

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
PE 2030 - SKILL ACQUISITION AND PERFORMANCE
COURSE OUTLINE - FALL 1998

OCT 22 1998

INSTRUCTOR: Leigh Goldie Office: K219 Phone: 539-2978

CLASS TIMES: Monday, Wednesday and Friday 9:00 - 9:50 AM
Lab/Seminar - Monday 1:00 - 1:50 PM

COURSE DESCRIPTION: This course is designed to examine the theory of skill acquisition and performance in typical sport 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: Schmidt, Richard A. (1991). Motor learning and performance: From principles to practice. Champaign, IL: Human Kinetics.
Leonard, George. (1991). Mastery. New York: Plume.

TRANSFERABILITY:	University of Alberta	PEDS 203(3)
	University of Calgary	Jr. PHED (3)
	University of Lethbridge	PHED 2XXX(3)

EVALUATION:	Test No. 1 - Wed., Sept. 23	15%
	Test No. 2 - Wed., Oct. 14	15%
	Test No. 3 - Mon., Nov. 9	15%
	Test No. 4 - Final Exam Week	25%
	Project	30%

CLASS SCHEDULE - 1998

SEPTEMBER

W 2 - Introduction, course outline
F 4 - 1
W 9 - 2
F 11 - 2
M 14 - 2
M 14 - 3
W 16 - 3
F 18 - 3
M 21 - 4
M 21 - Lab - Vision
W 23 - Test No. 1 - Chapters 1, 2, 3
F 25 - 4, return test
M 28 - 4
M 28 - 5
W 30 - 5

OCTOBER

F 2 - 5
M 5 - 6
M 5 - 6
W 7 - 6
F 9 - 6
W 14 - Test No. 2 - Chapters 4, 5, 6
F 16 - Mastery
M 19 - Mastery
M 19 - return test
W 21 - Mastery
F 23 - 7
M 26 - 7
M 26 - Lab - Juggling
W 28 - 7
F 30 - 7

NOVEMBER

M 2 - 8

M 2 - Lab - Distribution of practice

W 4 - 8

F 6 - 8

M 9 - Test No. 3 - Chapters 7, 8, Mastery

F 13 - 9, return test

M 16 - 9

M 16 - Lab - Knowledge of results

W 18 - 9

F 20 - 9

M 23 - 10

M 23 - Lab - Feedback

W 25 - 10

F 27 - 10

M 30 - 10

M 30 - 11

DECEMBER

W 2 - 11

F 4 - Wrap-up, review