

**GRANDE PRAIRIE REGIONAL COLLEGE**  
**DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS**  
**COURSE OUTLINE - PE 2030**  
**SKILL ACQUISITION AND PERFORMANCE**  
**FALL 1994**

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 the various measurement methods of motor performance.
  2. To gain an understanding of what happens when we learn or perform a motor skill.
  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.

Required Book:

Magill, R.A. (1993). Motor learning: Concepts and applications (4th ed.). Dubuque, IA: Brown and Benchmark.

Transfer Credits:

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

Schedule: Monday, Wednesday and Friday, 9:00-9:50, J 203

Evaluation:

Lab Manual	15%
Chart	15%
Test No. 1 - Mon., Oct. 3	10%
Test No. 2 - Mon., Oct. 24	10%
Test No. 3 - Mon. Nov. 14	10%
Test No. 4 - Mon. Dec. 5	10%
Final Exam	30%
	<u>100%</u>

## CLASS SCHEDULE

### SEPTEMBER

WED. 7	Introduction, 1.1 - Classification of skills
FRI. 9	Leonard - Part 1
MON. 12	Leonard - Part 2
WED. 14	Leonard - Part 3
FRI. 16	1.2 - Measurement of motor performance
MON. 19	1.3 - Research, scientific method
WED. 21	Lab #1
FRI. 23	2.2 - Stages of learning
MON. 26	3.1 - Open-loop and closed-loop systems
WED. 28	3.2 - Vision
FRI. 30	Lab #1 review

### OCTOBER

MON. 3	TEST NO. 1 (Chap. 1,2, Leonard)
WED. 5	Lab #2
FRI. 7	Lab #2 review
MON. 10	Thanksgiving - no class
WED. 12	3.3 - Motor programs
FRI. 14	4.1 - Attention
MON. 17	5.1 - Memory
WED. 19	7.1 - Demonstrations
FRI. 21	7.2 - Whole vs. part
MON. 24	TEST NO. 2 (Chap.3,4,5)
WED. 26	7.3 - Augmented feedback
FRI. 28	7.4 - Variety of feedback
MON. 31	Lab #3

### NOVEMBER

WED. 2	Lab #3 review
FRI. 4	7.5 - Timing of feedback
MON. 7	8.1 - Variety
WED. 9	8.2 - Amount of practice
FRI. 11	Remembrance Day - no class
MON. 14	TEST NO. 3 (Chap. 7)
WED. 16	8.3 - Distribution of practice
FRI. 18	Lab #4
MON. 21	Lab #4 review
WED. 23	8.4 - Mental practice
FRI. 25	Lab #5
MON. 28	Lab #5 review
WED. 30	9.1 - Goal setting

### DECEMBER

FRI. 2	9.2 - Reinforcement
MON. 5	TEST NO. 4
WED. 7	Leonard
FRI. 9	Wrap-up