

KIN 503-001

MOTOR LEARNING AND CONTROL

COURSE OVERVIEW

What's this Course About?

Theories and principles of learning as they apply to the acquisition of gross motor skills. The course emphasizes the interpretation and practical application of experimental data.

When the course is over you should be able to...

- Define and distinguish the terms actions, movements, and neuromotor processes, and give examples of each.
- Describe several techniques for measuring brain activity during the performance of a motor skill.
- Describe how motor abilities relate to motor skill performance
- Describe a motor unit, the recruitment of motor units, and their relationship to the control of movement
- Discuss the relevance of motor control theory for the practitioner
- Describe various types of sensory receptors that provide proprioception information to the central nervous system
- Describe how handwriting provides a good example of the concept of motor equivalence and the influence of vision on handwriting
- Describe various task and situation characteristics that influence action preparation
- Define the term attention as it relates to the performance of motor skills
- Compare and contrast working memory and long-term memory in terms of duration and capacity of information, and processing activities in each
- Describe several different methods to assess motor skill learning
- Discuss several characteristics that distinguish an expert motor skill performer from a non-expert
- Discuss why transfer of learning is an important concept for motor learning

All of the assignments are designed for you to learn how to...

- Provide detailed critiques of Motor Learning & Control (ML&C) literature
- Demonstrate critical thinking application to research findings of ML&C literature
- Provide a presentation over a topic of interest within ML&C



DR. ADRIENNE HERRENBRUCK

CONTACT



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COMMUNICATION

Email Policy

In order to address your questions promptly, I check my email at 12noon each day M-F. Therefore, if you email me in the afternoon or evening, know that I will see your email at 12noon

Online Discussion Boards

I will be on the discussion boards as frequently as possible to facilitate the course. However, please know that a standard 48 hr response time should be expected.

ENGAGEMENT

This course will require ample time spent engaging in discussion boards, working on assignments, and reading materials. It's not an easy course. Be prepared to devote at least 3-5 hours each week in order to succeed.



EXPECTATIONS & POLICIES

ASSIGNMENTS

All assignments will be submitted on blackboard. Each submission should be combined into one document (word, pdf, etc) and uploaded. Each assignment folder will have a specific deadline, after which work will not be accepted. Please be sure to review the complete schedule so you don't miss any due dates.

TECH SUPPORT

Should you have trouble navigating blackboard, posting to discussions, or submitting assignments, please visit the Tech Help for students page.. If further assistance is needed contact one of the following:

Help Desk 270-745-7000

As always, after trying these resources if you still can't remedy a tech situation, shoot me an email so I can help you figure out the situation. (please know IT is much more equipped to help, so check there first!)

LET'S BE HONEST

You may be thinking that because this is an online course that it will be impossible for me to tell if you cheat. First, this is untrue. Second, why do you want to cheat? Cheating will get you no where. This course material is essential for a successful career as an exercise professional, dietitian, anyone-that-cares-about-health. Upon any indication of you breaking the honor code of WKU, your work will undergo investigation. Don't cheat, don't plagiarize, don't "collaborate" with others (unless given full permission by instructor).

LATE WORK

Being an online course means that you are required to employ time management skills. I've done my best to make this course systematic and predictable. The rest is up to you.

If you wait until the last minute to complete an assignment, and have a question prior to submission, I may not be available (note my email and discussion board policies). I don't care when you do your work, but if you're expecting me to answer questions, you'll need to consider my response time. Therefore: I don't accept late work. Any work submitted after the due date and time will receive a zero.

DISABILITY ACCOMMODATIONS

Any student eligible for and needing accommodations because of a disability is requested to speak with the professor during the first two weeks of class or as soon as the student has been approved for services so that reasonable accommodations can be arranged.

NETIQUETTE

Don't be a troll. You know what I mean. Don't say things in our discussion posts that you wouldn't say to someone's face. Sometimes, it's hard to get a vibe for the conversation when it's not in person (hello misinterpreted texts). To avoid this occurring here, practice these "netiquette" rules. (And yes I know the term is annoying...eye roll emoji).

- Don't use all caps...unless you're yelling
- Don't be sexist or racist
- Don't assume everyone has your opinion
- Do practice grace...we all struggle to say what we mean sometimes
- Do share what you know, but also cite what isn't your information to share



COMMUNICATION EXPECTATIONS

TIMELINE OF DISCUSSION

In order to best manage the course, specific response times will be set into place. Similar to my email policy I will respond to discussion boards within 24-48 hours M-F. Weekends will be monitored at random. Please feel free to answer your fellow classmates questions and not solely rely on my response.

HOW TO COMMUNICATE

Tech Questions:

Check the Tech Questions Topic or contact the Helpdesk (see above).

Course Content Questions:

Post any questions in the appropriate Module Discussion so other students can learn as well.

Personal Questions:

If your questions are not something that may help the whole class, please email me. However, asking on the discussion boards is the best place to interact because fellow students may be able to answer quicker than I can!

DISCUSSION EXPECTATIONS

Because this course is online, we will obviously not be having in class interaction. In lieu of this, we'll have ongoing discussions on various topics of Motor Learning & Control. Don't worry, it's going to be fun.

The thing is, to propel a discussion forward, we all need to contribute. One word answers simply don't help. It's essentially the same as sending a "K" text. And we all hate getting those. Be thoughtful in your discussions, and remember to post each week. (Always using proper Netiquette)

NITTY GRITTY OF DISCUSSIONS.

A portion of your grade will be consistent, engaging discussion. These are easy points...engage in the class and you will get the points. It's very important however, that these engagements are **THOUGHTFUL**. What does that mean? Here you go.....

No comments or simple, one-word or phrase response - - - 0

Sentence of agreement or disagreement without any follow-up interaction or question - - - - -5

Engaging and thoughtful input and questions - - - - -10

Several points throughout the semester you will have the opportunity to gain 10 points for engaging in discussions. Don't be absent!

****Note:** you are expected to comment on a minimum of 2 classmate's posts within 48 hours of the due date of the original post. So if a post is due Wednesday, you need to respond to two people by Friday. Got it?

COMMUNICATION TOOLS

Throughout this course we will use two primary communication tools: Blackboard Discussion Boards and Email.

Discussion Boards will be available on a variety of topics, however, if you have specific questions that are not relevant to the whole course, you may contact me via email.

ASSIGNMENTS

KIN 503 - 001
FALL 2019

Assignment	Points	Due Date/Time
Get to Know You Discussion Post	10	8/28 @ 11:59pm
Quiz 1	10	9/6 @ 11:59pm
Discussion Post 2	10	9/18 @ 11:59pm
Quiz 2	10	9/27 @ 11:59pm
Quiz 3	10	10/4 @ 11:59pm
Literature Review + Critique	75	10/18 @ 11:59pm
Quiz 4	10	10/25 @ 11:59pm
Quiz 5	10	11/8 @ 11:59pm
Discussion Post 3	10	11/13 @ 11:59pm
Quiz 6	10	11/22 @ 11:59pm
Literature Review + Critique Presentation	75	12/4 @ 11:59pm
Final	100	12/13 @ 11:59pm
Total Points Possible	340	