Grande Prairie Regional College
Department of Physical Education, Athletics and Kinesiology

Course Outline - Fall 2003
PE 2030 A2
Skill Acquisition and Performance

Instructor: Ron Thomson   Office: K217   Phone: 539-2901

Class Times: Monday & Wednesday 10:00 - 11:20am - Room J204

Lab Time: Thursday 1:00 - 1:50pm – Room Portable J

Transferability: University of Alberta   PEDS 203(3)

University of Calgary   Jr. KNES(3)

University of Lethbridge   KNES 2xxx(3)

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

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.

Texts: 1. Schmidt, R. A. and Wrisberg, C. A. (2000). Motor learning and performance: A problem based learning approach (2nd ed.). Champaign, IL: Human Kinetics.

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

Evaluation: | | | |
|---|---|---|
| Test #1 | 10% | Chapters 1 and 2 |
| Test #2 | 10% | Chapters 3 and 4 |
| Test #3 | 14% | Chapters 5, 6 and Mastery |
| Test #4 | 15% | Chapters 7 and 8 |
| Test #5 | 15% | Chapters 9 and 10 |
| Labs | 21% | 7 Labs each worth 3% |
| Project | 15% | Designing a Learning Experience. Due Dec 8th in class. |

Tentative Class Schedule - Fall 2003

September

W 3 - No Class – Department Orientation
*TH 4 - Course Intro - Chapter 1
M 8 - 1
W 10 - Chapter 2
*TH 11 - 2
M 15 – Lab #1
W 17 - Test #1 – Chapters 1 and 2
*TH 18 - Chapter 3
M 22 - 3
W 23 - Chapter 4
*TH 24 - 4
M 29 - 4

October

W 1 – Lab #2
*TH 2 - **Test #2 - Chapters 3 and 4**
M 6 - Mastery
W 8 - Mastery
*TH 9 – Mastery – Chapter 5
M 13 – No Class - Thanksgiving
W 15 - Chapter 5 and Lab #3 - (Juggling)
*TH 16 – Chapter 5
M 20 - 5
W 22 - Chapter 6
*TH 23 - 6
M 27 - 6
W 29 – **Test #3 - Chapters 5 and 6, and Mastery**
*TH 30 - Lab #4 (Mental Practice)

November

M 3 - Chapter 7
W 5 - 7
*TH 6 – Chapter 8
M 10 – No Class – Remembrance Day
W 12 - 8
*TH 13 – Lab #5 (Forms of Rehearsal)
M 17 - **Test #4 - Chapters 7 and 8**
W 19 – Chapter 9
*TH 20 – Lab #6 (Practice Structure)
M 24 – 9
W 26 – Chapter 10
*TH 27 – 10 – Lab #7 (Feedback)

December
M 1 – 10
W 3 - Test #5 – Chapter 9 and 10
*TH 4 - Chapter 11 - Project Overview
M 8 - **Project Due**