

	<b>Kinesiology Department</b> <b>Motor Development/Motor Learning</b> <b>3 Units</b>
<b>Fall 2022</b>	

<b>Meeting days/Times: Sec. 1, MW 10:45</b> <b>Sec. 2, TTh 10:00</b>	<b>Instructor: Dr. Ted Anderson</b>
<b>Meeting location: Kinesiology #1</b>	<b>Cell Phone: 619.602.2040</b>
	<b>Email: tedanderson@pointloma.edu</b>
<b>Final Exam: Sec. 1, Wed. 10:30</b> <b>Sec. 2, Thu 10:30</b>	<b>Office: Gym # 5 call or text for apt.</b>

**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.

**Foundational Explorations Mission**

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.

**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 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.

### **COURSE LEARNING OUTCOMES for Motor Learning**

After successfully completing this course, students will:

understand classical and current theories of motor learning as they relate to successful instruction and training strategies essential for skill acquisition.

1. understand the role of the learner and what they bring to the learning process such as attention, memory, and individual differences.
2. understand how the learning environment affects the learning process in ways such as transfer, feedback, retention, practice, readiness, and observational learning.
3. understand how manipulations of schedule and/or composition of practice affect the learning
4. design 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.

### **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%	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	25%
Abstract – Oral presentation, Hard Copy	?
Research Paper (due Tue 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**

Sec 1 - MW due by Wednesday, Dec. 14, at 10:30 a.m.

Sec 2 – TTh due by Thursday, Dec. 15, at 10:30 a.m.

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

**REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES**

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	

## 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 online (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 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** Ⓢ

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center ([EAC@pointloma.edu](mailto:EAC@pointloma.edu) or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

## **SEXUAL MISCONDUCT AND DISCRIMINATION**

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. 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 help and support are available through the Title IX Office at [pointloma.edu/Title-IX](http://pointloma.edu/Title-IX). Please be aware that under Title IX of the Education Amendments of 1972, it is 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 at [counselingservices@pointloma.edu](mailto:counselingservices@pointloma.edu) or find a list of campus pastors at [pointloma.edu/title-ix](http://pointloma.edu/title-ix)

## **COURSE MODALITY DEFINITIONS**

- 1. In-Person:** Course meetings are face-to-face with no more than 25% online delivery.
  - 2. Online:** Coursework is completed 100% online and asynchronously.
  - 3. Online Synchronous:** Coursework is completed 100% online with required weekly online class meetings.
  - 4. Hybrid:** Courses that meet face-to-face with required online components.
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## **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 drop date or, after that date, receive the appropriate grade for their work and participation.

*Note: The below should be added to the “PLNU ATTENDANCE AND PARTICIPATION POLICY” Section if you are teaching an Online or Hybrid course.*

In some courses, a portion of the credit hour content will be delivered **asynchronously** and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

### **Asynchronous Attendance/Participation Definition**

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

## **USE OF TECHNOLOGY** Ⓢ *Note: Add this section if teaching an Online or Hybrid course.*

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams require a computer with a camera (tablets are not compatible) to complete exams online.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

## **ASSIGNMENTS AT-A-GLANCE**

*Note: Assignments are encouraged to be posted in Canvas.*