

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
COURSE OUTLINE - PE 2030
SKILL ACQUISITION AND PERFORMANCE
F. 1992 - 1993

1.0 Instructor: Ray Kardas Office: C418
Phone: 539-2990

2.0 Course Description:

This course is designed to examine the theory of skill acquisition and performance in typical sport and physical activity situations.

3.0 Required Textbook and Supplementary Material

- (1) Magill, R.A. Motor Learning Concepts and Applications
3rd ed. Dubuque: Wm C. Brown, 1989.
- (2) Notes for PE 203.
- (3) Pirsig, Robert M. Zen and the Art of Motorcycle Maintenance: An Inquiry into Values.
New York: Bantam, 1984

4.0 Evaluation:

Class Tests (10)	80%
Labs (4)	20%
Journal based on (3) above	

5.0 Transfer Credits:

University of Alberta PESS 203 Skill Acquisition and Performance (3.0 hours).

6.0 Course Purpose and Objectives:

The purpose of this course is two fold:

- * to understand how individuals produce and control motor skills.
- * to know how physical educators can best teach motor skills.

6.1 To identify the classification of motor skills.

6.2 To distinguish the different measurement methods of motor performance.

6.3 To discuss the process of how physical educators know learning occurs.

- 6.4 To identify the learning stages of a motor skill by using a model of learning.
 - 6.5 To describe the Jack Adams theory of learning and the Richard Schmidt theory of learning.
 - 6.6 To identify how proprioception and vision play important roles in the control of voluntary movement.
 - 6.7 To discuss the current view of motor programming.
 - 6.8 To identify the essential elements of attention to produce a motor skill.
 - 6.9 To identify the characteristics of memory.
 - 6.10 To identify the individual motor differences between and among individuals.
 - 6.11 To discuss how knowledge of results affect motor skill acquisition.
 - 6.12 To discuss the fundamentals of transfer of learned motor skills.
 - 6.13 To identify the critical elements of practise to learning motor skills.
 - 6.14 To discuss the value of motivation when learning motor skill.
- 7.0 Schedule: Mon, Wed, Fri 13:00 - 13:50: Po H

PHYSICAL EDUCATION 2030 - DETAILED COURSE SCHEDULE

FALL 1992 - 1993

TEXT

September

2	Classes begin / course outline / Introduction to text	---
4	Introduction to Motor Skills and Motor Learning Research	CH 1; 5-42
7	Labor Day - College Closed	---
9, 11	Continuation of Chapter 1	5-42
14	TEST #1 (Chapter 1) / Begin Intro to Motor Learning	CH 2; 46-85
16, 18	Continuation of Chapter 2	46-85
21	LAB #1	
23	TEST #2 (Chapter 2) / Begin Controlling Movement	CH 3; 90-169
25, 28, 30	Continuation of Chapter 3	90-169

October

2	TEST #3 (Chapter 3) / Begin Attention	CH 4; 172-225
5, 7	Continuation of Chapter 4	172-225
9	LAB #2	
12	Thanksgiving Day : College Closed	
14	TEST #4 (Chapter 4) / Begin Memory	CH 5; 228-282
16, 19	Continuation of Chapter 5	228-282
21	TEST #5 (Chapter 5) / Begin Individual Differences	CH 6; 286-311
23, 26	Continuation of Chapter 6	
28	TEST #6 (Chapter 6) / Begin Knowledge of Results	CH 7; 316-365
30	Continuation of Chapter 7	316-365

November

2	Continuation of Chapter 7	316-365
4	LAB #3	
6	Begin Transfer of Learning	CH 8; 368-398
9	TEST #7 (Chapter 7) / Continuation of Chapter 8	368-398
11	Remembrance Day: College Closed	
13	Completion of Chapter 8	368-398
16	TEST #8 (Chapter 8) / Begin Practice	CH 9; 402-474
18, 20, 23	Continuation of Chapter 9	402-474
25	LAB #4	
27	Completion of Chapter 9	402-474
30	TEST #9 (Chapter 9) / Begin Motivation	CH 10; 478-509

December

2,4	Continuation of Chapter 10	478-509
7	TEST #10 (Chapter 10) / Course completion	---