

MOTOR LEARNING

APK 3200 ~ 3 ~ SPRING 2020

INSTRUCTOR: **Stephen Coombes, Ph.D.**
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Preferred Method of Contact: Canvas

OFFICE HOURS: Posted on Canvas or by appointment

MEETING TIME/LOCATION: **CLASS 24967, SECTION 221C**

T | Period 4 - 5 (10:40 AM - 12:35 PM) | MCCB G086

R | Period 4 (10:40 AM - 11:30 AM) | FLG 0230

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.

REQUIRED AND RECOMMENDED MATERIALS: The following book is recommended but not required: RA Schmidt and TD Lee. Motor Control and Learning. A Behavioral Emphasis. 5th edition. Human Kinetics. ISBN 0-7360-7961-0. Additional papers will be provided for specific topics and made available on canvas.

COURSE FORMAT: Class meets in-person up twice per week. Students are responsible for checking announcements and course postings on Canvas, which will include updates to the course schedule. The course included 10 modules. There will be an in-class quiz at the end of each module, as well as a mid-term after module 5, and a final exam.

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 AND UNIVERSITY POLICIES:

ATTENDANCE POLICY: Students are expected to make every effort to attend all lectures. No points are offered for attendance. Quizzes are offered in-class after we have completed lectures for each module, and taken via Lockdown Browser on Canvas via portable electronic device.

PERSONAL CONDUCT POLICY: Students are expected to exhibit behaviors that reflect highly upon themselves and our University:

- Read and refer to the syllabus.
- Show respect for the course instructor and classmates by not holding personal conversations during class time (especially during peer presentations).
- Use professional, courteous standards for any web exchanges (i.e. emails).
- 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 a number of behaviors that are in violation of this code and the possible sanctions.
 - *This includes sharing content between class sections, including quizzes and final exam. Honor code violations of any kind will not be tolerated and sanctions will be determined by the course instructor.*
- Furthermore, you are obliged to report any condition that facilitates academic misconduct to appropriate personnel.

EXAM MAKE-UP POLICY: Make-up quizzes and exams will be given at the discretion of the instructor. To schedule a make-up quiz or exam, please fill out the make-up exam request form posted in Canvas and e-mail it to your course instructor. Documentation will be required. Unexcused missed quizzes and exams will result in a zero on that item (this includes contacting the instructor after the exam if you are ill). Please make travel arrangements accordingly, as this is not an excusable activity. If you have a serious emergency or life event, please contact the Dean of Students Office (www.dso.ufl.edu) and they will contact your instructor so that you do not have to provide documentation to individual instructors to make-up a quiz or exam. Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found in the online catalog at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

ACCOMMODATING STUDENTS WITH DISABILITIES: Students requesting accommodation for disabilities must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). The Dean of Students Office 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 the quizzes or exams. Accommodations are not retroactive; therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

COURSE EVALUATIONS: Students in this class are participating in GatorEvals. This evaluation system is designed to be more informative to instructors so that teaching effectiveness is enhanced and to be more seamlessly linked to the University's Canvas learning management system. Students can complete their evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Thank you for serving as a partner in this important effort.

GETTING HELP:

Health and 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 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/studenthonor-code-student-conduct-code/> On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

GRADING:

Activity/Assignment	Points
1. Midterm Exam	20
2. Final Exam	30
3. Quizzes x 10	50
TOTAL POINTS	100

Midterm: Questions will be based on modules 1-5

Final Exam: Questions will be based on modules 6-10. Final Exam will be on Thursday April 30 at 7:30am to 9:30am

Quizzes: There will be a total of 10 quizzes. There will be a quiz after each module is completed.

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

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A+	97.00-100%	4.0
A	93.00-96.99%	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

WEEKLY COURSE SCHEDULE:

The following is the tentative course overview; a more detailed schedule is maintained on Canvas, including information on any shortened or lengthened lectures (we WILL run short or long on certain topics and quizzes/mid-term maybe impacted). Quizzes will be organized as one per module (across ten modules described below). This schedule is subject to modification; any changes will be posted in Canvas.

				Quizzes	Points	Chapters
Jan	T	7	syllabus			
	R	9	motor neuroscience methods			
	T	14	motor neuroscience methods			
	R	16	cortical & subcortical motor system	M1	5	
	T	21	cortical & subcortical motor system			
	R	23	classification and measurement	M2	5	chpt 2
	T	28	classification and measurement			
	R	30	classification and measurement	M3	5	chpt 3
feb	T	4	stimulus identification			
	R	6	stimulus identification			
	T	11	response selection	M4	5	
	R	13	response selection			

	T	18	response selection	M5	5	
	R	20	Midterm		20	
	T	25	feedback Control I			chpt 5 & 6
	R	27	feedback Control II			
Mar	T	3	Spring break			
	R	5	Spring break			chpt 5 & 6
	T	10	feedback Control III			
	R	12	feedback Control III	M6	5	
	T	17	feedforward Control			chpt 7 & 12
	R	19	feedforward Control			
	T	24	speed-coord-feedback	M7	5	chpt 11
	R	26	speed-coord-feedback			
	T	31	conditions of practice	M8	5	
April	R	2	conditions of practice			
	T	7	Professional schools	M9	5	
	R	9	Pain & Movement I			
	T	14	Pain & Movement - research			
	R	16	Prosthetics			
	T	21	Quiz - module 10	M10	5	
	R	30	Final Exam: 7:30 - 9:30		30	
					100	

SUCCESS AND STUDY TIPS:

Please recognize that people learning in different ways and there is no judgement on how you study (i.e. highlighting the textbook, using YouTube, drawing figures).

Nevertheless, here are some tips for success and studying in this course that appear to prove useful for the majority:

- The suggested (but not required) textbook can be helpful to some but is not required for success in the course. The material that is quizzed on will entail material provided in lectures, discussions, and articles.
- Engage with your peers and answer in-class questions. We are one another's greatest resources for learning material.
- Look up material that inspires you. If we're talking about internal versus external foci of attention and you want to apply it to your sport of choice – take a look up and read about it or watch a video clip! Chances are, this will add to lecture and reading material and apply to your future endeavors and interests!

- Check Canvas for announcements! Adjustments to the schedule and edits/clarifications to topics discussed in class will be posted here.
- Prepare for the quizzes as the material rolls in. This is in hopes of encouraging you to stay on top of the material and not feel overwhelmed by a ton of classes having exams worth a lot of your final grade at the same time!
- Things happen. That's life. If there are some majorly overwhelming things happening during your semester, send me an email, come by my office; we'll work together to figure out what steps you should take to do in hopes of wrapping up the course well.