

**GRANDE PRAIRIE REGIONAL COLLEGE**  
**DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY**  
**PE 2030 - SKILL ACQUISITION AND PERFORMANCE**  
**COURSE OUTLINE - FALL 1999**

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

**CLASS TIMES:** Monday and Friday 8:30 - 9:50 AM  
Lab/Seminar - Wednesday 8:30 - 9:20 AM

**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, R. A. and Wrisberg, C. A. (2000). Motor learning and performance: A problem based learning approach (2<sup>nd</sup> ed.). Champaign, IL: Human Kinetics.  
Leonard, George. (1991). Mastery. New York: Plume.

<b>TRANSFERABILITY:</b>	University of Alberta	PEDS 203(3)
	University of Calgary	Jr. KNES (3)
	University of Lethbridge	KNES 2xxx(3)

<b>EVALUATION:</b>	Test No. 1 - Wed., Sept. 22	15%
	Test No. 2 - Fri., Oct. 8	15%
	Test No. 3 - Wed., Oct. 27	15%
	Test No. 4 - Mon., Nov. 15	15%
	Test No. 5 - Mon. Dec. 6	15%
	Project	25%

## CLASS SCHEDULE - 1999

### SEPTEMBER

W 8 - Introduction, course outline  
F 10 - 1  
M 13 - 1  
W 15 - 2  
F 17 - 2  
M 20 - 2  
W 22 - Test No. 1 - Chapters 1, 2  
F 24 - 3  
M 27 - 3  
W 29 - 3

### OCTOBER

F 1 - 4  
M 4 - 4  
W 6 - Lab - Vision  
F 8 - Test No. 2 - Chapters 3, 4  
W 13 - Mastery  
F 15 - Mastery  
M 18 - 5  
W 20 - 5  
F 22 - 6  
M 25 - 6  
W 27 - Test No. 3 - Chapters 5, 6, Mastery  
F 29 - 7

### NOVEMBER

M 1 - 7  
W 3 - Lab - Juggling  
F 5 - 8  
M 8 - 8  
W 10 - 8  
M 15 - Test No. 4 - Chapters 7, 8  
W 17 - Lab - Distribution of Practice  
F 19 - 9  
M 22 - 9  
W 24 - Lab - Feedback  
F 26 - 10  
M 29 - 10

### DECEMBER

W 1 - Lab - Knowledge of Results  
F 3 - 10  
M 6 - Test No. 5 - Chapters 9, 10  
W 8 - 11  
F 10 - 12