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

Course Outline - Fall 2005 PE 2030 A2 Skill Acquisition and Performance

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

Class Times: Monday & Wednesday 8:30 - 9:50am - Room J204

Lab Time: Friday 10:30 - 11:20am - Room J202

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 the fundamental processes underlying the learning and performance of all kinds of movements.

- 2. To understand how to apply motor learning principles to help teaching, coaching, rehabilitation and ergonomics.
- 3. To understand why and how some characteristics of the learner affect skill acquisition and performance.
- 4. To understand how the learning environment affects skill acquisition and performance.
- 5. To provide an opportunity to apply theory to field situations.
- 6. To gain an understanding of the various measurement methods of motor performance.

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.

Evaluation: Test #1 13% Chapters 1 and 2

Test #2 13% Chapters 3 and 4

Test #3 15% Chapters 5, 6 and Mastery

Test #4 15% Chapters 7 and 8
Test #5 15% Chapters 9 and 10

Labs 14% 7 Labs each worth 2%

Final Project 15% Designing a Learning Experience. Due Dec 5th in class.

Grading System: The following system will be used for converting percentage grades to alpha grades.

100	90 - 100	4.0	A+
89 Excellent	85 - 89	4.0	А
84 First Class Standing	80 - 84	3.7	A-
_	76 - 79	3.3	B+
75 Good	73 - 75	3.0	В
	70 - 72	2.7	B-
69	67 - 69	2.3	C+
66 Satisfactory	64 - 66	2.0	С
63	60 - 63	1.7	C-
59 Minimal Pass	55 - 59	1.3	D+
	50 - 54	1.0	D
9 Fail	0 - 49	0.0	F

Note: There may be slight deviations from this system in the conversion of percentage grades to alpha grades depending on the grouping of marks within the class.

Tentative Class Schedule - Fall 2005

<u>September</u>

W 7 - F 9 - M 12 - W 14 - F 16 - M 19 - W 21 - F 23 - M 26 - W 28 -	Course Intro - Chapter 1 1 Chapter 2 2 Lab #1 Test #1 - Chapters 1 and 2 Chapter 3 3 Chapter 4 4
W 28 -	4
F 30 -	4

<u>October</u>

M 3 –	4 - Lab #2
W 5 -	Test #2 - Chapters 3 and 4
F 7 -	Mastery
*M 10 -	*No Class - Thanksgiving
W 12 –	Mastery
F 14 –	Mastery Lab - Chapter 5
M 17 -	Chapter 5
W 19 –	Chapter 5
F 21 -	Lab #3 - (Juggling)
M 24 -	Chapter 6
W 26 -	6
F 28 -	6
M 31 –	Test #3 - Chapters 5 and 6, and Mastery

<u>November</u>

W 2 - F 4 - M 7 - W 9 - *F 11 - M 14 - W 15 - F 17 - M 20 - W 22 - F 24 -	Chapter 7 Lab #4 (Mental Practice) 7 Chapter 8 *No Class – Remembrance Day 8 Lab #5 (Forms of Rehearsal) Test #4 - Chapters 7 and 8 Chapter 9 9 Lab #6 (Practice Structure)
W 22 –	9

<u>December</u>

F 2 –	Lab #7 (Feedback) - Chapter 11 - Project Overview/Questions
М 5 -	Chapter 9 – 10 – *Final Project Due*
W 7 -	Test #5 – Chapter 9 and 10
F9-	No Lab