

Note:

Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form, and should not be used to purchase course materials.

COURSE SYLLABUS

EXSC 545

MOTOR LEARNING AND PERFORMANCE

COURSE DESCRIPTION

This course includes the philosophy and application of qualitative movement analysis as the foundation for exercise prescription within a standard operating procedure.

RATIONALE

The purpose of this course is to allow the student the opportunity to further understand the principles related to information processing, decision making, and movement planning involved in a skilled behavior. Furthermore, the student will be exposed to the current trends and practices used by a variety of different professions in various settings to enhance motor learning and performance.

I. PREREQUISITE

For information regarding prerequisites for this course, please refer to the [Academic Course Catalog](#).

II. REQUIRED RESOURCE PURCHASE

Click on the following link to view the required resource(s) for the term in which you are registered: <http://bookstore.mbsdirect.net/liberty.htm>

III. ADDITIONAL MATERIALS FOR LEARNING

- A. Computer with basic audio/video output equipment
- B. Internet access (broadband recommended)
- C. Microsoft Word and PowerPoint

MEASURABLE LEARNING OUTCOMES

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

- D. Discuss the theoretical approaches that drive motor control and learning research.
- E. Explain the principles and processes underlying skilled performance.
- F. Recognize the ways in which the human motor system supports the acquisition and retention of complex movement skills.
- G. Apply theories of motor learning to practical situations both when learning new skills and evaluating performance of current skills.
- H. Evaluate current research in order to connect findings to topics presented in Discussion Board Forums and other written assignments.

IV. COURSE REQUIREMENTS AND ASSIGNMENTS

A. Textbook readings and lecture presentations

B. Course Requirements Checklist

After reading the Course Syllabus and [Student Expectations](#), the student will complete the related checklist found in Module/Week 1.

C. Discussion Board Forums (2)

Discussion boards are collaborative learning experiences. Therefore, the student is required to create a thread in response to the provided prompt for each forum. Each thread must be at least 450 words and demonstrate course-related knowledge. Each thread must contain at least 2 citations in current APA format from any of the following sources: peer-reviewed journal articles, published textbooks, or publications directly associated with the content being discussed. In addition to the thread, the student is required to reply to 2 other classmates' threads. Each reply must be at least 250 words and include at least 1 citation in current APA format from the above listed sources.

D. Multimedia Research Project

1. Multimedia Research Project – Proposal

The student must write 1–2 pages in a Microsoft Word document and include a presentation topic, a reference list of at least 3 peer-reviewed references in current APA format, and 1 page explaining why the topic was chosen along with other relevant information provided in the instructions.

2. Multimedia Research Project – Outline

The student must create a 1–2-page Microsoft Word document in outline format that details his or her multimedia presentation. The outline must specifically indicate the main focus of each slide and provide some insight into the narrative of each slide.

3. Multimedia Research Project – Presentation

The student will create a PowerPoint presentation, with at least 15 slides, that focuses on a specific sport skill and a recommended plan to improve the skill. The presentation must include 4–5 peer-reviewed references in current APA format, which are listed on the final slide of the presentation.

E. Journal Article Review

The student will write a review of a researched journal article. The article review must be 2–4 pages, in current APA format, and based on a scholarly journal article that focuses on motor learning and performance.

F. Exams (3)

Each exam will cover the Reading & Study material for the previously assigned modules/weeks. Each exam will be open-book/open-notes, contain 40–50 multiple-choice, true/false, matching, and essay questions, and have a time limit of 1 hour and 15 minutes.

V. COURSE GRADING AND POLICIES**A. Points**

Course Requirements Checklist		10
Discussion Board Forums (2 at 100 pts ea)		200
Multimedia Research Project		
Proposal		50
Outline		75
Presentation		200
Journal Article Review		100
Exam 1	(Modules 1–2)	125
Exam 2	(Modules 3–5)	125
Exam 3	(Modules 6–8)	125
	Total	1010

B. Scale

A = 940–1010 A- = 920–939 B+ = 900–919 B = 860–899 B- = 840–859
 C+ = 820–839 C = 780–819 C- = 760–779 D+ = 740–759 D = 700–739
 D- = 680–699 F = 0–679

C. Disability Assistance

Students with a documented disability may contact Liberty University Online's Office of Disability Academic Support (ODAS) at LUOODAS@liberty.edu to make arrangements for academic accommodations. Further information can be found at www.liberty.edu/disabilitysupport.

COURSE SCHEDULE

EXSC 545

Textbook: Schmidt & Lee, *Motor Learning and Performance* (2013).

MODULE/ WEEK	READING & STUDY	ASSIGNMENTS	POINTS
1	Schmidt & Lee: chs. 1–2 2 presentations	Course Requirements Checklist Class Introductions DB Forum 1	10 0 100
2	Schmidt & Lee: chs. 3–4 2 presentations	Exam 1	125
3	Schmidt & Lee: ch. 5 1 presentation	Multimedia Research Project – Proposal	50
4	Schmidt & Lee: chs. 6–7 2 presentations	DB Forum 2	100
5	Schmidt & Lee: ch. 8 1 presentation	Multimedia Research Project – Outline Exam 2	75 125
6	Schmidt & Lee: ch. 9 1 presentation	Journal Article Review	100
7	Schmidt & Lee: ch. 10 1 presentation	Multimedia Research Project – Presentation	200
8	Schmidt & Lee: ch. 11 1 presentation	Exam 3	125
TOTAL			1010

DB = Discussion Board

NOTE: Each course module/week begins on Monday morning at 12:00 a.m. (ET) and ends on Sunday night at 11:59 p.m. (ET). The final module/week ends at 11:59 p.m. (ET) on **Friday**.