

M Course Objectives / Learning Outcomes

After having completed the course as outlined below, students will have acquired a basic knowledge of:

1. Growth and motor development factors related to motor skill, learning and performance, specifically with respect to:
 - 1.1. Physical characteristics
 - 1.2. Motor abilities
 - 1.3. Physical growth/developmental characteristics
 - 1.4. Developmental factors related to motor skill learning and performance
2. The basis of motor skill acquisition, specifically with respect to:
 - 2.1. Learning and performance
 - 2.2. The nature of skill
 - 2.3. Stages of learning
 - 2.4. Factors influencing skill acquisition
3. Psycho-social factors related to motor skill learning and performance, specifically with respect to factors of:
 - 3.1. Socialization
 - 3.2. Personality
 - 3.3. Motivation
 - 3.4. Affiliation and audience

N: Course Content:

1. Growth and Motor Development Factors Related to Motor Skill, Learning and Performance
 - 1.1. Physical Characteristics
 - 1.1.1. Body build: somatype
 - 1.1.2. Height and weight
 - 1.1.3. Strength and power
 - 1.1.4. Static and dynamic muscular endurance
 - 1.1.5. Flexibility
 - 1.2. Motor Abilities
 - 1.2.1. Co-ordination: eye-hand, eye-foot
 - 1.2.2. Agility
 - 1.2.3. Kinesthesia
 - 1.2.4. Balance: static and dynamic
 - 1.3. Physical Growth: Developmental Characteristics
 - 1.3.1. Pre-natal
 - 1.3.2. Early childhood: ages 2-6
 - 1.3.3. Later childhood: ages 6-10 (12)
 - 1.3.4. Adolescence
 - 1.4. Developmental Factors Related to Motor Skill Learning and Performance
 - 1.4.1. Heredity vs. environment
 - 1.4.2. Critical learning periods
 - 1.4.3. Sex differences
 - 1.4.4. Chronological vs. maturational age
 - 1.4.5. Concepts of sequential skill development
 - 1.4.5.1. Phylogenetic skills
 - 1.4.5.2. Ontogenetic skills
 - 1.4.6. Effects of early sport training

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2. The Basis of Motor Skill Acquisition
 - 2.1. Learning and Performance
 - 2.1.1. Motor performance and skill learning
 - 2.1.2. Types of learning
 - 2.1.3. Measurement of learning
 - 2.1.4. Individual differences in learning
 - 2.1.5. Theories and concepts of learning
 - 2.2. The Nature of Skill
 - 2.2.1. Mechanism of skilled act
 - 2.2.2. Characteristics of a skilled act
 - 2.2.3. Skill and habit
 - 2.3. Stages of Learning
 - 2.3.1. Cognitive stage (plan formation)
 - 2.3.2. Associative stage (practice)
 - 2.3.3. Autonomous stage (automatic)
 - 2.4. Factors Influencing Skill Acquisition
 - 2.4.1. Knowledge of results and feedback
 - 2.4.2. Conditions of practice
3. Psycho-social Factors Related to Motor Skill Learning and Performance
 - 3.1. Socialization Factors
 - 3.1.1. The process of socialization
 - 3.1.2. Factors influencing socialization
 - 3.1.2.1. Birth order
 - 3.1.2.2. Family
 - 3.1.2.3. Peers
 - 3.1.2.4. Others
 - 3.2. Personality Factors
 - 3.2.1. Theoretical positions
 - 3.2.2. Study of specific personality traits
 - 3.2.3. Assessment techniques
 - 3.2.4. Self-concept
 - 3.2.5. The athletic personality
 - 3.2.5.1. Team sports
 - 3.2.5.2. Individual sports
 - 3.3. Motivational Factors
 - 3.3.1. Theoretical positions
 - 3.3.2. Arousal, level of aspiration and goal-setting
 - 3.3.3. Reinforcement and punishment as motivators
 - 3.4. Competition Factors
 - 3.4.1. Stress and anxiety
 - 3.4.1.1. Theoretical positions
 - 3.4.1.2. State and trait anxiety
 - 3.4.2. Aggression
 - 3.4.2.1. Theoretical positions
 - 3.4.2.2. Aggression and frustration
 - 3.4.2.3. Aggression and violence
 - 3.5. Affiliation and Audience Factors
 - 3.5.1. Social facilitation (e.g. effect of spectators)
 - 3.5.2. Small group dynamics (e.g. cohesiveness)

O: Methods of Instruction

Lectures
 Discussion Groups
 Practical Applications
 Field Observation
 Technology Assisted Learning

P: Textbooks and Materials to be Purchased by Students

Motor Learning: Concepts and Applications, current edition
 Sport Psychology: Concepts and Applications, current edition

Q: Means of Assessment

Mid-term Examination	20%
Final Examination	20%
Motor Skills Experiment	20%
Observation Project	20%
Attendance, Participation and Quizzes	<u>20%</u>
	100%

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

Not at this time.

 Course Designer(s)

 Education Council / Curriculum Committee Representative

 Dean / Director

 Registrar