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

# Course Outline - Fall 2008 PE 2030 A2 Skill Acquisition and Performance

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

Email: rthomson@gprc.ab.ca

Class Times: Monday & Wednesday 8:30 - 9:50am - Room J229

**Lab Time:** Friday 10:30 - 11:20am - Room J201

**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 (4<sup>th</sup> 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 & Assignments 14% 7 - each worth 2%

Final Project 15% Designing a Learning Experience. Due Dec 3<sup>rd</sup> in class.

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

	90 - 100	4.0	A+
Excellent			
	85 - 89	4.0	Α
First Class Standing	80 - 84	3.7	A-
	76 - 79	3.3	B+
Good	73 - 75	3.0	В
	70 - 72	2.7	B-
	67 - 69	2.3	C+
Satisfactory	64 - 66	2.0	С
	60 - 63	1.7	C-
Minimal Pass	55 - 59	1.3	D+
	50 - 54	1.0	D
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 2008**

#### **September**

M 8 -

Test #5 - Chapter 9 and 10

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F 5 -
              No Lab
M 8 -
              Chapter 1
W 10 -
              Chapter 1 - 2
F 12 -
              Chapter 2
              Lab #1
M 15 -
W 17 - Test #1 - Chapters 1 and 2
              Chapter 3
F 19 -
M 22 -
              Chapter 4
W 24 -
F 26 -
M 29
              4 - Lab #2
October
W 1 - Test #2 - Chapters 3 and 4
F 3 -
              Mastery
M 6 -
              Mastery
W 8 -
              Lab #3 - Mastery Lab - Chapter 5
F 10 -
              Chapter 5
              *No Class - Thanksgiving
M 13 -
W 15 -
              Chapter 5
              Lab #4
F 17 -
M 20 -
              Chapter 6
W 21 -
              6
F 23 -
              6
M 27 - Test #3 - Chapters 5 and 6, and Mastery
W 29 -
              Chapter 7
              Lab #5
F 31 -
November
М 3 -
W 5 –
              Chapter 8
F7-
M 10 -
              *No Class – Remembrance Day Holiday
W 12 -
              Lab #6
F 14 -
M 17 - Test #4 - Chapters 7 and 8
W 19 -
              Chapter 9
F 21 -
              Lab #7
M 24 -
              9
W 26 -
              Chapter 10
F 28 -
              10
December
M 1 -
               Lab #8 - Chapter 11 - Project Overview/Questions
W 3 -
              Chapter 9 – 10 – *Final Project Due*
F 5 -
              No Lab
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