring, so please plan to make sure you are prepared (e.g., cleared examination surface, stable internet access, functioning webcam, and audio access) and do **not** miss your exam, as they cannot be re-opened or extended for access after the exam period has passed. Questions and answers from assessments in this course are *not* shared and may *not* be recorded. You may drop into office hours anytime the month (4 weeks) following the midterm to discuss your individual test; there are no office hours scheduled after the final exam.

GRADING SCALE

Any discrepancies with points displayed in the gradebook must be brought to the attention of the instructor as soon as possible, or before the last day of class. Assignments can be discussed when completed proactively (before assignment deadlines) during the weekly virtual office hour – however, assignments will not be reviewed prior to submission for grading (a.k.a. you should not expect the instructor to go over the assignment you message her in advance of uploading for official grading). There are no re-grades or re-submissions in this course. If there is something that you believe is incorrect, a re-evaluation of the score may be made. Please recognize that doing so will result in a stricter evaluation of your submission, which may result in additional deductions.

There is **no** curve for this course and final grades will **not** be rounded up. Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (e.g., asking for preferential treatment) and will be handled accordingly. More detailed information regarding current UF grading policies can be found here: https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/.

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	93.00-100%	4.0
A-	90.00-92.99%	3.7
B+	87.00-89.99%	3.3
B	83.00-86.99%	3.0
B-	80.00-82.99%	2.7
C+	77.00-79.99%	2.3
C	73.00-76.99%	2.0
C-	70.00-72.99%	1.7
D+	67.00-69.99%	1.3
D	60.00-66.99%	1.0
E (F)	0-59.99%	0

INTERNATIONAL SCHOLARS PROGRAM (ISP)
Our section of APK 3200 fulfills one of the curriculum requirements of the International Scholars Program. Learn more about how you can obtain a graduation medallion and diploma here: https://internationalcenter.ufl.edu/international-scholars-program/about.

MY LEARNING ANALYTICS
MyLA has been added to the Canvas course for this class. MyLA allows you to check your course performance and view your progress toward learning goals. Three visualizations use data from Canvas to provide a look into effective study habits and how you can manage your progress (please note there is an activity data delay of about 24 hours; see the timestamp on the display). Find out more about using MyLA on the My Learning Analytics website: https://elearning.ufl.edu/myla/. Please contact me with interpretation, grading, and assignment questions, or the UF Computing Help Desk for technical support: https://helpdesk.ufl.edu.

Weekly Schedule

Specifics, such as content covered within each module, are available on Canvas. Additional assignments beyond those posted below have variable deadlines, although all assignments and assessments are due at 11:59 PM ET

on the date marked unless otherwise noted or mentioned in Canvas via announcements (all assignments are *not* included in this summarized table).

Please reach out in advance for accommodations, including special observances, such as holidays – I am happy to assist however I can when it is fair and equitable.

Week	Dates	Canvas Module	Content
1	January 8-12, 2024	Orientation	First Day of Class is Monday Syllabus Introductory Content
2	January 15-19	Module 1	Monday is Martin Luther King, Jr. Day* Presenting Scientific Data Ch. 1: Evolution of a Field of Study
3	January 22-26	Module 2	Ch. 2: Methodology for Studying Motor Performance
4	January 29-February 2	Module 3	Ch. 3: Human Information Processing
5	February 5-9	Module 4	Ch. 4: Attention and Performance
6	February 12-16	Module 5	Ch. 5: Sensory and Perceptual Contributions
7	February 19-23	Module 6	Ch. 6: Central Contributions to Motor Control
8	February 26-March 1	Module 7	Ch. 7: Speed and Accuracy
9	March 4-8	Exam	Ch. 8: Coordination ***Midterm Exam****: Tuesday, March 5th at 11:59 PM ET – Thursday, March 7th 11:59 PM ET*
10	March 11-15	Module 8	Spring Break Week*
11	March 18-22	Module 9	Ch. 9: Motor Learning Concepts and Research Methods
12	March 25-29	Module 10	Ch. 10: Conditions of Practice
13	April 1-5	Module 11	Ch. 11: Augmented Feedback
14	April 8-12	Module 12	Ch. 12: The Learning Process
15	April 15-19	Module 13	Ch. 13: Retention and Transfer
16	April 22-26	Module 1	Last Day of Class is Wednesday Thursday-Friday are Reading Days

17	April 29-May 3	Exam	*Final Exam*: Monday, April 29th at 11:59 PM ET – Wednesday, May 1st at 11:59 PM ET
			*Official SP 24 weekday holiday

SUCCESS AND STUDY TIPS

Recognizing that people learn in different ways and with no judgement on how you study (e.g., highlighting the textbook, using YouTube, drawing figures), here are some tips for success and studying in this course that have proven useful for many:

- The textbook is written in an interesting way but is not required for success in the course. The material that is quizzed on will entail material provided in lecture, presentations, articles, and narratives. However, if you are having trouble connecting material in the lecture or want more information or elaboration, please review the textbook.
  - o Any content that is required reading and fair game on assessments will be posted to Canvas.
- Engage with your peers, even online! We are one another's greatest resources for learning material. Can you connect what we learn in class to your own movements or activities?
- Look up material that inspires you. If we're talking about neurological tests and you really become curious about what those tests comprise – take a moment to look it up and read about it or watch a video clip! Share as a Discussion on Canvas.
- Check Canvas for announcements! Adjustments to the schedule and edits/clarifications to topics discussed in class will be posted here. Additionally, presentation resources will be described online. Set the notifications in Canvas so that you receive e-mails when something is posted.
- Prepare ahead for the exams. I encourage you to stay on top of the material throughout the term even if we don't have weekly or biweekly quizzes. This will minimize the stress that is stereotypical of the end of the semester.
- Things happen. That's life. If there are some majorly overwhelming things happening during your semester, send me an email, come by virtual office hours. We'll work together to figure out what steps you should take in hopes of wrapping up the course well. Swing by and chat academia (grad school, anyone?), sports, and aspirations to travel the world some time.