

[Download Course Syllabus Here](#)

	Department of Kinesiology and Health Sciences KIN 3012 Motor Development/Motor Learning 3 Units
Fall 2026	

Meeting days/Times: Sec. 1, MW 10:45-12pm Sec. 2, TR 10-11:15am	Instructor: Dr. Ted Anderson
Meeting location: Sec. 1 - KIN 1 Sec. 2 - KIN 2	Cell Phone: 619.602.2040
Office Location: # 5 next to the restrooms	Email: tedanderson@pointloma.edu
Final Exam: Sec. 1, Fri. Dec 18th 10:30 Sec. 2, Thur. Dec. 17th 10:30	Office Hours: M,W, 9:30 - 10:40 For appt text 619.602.2040

PLNU Mission
To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

Motor Development: A study of motor, physical, and neuromuscular development from prenatal periods to old age.

Motor Learning: A study of factors involved in the learning and performance of motor skills. Laboratory experiences included.

COURSE LEARNING OUTCOMES for Motor Development

After successfully completing this course, students will:

1. know and understand the developmental phases/stages of human physical development from prenatal periods to old age.
2. recognize and evaluate mature and immature movement patterns.
3. know and understand factors influencing human physical growth and development such as; social, emotional and environmental factors, diseases and physical disabilities.

4. know and understand the impact of physical changes that occurs with growth, development, and age in the areas of mechanical and physiological aspects of motor performance.
5. be able to identify differences and similarities of individuals and of genders.
6. be able to prescribe developmentally appropriate programs for lifelong human development.
7. understand the importance of “perceptions of self” as they relate to the learning of motor skills. This includes the differentiation of self-concept, self-esteem, self-confidence, and self-image as components of one’s perception of self.

METHODS for Motor Development

1. Class lecture and discussion will prepare students for laboratory experiences at the on-campus Early Childhood Center which are the heart of this portion of the course.

2. **Group Project**

Working in small groups, students will first assess preschooler’s current motor development status, and then devise a plan to move them to the next stage of development. Groups will then share their findings with the rest of the class emphasizing similarities and differences between genders, ages, sibling order and environment. The development of self (confidence, image, esteem) is emphasized in program development and evaluation.

Motor Development content is shared through lecture and discussion.

Understanding of the material is checked by having the students take a recall exam.

Application of the learned material takes place at the Early Learning Childhood Center Small group work helps students practice collaboration and stimulates creativity.

Class presentations provide an opportunity for the group to synthesize the material before sharing it with their peers as well as practicing professional standards for oral presentations and the use of technology to enhance the understanding of the audience.

LEARNING OUTCOMES for KINESIOLOGY DEPARTMENT

After successfully completing this course, students will:

1. Speak and write effectively to a target audience on essential information in human movement/health and human performance

EVALUATION OF MOTOR DEVELOPMENT SECTION

50% of semester grade

1. Exam (recall – short answer, essay, no multiple choice)	20%
2. Group Project	<u>30%</u>
Assessment of preschoolers (Video)	5%
Program for the development of mature movement patterns	10%
Expertise in movement analysis explanations (teach your peers)	5%

Group presentation in class 10%
Turn in a record of exactly what work was done by each member of the group.

MD Content, MD Application (ECC), Group work (synthesis of material, collaboration, creativity), Group Presentations (Oral/Visual), Applied Technology

EVALUATION OF MOTOR LEARNING SECTION		50% of total grade
Written exam (recognition exam, multiple choice)		20%
In-Class Oral Exam - Ensures readiness for Research Paper		5%
Research Paper (due Wed of Finals Week)		25%

SUMMARY OF COURSE EVALUATION

Motor Development Portion	50%
Motor Learning Portion	50%

COURSE INFORMATION

Handouts and Internet sources will be utilized to supplement class lectures.

FINAL EXAM SCHEDULE

Your Research Paper is your Final Exam, upload it into CANVAS by Wed May 6th 10:30 am.

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Students are responsible for having the required course textbooks prior to the first day of class.

All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

1. Handouts will be provided to each student.
2. Students will conduct Internet research on specifically assigned topics
3. Required learning management system: CANVAS

ASSESSMENT AND GRADING

Grades will be based on the following:

Sample Standard Grade Scale Based on Percentages

A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	

	B- 80-82	C- 70-72	D- 60-62	
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FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Traditional Undergraduate Records: Final Exam Schedules](#) site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

SPIRITUAL CARE

PLNU strives to be a place where students grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If you have questions, a desire to meet with the chaplain, or if you have prayer requests, you can contact the [Office of Student Life and Formation](#).

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow distance education outside of California.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU RECORDING NOTIFICATION

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. For all student appeals, faculty and students should follow the procedures outlined in the University Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU Academic Behavior PolicyⓈ

Both faculty and students at Point Loma Nazarene University have the right to expect a safe and ordered environment for learning. Students are expected to take the initiative to learn and conduct themselves in a mature and civil manner in the classroom environment. Any student behavior that is disruptive or threatening is a serious affront to Point Loma Nazarene University as a learning community. Students who fail to adhere to these behavioral standards may be subject to disciplinary action, including removal from class or further university sanctions. For a full definition of disruptive behavior, response procedures, and the appeal process, please consult the [Academic Behavior Policy](#) in the [University Catalog](#).

ARTIFICIAL INTELLIGENCE (AI) POLICY

You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro, GrammarlyGo, Perplexity, etc.) to generate ideas, as a learning tool, or in some cases generate portions of work you will submit. I will specify in individual assignments what

constitutes appropriate use of AI for that assignment. Please use this [Purdue resource](#) to guide your citations when using AI.

PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities in accordance with the Americans with Disabilities Act (ADA). Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center, [by email](#) or phone at 619-849-2533. Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines approved accommodations. Professors are able to view a student's approved accommodations through Accommodate.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their approved accommodations in that particular course. Accommodations are not retroactive; as such, clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

Students who need accommodations for a disability-related need should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. In accordance with ADA, accommodations cannot constitute a fundamental alteration to course outcomes; therefore, planning ahead is vital in establishing appropriate accommodations for equal access to this course. It is the student's responsibility to make the first contact with the EAC. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC eligibility process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any accommodations.

SEXUAL MISCONDUCT AND DISCRIMINATION

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that accommodations and resources are available through the [Title IX Office](#). Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the [Title IX Office](#).

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact [Counseling Services](#) or [consult the list of campus pastors](#).

If you (or someone you know) has experienced other forms of discrimination or bias, you can find more information on reporting and resources via the [Nondiscrimination and Anti-harassment Policy](#).

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university withdrawal date or, after that date, receive an “F” grade.

LOMA WRITING CENTER

Getting feedback from the Loma Writing Center while you’re in the process of working on an assignment is a great way to improve the quality of your writing and develop as a writer. You are encouraged to talk with a trained writing consultant about getting started on an assignment, organizing your ideas, finding and citing sources, revising, editing for grammar, and polishing final drafts, and more.

Walk-ins are welcome, but we recommend making an appointment in advance. For information about how to make in-person or online appointments, see [Loma Writing Center webpage](#) or visit the Loma Writer Center on the first floor of the Ryan Library, room 221.

1. [Appointment Calendar](#)
2. [Website](#)
3. [Email](#)

Lomabooks Instructions for Students:

For both digital and print materials, please add these student instructions to your syllabus and Canvas Course. Prior to the start of class, the PLNU Bookstore will also be sharing student instructions in a standalone email on how to access their content.

This course is part of our course material delivery program, [LomaBooks](#). The bookstore will provide each student with a convenient package containing all required physical materials; all digitally delivered materials will be integrated into Canvas.

You should have received an email from the bookstore confirming the list of materials that will be provided for each of your courses and asking you to select how you would like to receive any printed components (in-store pick up or home delivery). If you have not done so already, please confirm your fulfillment preference so the bookstore can prepare your [LomaBooks](#) materials.