

# MOTOR DEVELOPMENT

Spring Semester 2022  
Sec. 1 Mon & Wed 10:45-12:00

KIN 3012 (3 units)

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Motor, physical and neuromuscular development will be studied from prenatal periods to old age. Examination of these areas will be organized by the phases and stages of human growth and maturation, motor systems, and development of specific movement patterns.

## COURSE LEARNING OUTCOMES

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

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 as small groups, students will first assess preschoolers 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.

## EVALUATION OF MOTOR DEVELOPMENT SECTION

50% of semester grade

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|--|------------|
| 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

# MOTOR LEARNING

Factors involved in the learning and performance of motor skills, including memory systems, response selection and control, feedback, and practice composition and scheduling.

## COURSE LEARNING OUTCOMES

After successfully completing this course, students will:

1. understand classical and current theories of motor learning as they relate to successful instruction and training strategies essential for skill acquisition.
2. understand the role of the learner and what they bring to the learning process such as attention, memory, and individual differences.
3. understand how the learning environment affects the learning process in ways such as transfer, feedback, retention, practice, readiness, and observational learning.
4. understand how manipulations of schedule and/or composition of practice affect the learning process.
5. develop and carry out original research projects designed to test the laws and principles fundamental to motor learning.

## METHODS

1. Class lecture and discussion will be the primary method of teaching.
2. Laboratory experiments will demonstrate fundamental laws and principles.
3. Research Project
  - a. Design a research project to test the validity and/or reliability of the laws and principles of Motor Learning presented in the text and in class.
  - b. Have your written research proposal approved by your instructor.
  - c. Conduct research utilizing classmates or other volunteers.
  - d. Written report following APA or AMA research styles. Rough drafts will be reviewed by instructor when requested by the student.

## EVALUATION OF MOTOR LEARNING SECTION

Written exam

Abstract – Oral presentation, Hard Copy

Research Paper (due Tue of Finals Week)

**50%** of total grade

25%

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25%

## SUMMARY OF COURSE EVALUATION

Motor Development Portion 50%

Motor Learning Portion 50%

	A=90-100	A-=89
B+=88	B=80-87	B-=79
C+=78	C=70-77	C-=69
D+=68	D=60-67	D-=59
	F=0-58	

## 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**

Sec 1 - MW due by Monday, May 2, at 10:30 a.m.

ML Content, ML Application (Research Project) Research Writing (Paper), Individual Oral Presentation, Applied Technology (if appropriate)

## **ATTENDANCE**

Regular and punctual attendance at all classes in which a student is registered is considered essential to optimum academic achievement. Therefore, regular attendance and participation in each course are minimal requirements to be met. There are no allowed or excused absences except when absences are necessitated by certain university-sponsored activities and are approved in writing by the Provost. Whenever the number of accumulated absences in a class, for any cause, exceeds ten percent of the total number of class meetings (3 for TTh classes, 4 for MWF classes), the faculty member has the option of filing a written report to the Vice Provost for Academic Administration which may result in de-enrollment, pending any resolution of the excessive absences between the faculty member and the student... If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF (no grade). There are no refunds for courses where a de-enrollment was processed. (see catalog for full text)

## **Institutional Mission Statement**

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 becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

## **COURSE CREDIT HOUR INFORMATION**

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3 unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

## **ATTENDANCE AND PARTICIPATION**

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member has the option of filing a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF consistent with university policy in the grading section of the catalog. See Academic Policies in the (undergrad/graduate as appropriate) academic catalog.

## **FERPA POLICY**

In compliance with federal law, neither PLNU student ID nor social security number should be used in publicly posted grades or returned sets of assignments without student written permission. This class will meet the federal requirements by (Note: each faculty member should choose one strategy to use: distributing all grades and papers individually; requesting and filing written student permission; or assigning each student a unique class ID number not identifiable on the alphabetic roster.). Also in compliance with FERPA, you will be the only person given information about your progress in this class unless you have designated others to receive it in the "Information Release" section of the student portal.

See Policy Statements in the (undergrad/ graduate as appropriate) academic catalog.

## **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.

## **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 [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

## **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 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. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

## **PLNU ACADEMIC ACCOMMODATIONS POLICY**

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at [DRC@pointloma.edu](mailto:DRC@pointloma.edu). See [Disability Resource Center](#) for additional information.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See [Academic Policies](#) in the Undergraduate Academic Catalog.

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