

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
COURSE OUTLINE - PE 2030
SKILL ACQUISITION AND PERFORMANCE
FALL 1996

Instructor: Leigh Goldie

Office: K219

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Course Description: This course is designed to examine the theory of skill acquisition and performance in typical sport and physical activity situations.

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.

Required Books:

Schmidt, Richard A. (1991). Motor Learning and performance: From principles to practice. Champaign, IL: Human Kinetics.

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

Transfer Credits:

U. of Alberta	PEDS 203 (3)
U. of Calgary	Jr PHED (3)
U. of Lethbridge	PHED 2xxx (3)

Schedule: Monday, Wednesday and Friday, 9:00-9:50
 Lab/Seminar - Thursday, 3:00-3:50

Evaluation:

Test No. 1 - Wed., Sept. 25	10%
Test No. 2 - Wed., Oct. 16	10%
Test No. 3 - Wed., Nov. 20	10%
Final Test - Exam week	25%
Term assignments	45%
	<u>100%</u>

CLASS SCHEDULE - 1996

SEPTEMBER

M 9 - Introduction, 1
W 11 - 1
T 12 - 2
F 13 - 2
M 16 - 2
W 18 - 3
T 19 - 3
F 20 - 3
M 23 - Lab - Vision
W 25 - Test No. 1 - Chapters 1, 2, 3
T 26 - 4
F 27 - 4, return test
M 30 - 4

OCTOBER

W 2 - 5
T 3 - 5
F 4 - 5
M 7 - 6
W 9 - 6
T 10 - 6
F 11 - 6
M 14 - Thanksgiving Day - no class
W 16 - Test No. 2 - Chapters 4, 5, 6
T 17 - return test, discuss journals
F 18 - Mastery
M 21 - Mastery
W 23 - Mastery
T 24 - 7
F 25 - 7
M 28 - 7
W 30 - 7
T 31 - Lab - Juggling

NOVEMBER

F 1 - 8

M 4 - 8

W 6 - 8

T 7 - Lab - Distribution of practice

F 8 - 9

M 11 - Remembrance Day - no class

W 13 - 9

T 14 - Lab - Knowledge of results

F 15 - 9

M 18 - 9

W 20 - Test No. 3 - Chapters 7, 8, 9

T 21 - Lab - Feedback

F 22 - return test, discuss journals

M 25 - 10

W 27 - 10

T 28 - 10

F 29 - 10

DECEMBER

M 2 - 11

W 4 - 11

T 5 - Wrap-up