

## MOTOR LEARNING

APK3200 ~ 3 ~ SPRING 2021

<b>INSTRUCTOR:</b>	<b>Stephen Coombes, PhD</b> Office: FLG 170-H Office Phone: 352-294-1768 Email: scoombes@ufl.edu Preferred Method of Contact: Canvas
<b>OFFICE HOURS:</b>	Posted on Canvas or by appointment
<b>CLASS NUMBER</b>	23116 (IN PERSON) 26096 (ONLINE)
<b>MEETING TIME/LOCATION:</b>	T   Period 4 - 5 (10:40 AM - 12:35 PM) Turlington 2333 R   Period 4 (10:40 AM - 11:30 AM) FLG 285
<b>ACCESS:</b>	Access course through Canvas on <b>UF e-Learning</b> ( <a href="https://elearning.ufl.edu/">https://elearning.ufl.edu/</a> ) & the <b>Canvas</b> mobile app by <b>Instructure</b>

**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:** There are no prerequisites for this course. 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:** The course includes 14 modules. All lectures have been recorded and will be available online. Every module includes recorded lectures and a quiz, and some modules also include labs that can be completed online. Each module will take 1 week to complete. For example, for module 1, the online lectures and materials will be made available on Thursday of the first week of the semester. A discussion board for module 1 will be activated at the same time. The instructor will monitor the discussion board and answer questions within the discussion forum. Students are encouraged to collaborate and interact through the message board. The quiz for module 1 will be completed online through canvas the following Thursday during the assigned class time. Class time on Thursday will include a live in person and online (via zoom) discussion to review the previous module and quiz if necessary. Module 2 will then be made available after class on Thursday.

**TIMELINE:** There will be some deviations to this weekly schedule. [A timeline that includes the dates of each live session, each quiz, required lab assignments, optional lab assignments, the mid-term and the final exam is available here.](#)

For the online laboratory experiments you will need to:

- 1) Download and extract the following zipped file which has the instructions, activity, and analysis file for each lab. You can download that directly from [here](#).
- 2) download and install the Motorlab software from the following website: <https://motorlab.ca/download/>

There will be a mid-term after module 6 and a final exam during finals week.

Students are responsible for checking announcements and course postings on Canvas, which may include updates to the course schedule.

**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 watch every lecture and read and watch all additional materials provided online through the course shell. No points are

offered for attendance or participation. Quizzes will be completed during class times after the completion of each module and are taken in Canvas via a portable electronic device. Students will be required to use honorlock for all quizzes/exams.

**PERSONAL CONDUCT POLICY:** Students are expected to exhibit behaviors that reflect highly upon themselves and our University. Please read and refer to the syllabus. Please use professional and courteous standards for any exchanges with peers or the instructor via e-mails and online tools (e.g., discussion boards). 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. If you have any questions or concerns, please consult the instructor in this class.

**NETIQUETTE AND COMMUNICATION COURTESY:** All members of the class are expected to follow [rules of common courtesy](#) in all email messages, threaded discussions, and chats.

**ATTENDANCE POLICY:** Students are expected to watch every lecture and read and watch all additional materials provided online through the course shell. No points are offered for attendance or participation.

**EXAM MAKE-UP POLICY:** Quizzes are offered in-class after the completion of each module and are taken in Canvas via a portable electronic device. 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](http://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/UGRD/academic-regulations/attendance-policies/>

You are responsible for observing all posted due dates, and are encouraged to be self-directed and take responsibility for your learning.

**ACCOMMODATING STUDENTS WITH DISABILITIES:** Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center by visiting their Get Started page at <https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester. 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 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 email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

**MINIMUM TECHNICAL SKILLS:** To complete your tasks in this course, you will need a basic understanding of how to operate a computer, and how to use word processing software.

**MATERIALS/SUPPLY FEES:** 23116 = \$7.38 | 26096 = \$17.37

**HONORLOCK:** Honorlock is an online proctoring service that allows students to take exams on-demand 24/7. There are no scheduling requirements or fees. You will need a laptop or desktop computer with a webcam, a microphone, and a photo ID. The webcam and microphone can be either integrated or external USB devices. Honorlock requires that you use the [Google Chrome \(Links to an external site.\)](#) browser; furthermore, the Honorlock extension ([Links to an external site.](#)) must be added to Chrome. For further information, FAQs, and technical support, please visit [Honorlock](#).

**ZOOM:** Zoom is an easy to use video conferencing service available to all UF students, faculty, and staff that allows for meetings of up to 100 participants. You can find resources and help using Zoom at <https://ufl.zoom.us>.

**PRIVACY:** Our class sessions may be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. 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 consent to have your profile or

video image recorded, be sure to keep your camera off and do not use a profile image. Likewise, 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. The chat will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

## GETTING HELP:

### Health and Wellness

- U Matter, We Care: If you or a friend is in distress, please contact [umatter@ufl.edu](mailto: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](mailto: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/>

## GRADING:

Activity/Assignment	Points
1. Midterm Exam	30
2. Final Exam	35
3. Quizzes x 14	35
<b>TOTAL POINTS</b>	<b>100</b>

**MIDTERM:** Questions will be based on modules 1-6. The midterm exam will consist of 40-50 multiple-choice and true-false questions, each worth 0-5 to 1.0 point, for a total of 30 points. Students are not permitted access to any kind of materials or notes during this assessment. Questions are generated by the course instructor and the majority of focus should be given to the lecture notes when studying. All assessments will be taken through canvas using the honorlock function. Students will be allowed 60 minutes to complete the midterm exam.

**FINAL EXAM:** Questions will be based on modules 7-14. The final exam will consist of 40-50 multiple-choice and true-false questions, each worth 0-5 to 1.0 point for a total of 35 points. Students are not permitted access to any kind of materials or notes during this assessment. Questions are generated by the course instructor and the majority of focus should be given to the lecture notes when studying. All assessments will be taken through canvas using the honorlock function. Students will be allowed 90 minutes to complete the final exam.

**QUIZZES:** There will be a total of 14 quizzes. There will be a quiz after each module is completed. Each quiz will consist of 5-10 questions, for a total of 2.5 points per quiz. Questions will be multiple choice and true/false. Students are not permitted access to any kind of materials or notes during these assessments. Questions are generated by the course instructor and the majority of focus should be given to the lecture notes when studying. All assessments will be taken through canvas using the honorlock function. Students will be allowed 10 minutes to complete the quiz.

**EXTRA CREDIT:** No extra credit is offered in this course.

**GRADING SCALE:** Quiz and exam scores be uploaded directly into canvas following the completion of each assessment. 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:

This timeline here does not include the required labs. Required (and optional) Labs are included in the timeline file that can be downloaded using the link in the online syllabus.

Month	Date	Day	Module	
Jan	12	T		Orientation
Jan	14	R		<b>Practice Quiz &amp; synchronous zoom</b>
Jan	19	T	1	Motor Neuroscience Methods
Jan	21	R	1	<b>Quiz 1 (during class)</b>
Jan	26	T	2	Cortical and Subcortical Motor System
Jan	28	R	2	<b>Quiz 2 (during class)</b>
Feb	2	T	3	Skill classification
Feb	4	R	3	<b>Quiz 3 (during class)</b>
Feb	9	T	4	Motor Learning Concepts
Feb	11	R	4	<b>Quiz 4 (during class)</b>
Feb	16	T	5	Information Processing: Stimulus identification
Feb	18	R	5	<b>Quiz 5 (during class)</b>
Feb	23	T	6	Information Processing: Response Selection and Programming
Feb	25	R	6	<b>Quiz 6 (during class)</b>
March	2	T		<b>Mid-Term</b>
March	4	R	7	Feedback Control I
March	9	T	7	Feedback Control I
March	11	R	7	<b>Quiz 7 (during class)</b>
March	16	T	8	Feedback Control II
March	18	R	8	<b>Quiz 8 (during class)</b>
March	23	T	9	Feedforward Control
March	25	R	9	<b>Quiz 9 (during class)</b>
March	30	T	10	Coordination
Apr	1	R	10	<b>Quiz 10 (during class)</b>
Apr	6	T	11	Augmented Feedback
Apr	8	R	11	<b>Quiz 11 (during class)</b>
Apr	13	T	12 13	Conditions of Practice (12) & Pain and Movement (13)
Apr	15	R	12 13	<b>Quiz 12 &amp; 13</b>
Apr	20	T	14	Prosthetics (quiz 14)
Apr	30	Friday		<b>Final ----- 10:00 AM</b>

## SUCCESS AND STUDY TIPS:

Please recognize that people learn 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. All quizzes and exams will be based on material provided in lectures, discussions, and articles.
- Engage with your peers and engage in the discussion forum. We are one another's greatest resources for learning.
- Look up material that inspires you. If we are talking about internal versus external focus and you want to apply it to your sport of choice – look it up and read about it or watch a video clip! Chances are, this will add to your depth of learning and better allow you to apply the principle to your future endeavors and interests!
- Check Canvas for announcements.
- Do not watch the lectures last minute. Watch them in advance and use the discussion forum to ask questions and prepare for the quiz/exams. The goal of the quiz is to encourage you to stay on top of the material so you are well prepared for the mid-term and final.
- Things happen. That's life. If there are some majorly overwhelming things happening during your semester, send me an email; we'll work together to figure out what steps you should take to help get you through the course.