

**GRANDE PRAIRIE REGIONAL COLLEGE  
DEPARTMENT OF PHYSICAL EDUCATION & ATHLETICS**

**PE 2030  
Skill Acquisition and Performance**

**Course Outline Fall 2004**

**I. General Information**

**Instructor:** Harry Stevens  
**Office:** K218  
**Phone:** 539-2974  
**Class Time:** Tues–Thurs 16:00 pm – 15:20 pm  
Gym and classroom TBA

**Credit:** 3.0 Credits  
Equivalent to PEDS 203 (3 credits)--U of A.  
Jr KNES option(3 credits)-- U of C.  
KNES 2xxx (3 credits)-- U of L.

**II. Course Objectives**

1. To gain an understanding of what happens when we learn or perform a motor skill.
2. To understand why and how some characteristics of the learner affect skill acquisition and performance.
3. To understand how the learning environment affects skill acquisition and performance.
4. To provide an opportunity to apply theory to field situations.
5. To gain an understanding of the various measurement methods of motor performance.
6. To create a safe learning environment.

**III. Resources**

Required Texts: 1. Schmidt, R. A. and Wrisberg, C. A. (2004). Motor learning and performance: A problem based learning approach (3rd ed.).  
Champaign, IL: Human Kinetics.

2. Leonard, George. (1991). *Mastery*. New York: Plume.

#### IV Class Format

Regular attendance and participation are expected at ALL sessions as much of the information provided cannot be obtained in any other way. Students who miss more than 10% of the total number of classes may NOT be granted permission to write the final exam, and/or asked to withdraw from the course. Students who miss class due to medical reasons MUST present medical verification to their instructor. Last day to withdraw with permission is November 5, 2004.

#### V Course Evaluation

a) Labs (7 labs worth 3%)	21%
b) Project (due Dec 9 <sup>th</sup> )	15%
c) Chapter Tests	64%

The final chapters test may be scheduled in the final exam period  
(Dec. 13 - 21)

Please note all late assignments and papers will receive a 10% deduction for each day late. This rule will be strictly adhered to on any work submitted after 4:30 p.m. on the due date

## Tentative Class Schedule - Fall 2004

### September

W-8	Course Intro - Chapter 1
*TH 9 -	NO LAB
M 13 -	1
W 15 -	Chapter 2
*TH 16 -	Lab #1
M 20 -	
<b>W 22 -</b>	<b>Test #1 – Chapters 1 and 2</b>
*TH 23 -	Chapter 3
M 27 -	3
W 29 -	Chapter 4
*TH 30 -	4

### October

M 4 -	Lab #2
W 6	
*TH 7 -	<b>Test #2 - Chapters 3 and 4</b>
M 11-	Mastery
W 13-	Mastery
*TH 14 -	Mastery – Chapter 5
M 18 -	No Class - Thanksgiving
W 20 -	Chapter 5 and <b>Lab #3 - (Juggling)</b>
*TH 21 -	Chapter 5
M 25 -	5
W 27 -	Chapter 6
*TH 28 -	6

### November

M 1 -	<b>Test #3 - Chapters 5 and 6, and Mastery</b>
W 3	
*TH 4 -	Lab #4 (Mental Practice)
M 8 -	Chapter 7
W 10 -	7
*TH 11 -	Chapter 8
M 15 -	No Class – Remembrance Day
W 17 -	8
*TH 18 -	Lab #5 (Forms of Rehearsal)
M 22 -	<b>Test #4 - Chapters 7 and 8</b>
W 24 -	Chapter 9
*TH 25 -	Lab #6 (Practice Structure)
M 28 -	9

### December

W 3 -	Chapter 10
*TH 4 -	10 – Lab #7 (Feedback)
M 6 -	10
<b>W 8 -</b>	<b>Test #5 – Chapter 9 and 10 Project Due</b>
*TH 9	Chapter 11 - Course Overview