SR | SUL ROSS
KINESIOLOGY DEPARTMENT

KINE 3302-001
Motor Development
Fall 2024

Dr. Hugh Morrissey

Assistant Professor - Kinesiology

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Office Hours:	

- Mondays: 9:00 am-10:00 am; 11:00 am-12:00 pm; 1:00 pm-3:00 pm
- Tuesdays/Thursdays: 1:00 pm-3:00 pm
- Wednesdays: 9:00 am-10:00 am; 11:00 am-12:00 pm; 2:00 pm-3:00 pm
- or by appointment (email or https://outlook.office365.com/book/SulRossStateUniversityKinesiology@sulross.onmicrosoft.com/ to set an appointment)

Meeting:	T/Th: 9:30 am – 10:45 am GPC 106; online via Blackboard and Connect
Required Text:	Sully Shelf: Motor Learning and Control: Concepts and Applications 12th Edition
Author:	Magill & Anderson
Publisher:	McGraw-Hill Education

All the required course materials for your classes are being delivered through Sully Shelf Book Fee ($250), the campus-wide course materials program. Your student account will be charged automatically, and you will not need to make a separate purchase.

For this course we will be using a digital **eBook accessed through BryteWave, powered by RedShelf.** You will receive an email directly from BryteWave donotreply@redshelf.com, with a link to access your account. Please follow directions in the email to access your virtual bookshelf. The first time you access the eBook you will see a screen prompting you to "View Course Materials".

Need more info or have questions? Check out the Sully Shelf FAQs: Access | Lobo Outfitters - Sul Ross State University (bkstr.com), or call the campus store at (432) 837-8194. Your dedicated customer support email address is sullyshelf@follett.com.

Course Description

This course is an introduction to the study of motor learning and control for students who aspire to become practitioners in exercise science, physical education, and other movement-oriented professions. Each chapter presents motor learning and control as a set of principles and guidelines based on research evidence rather than on tradition or "how things have always been done." The class will engage students through practical applications that will help students build a solid foundation and prepare them for further exploration on their own.

Marketable Skills – The following marketable skills are met in this course:

- o **Collaboration – students will interact with one another through a multitude of class discussions and activities**
- o **Critical Thinking – students will be asked to critically decipher a multitude of real-world scenarios**
- o **Career Management– students will develop the skills necessary to train athletes by understanding proper motor learning and motor development.**

Student Learning Concepts

The learning activities, assignments, and exams in this course are constructed to assess each student's mastery of the following learning concepts:

- Classifying skills into general categories helps us to understand the demands those skills place on the performer/learner.
- The measurement of motor performance is critical to understanding motor learning.
- A variety of abilities underlie motor skill learning and performance success.
- The neuromotor system forms the foundation for the control of movement.
- Theories about how we control coordinated movement differ in terms of the roles of central and environmental features of a control system.
- Touch, proprioception, and vision are important sensory components of motor control.
- Specific characteristics of the performance of various types of motor skills provide the basis for much of our understanding of motor control.
- Performing voluntary, coordinated movement requires preparation of the motor control system.
- Preparation for and performance of motor skills are influenced by our limited capacity to select and attend to information.
- Memory storage and retrieval influence motor skill learning and performance.
- People who assess learning must make inferences from observing performance during practice and tests.
- Distinct performance and performer characteristics change during skill learning.
- Transfer of learning from one performance situation to another is an integral part of skill learning and performance.
- Effective methods of providing instructions for helping a person to learn motor skills depend on the skills and the instructional goals.
- Augmented feedback provides information that can facilitate skill learning.
- Variability of practice experiences is important for learning motor skills.
- The amount of practice and the spacing or distribution of that practice can affect both

practice performance and the learning of motor skills.
- Base decisions about practicing skills as wholes or in parts on the complexity and organization characteristics of the skills.
- Mental practice can be effective for learning and relearning skills and for preparing to perform learned skills.

GRADING POLICIES

Outcome Measure	Points Per Item	Number Of Items	Available Points	Percentage of Grade	Grading Scale
Connect SmartBook Chapter Readings	10	19	190	19%	**895 or more A**
Attendance	3-4	29	100	10%	**795-894 B**
Connect Tests (Final Exam Test 5/SRSU Event)	50/75	5	275	27.5%	**695-794 C**
Discussion Questions	25	3	75	7.5%	**595-694 D**
Labs/Activities	10-15	24	330	33%	**Less than 594 F**
Pre-Course Assignments	10	3	30	3%	
			1000	**100%**	

*Letter Grading as per SRSU policy will be used in this course.

<mark>**Be sure to complete all assignments by the due date. Depending on the assignment, late assignments may not be accepted or may be accepted but will have points deducted!**</mark>

COURSE REQUIREMENTS

I. SmartBook via Connect Chapter Readings (10 points each, 190 points total).
19 Chapters/6 Units; Smartbook Chapter Readings are done before covered in class (this is a "flipped classroom"). Connect Readings must be done by the due date. <u>LATE WORK WILL NOT BE ACCEPTED</u>. All due dates for chapter readings are found in Course Calendar (**every Monday @ 11:59 pm**). Highly encourage you to work ahead of the due dates.
Smartbook Chapter Readings is an adaptive learning and reading tool. SmartBook highlights key topics for students to focus on, and provides links to additional material such as videos and slideshows, to help deepen student's understanding of the learning objectives. SmartBook prompts students with questions based on the material they are studying. By assessing individual answers, SmartBook learns what each student knows and identifies which topics they need to practice. This adaptive technology gives each student a personalized learning experience and path to success.

II. Attendance (100 points total, ½ points deducted for coming to class late).
Get points for coming to class each day; ½ points deduction for coming late. If tardy, must talk to the professor after class in order to get ½ points. Don't assume the professor will automatically change your grade after the class. If come to class late and don't talk to the professor after class, points may not be awarded for being late and will stay a 0. If a class is missed without a verified, documented reason, the student will not receive the participation points for that class, and attending class does not in and of itself guarantee that a student will earn the points. In-class assignments and labs, which are missed due to class absence may not be made up unless the student has a verified reason in writing (medical, family funerals, a car breaks down on the way to class, military service, excused athletic travel & competition listed in their competitive schedule for SRSU student-athletes, etc., with written documentation) for missing class, and contacts the instructor via email, on the day missed or prior to making arrangements to complete the lab or to turn in missed work prior to the next class.

III. TESTS (50 points each for Test 1-4; 75 points for Test 5 Final Exam; 275 points total).
Five tests will be given; Test 5 is a comprehensive Final Exam. Tests will use Proctorio, a remote proctoring software that monitors test takers. Students must make sure to properly set up Proctorio before taking a test, failure will result in the test not being able to load properly. For more information: https://mhedu.force.com/CXG/s/article/Proctorio-Quick-Tips-for-Students-General?dc=
Students will receive a window to take the test on their own outside of class. You only get one attempt for each Test. Tests include multiple-choice questions and possibly True and False questions. Once you start a test, you will have unlimited time to complete the questions. The questions are automatically scored after you take the Test. Will be given a window to take the test, for each day late, a one-time penalty 30% deduction. PowerPoints for each chapter is posted in Blackboard which can be helpful while taking tests. Smartbook Chapter Readings and class discussions/lectures will also be helpful; however, it is recommended that students take notes to better prepare themselves.

IV. Discussion Questions/SRSU Event (75 points total)
3 Discussion Questions spread out throughout the semester, choose one of the Chapter's Specific Application Problems and answer in paragraph structure. Choose a discussion question from the four-five chapters covered. You will restate the question first, then will write your answer. Answers must be at least 300 words in-depth, and is due that Friday at 11:59 pm. Then students must respond to two classmate's discussion questions. These responses must be academic and scholarly in nature, a minimum of 100 words, and are due by that Monday at 11:59 am. When breaking down the point total for each discussion question, 15 points are given for answering your discussion question and 5 points for each academic response, totaling 25 points. A total of 3 discussion questions and responses are worth 75 total points for the semester. To earn all the points possible, answer all discussion questions, do good work, submit your response on time, and respond to two other student's discussions.

V. Labs/Activities (330 points total)
24 Labs throughout the semester. All labs will be started in class with a partner, however, if the lab is not completed during class, students will finish outside of class. To complete each assigned lab, first, students will carefully read the lab directions and complete them as indicated. Students must record data, graph data, and answer questions associated with each activity. All of the lab assignments will be posted in blackboard, however, if absent for any reason, students must schedule lab makeup with TA or professor in order to get points. If absent, students must perform lab under the supervision of a TA or professor in order to receive points.

ALL COURSE REQUIREMENTS DEADLINE

Due to the time required for grading purposes, all course requirements must be submitted/completed by the 'Course Requirements Deadline' of **Wednesday in Week 16 at 11:59 pm** to be counted for credit towards the final letter grade in this course. There will be no exceptions to this policy. Late deductions will apply as per the above policy.

LATE WORK POLICY

All coursework must be submitted by the provided due dates in Blackboard or Connect. <u>LearnSmart readings</u> must be completed by the due date for credit – **NO LATE WORK WILL BE ACCEPTED**. All other work: labs, activities, discussions, tests, and homework carry a 30% deduction for 1-7 days late. For consideration to turn in work passed 1 week late, must be approved by the professor for grading consideration. If approved by the professor, assignments turned in over 1 week late will carry a minimum 50% deduction.

LEARNER SUPPORT
BLACKBOARD

Our 24/7 Blackboard online support desk and toll-free hotline are made available to SRSU faculty and students to begin using immediately for any Blackboard technical support issues. SRSU 24/7 Blackboard Technical Support Online Support Desk Contact Info: Toll-Free: 888.837.6055 Email: blackboardsupport@sulross.edu

MCGRAW HILL CONNECT

If you have any technical issues or questions, please contact McGraw-Hill's Customer Experience Group at 1-800- 331-5094.
How to use Connect - Student Registration for Blackboard with Inclusive Access Deep Integration (mhhe.com)

TENTATIVE COURSE CALENDAR

Week	Content	Due
1 8/26 to 9/1	Syllabus Review, Class Expectations, Demonstrations, Blackboard Pre-Course Assignment	Pre-Course Check & Quiz - **9/2** Intro Post – **8/30** Intro Replies – **9/2** Motor Learn & Control - **9/2** LearnSmart Ch. 1 - **9/2** **<u>Last Day for Late Registration & Schedule Changes – 8/29</u>**
2 9/2 to 9/8	Chapter 1 – The Classification of Motor Skills Chapter 2 – The Measurement of Motor Performance	LearnSmart Ch. 2 & 3 – **9/9** Lab 1 and 2 – **9/9** **<u>Labor Day Holiday – 9/2</u>**
3	Chapter 3 – Motor Abilities	LearnSmart Ch. 4 & 5 – **9/16**

		Lab 3a and 3b – **9/16**
9/9 to 9/15		**Last Day to Drop – 9/11**
4 9/16 to 9/22	Chapter 4 – Neuromotor Basis For Motor Control Chapter 5 – Motor Control Theories	LearnSmart Ch. 6 & 7 – **9/23** Lab 4 and 5 – **9/23** **Test #1 (Ch. 1-4)** – **9/23**
5 9/23 to 9/29	Chapter 6 – Sensory Components of Motor Control Chapter 7 – Performance and Motor Control Characteristics of Functional Skills	LearnSmart Ch. 8 & 9 – **9/30** Lab 6 and 7 – **9/30** DQ Post (Ch. 1-5) – **9/27** DQ Response – **9/30**
6 9/30 to 10/6	Chapter 8 – Action Preparation Chapter 9 – Attention as a Limited Capacity Resource	LearnSmart Ch. 10 – **10/7** Lab 8 and 9 – **10/7** **Test #2 (Ch. 5-9)** – **10/7**
7 10/7 to 10/13	Chapter 10 – Memory Components, Forgetting, and Strategies	LearnSmart Ch. 11, 12 – **10/14** Lab 10a and 10b – **10/14**
8 10/14 to 10/20	Chapter 11 – Defining and Assessing Learning Chapter 12 – The Stages of Learning	LearnSmart Ch. 13 – **10/21** DQ #2 (Ch. 6-10) Post – **10/18** DQ #2 Response – **10/21** Lab 11 and 12a – **10/21**
9 10/21 to 10/27	Chapter 12 – The Stages of Learning Chapter 13 – Transfer of Learning	LearnSmart Ch. 14, 15 – **10/28** Lab 12b and 13 – **10/28**
10 10/28 to 11/3	Chapter 14 – Demonstration and Verbal Instructions Chapter 15 – Augmented Feedback	LearnSmart Ch. 16 – **11/4** Lab 14 and 15a – **11/4** **Test #3 (Ch. 10-14)** – **11/4**
11 11/4 to 11/10	Chapter 15 – Augmented Feedback Chapter 16 – Practice Variability and Specificity	LearnSmart Ch. 17 – **11/11** Lab 15c and 16 – **11/11** **Last Day to Withdraw 'W' - 11/8**
12 11/11 to 11/17	Chapter 16 – Practice Variability and Specificity Chapter 17 – The Amount and Distribution of Practice	LearnSmart Ch. 18, 19 – **11/18** Lab 16a and 17 – **11/18**
13	Chapter 18 – Whole and Part Practice	Lab 18 and 19 – **11/25**

11/18 to 11/24	Chapter 19 – Mental Practice	
14 11/25 to 12/1	No Class	**Thanksgiving Holiday – 11/27-11/29**
15 12/2 to 12/8	Discussion Questions Test #4 Get ready for the Final Exam	**Test #4 (Ch.15-19)** – **12/9** DQ #3 (Ch. 11-19) Post – **12/6** DQ #3 Response – **12/9** **Last Class Day – 12/4**
16 12/9 to 12/15	Final Exam	**Final Exam** – **12/11** **Will not accept anything past – 12/11 @ 11:59 pm**

UNIVERSITY POLICIES

Academic Integrity Statement

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. Students should submit work that is their own and avoid engaging in behaviors that violate academic integrity, such as turning in work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden. Students should also avoid using open AI sources unless permission is expressly given for an assignment or course. Violations of academic integrity can result in failing assignments, failing a class, and/or more serious university consequences. These behaviors also erode the value of college degrees and higher education overall.

As an SRSU student, it is your responsibility to read and understand the university's expectations about academic integrity. All violations will be taken seriously and handled through the appropriate university process. The policy can be found at:
https://www.sulross.edu/about/administration/university-policies/

In addition, please note that plagiarism detection software will be used in this class for written assignments.

Americans with Disabilities Act (ADA Statement)

Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities.

It is the student's responsibility to initiate a request each semester for each class. Students seeking accessibility/accommodations services must contact Mary Schwartze, LPC-S, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email mary.schwartze@sulross.edu. Our

office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas, 79832.

Classroom Climate of Respect

Big Three:

- Show up on time.
- Be present for the 50 minutes we are together.
- Be respectful to other classmates.

Importantly, this class will foster free expression, critical investigation, and the open discussion of ideas. This means that all of us must help create and sustain an atmosphere of tolerance, civility, and respect for the viewpoints of others. Similarly, we must all learn how to probe, oppose and disagree without resorting to tactics of intimidation, harassment, or personal attack. No one is entitled to harass, belittle, or discriminate against another based on race, religion, ethnicity, age, gender, national origin, or sexual preference. Still, we will not be silenced by the difficulty of fruitfully discussing politically sensitive issues.

Counseling

Sul Ross has partnered with TimelyCare where all SR students will have access to nine free online counseling sessions. You can learn more about this 24/7/356 support by visiting Timelycare/SRSU. The SR Counseling and Accessibility Services office will continue to offer in-person counseling in Ferguson Hall room 112 (Alpine campus), and telehealth Zoom sessions for remote students and RGC students.

SRSU Library Services

The Sul Ross Library offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, library.sulross.edu. Off-campus access requires your LoboID and password. Check out materials using your photo ID. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or phone (432-837-8123).

No matter where you are based, public libraries and many academic and special libraries welcome the general public into their spaces for study. SRSU TexShare Cardholders can access additional services and resources at various libraries across Texas. Learn more about the TexShare program by visiting library.sulross.edu/find-and-borrow/texshare/ or ask a librarian by emailing srsulibrary@sulross.edu.

Supportive Statement

I aim to create a learning environment for my students that supports various perspectives and experiences. I understand that the recent pandemic, economic disparity, and health concerns, or even unexpected life events may impact the conditions necessary for you to succeed. My commitment is to be there for you and help you meet the learning objectives of this course. I do this to demonstrate my commitment to you and to the mission of Sul Ross State University to create a supportive environment and care for the whole student as part of the Sul Ross Familia. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.

Technical Support

The Support Desk is where you can direct your more technical questions. For example, the Support Desk can help you if you are having issues submitting a document, getting videos to

play, or using BlackBoard. The support desk is open 24 hours a day/7 days a week for your convenience.

You can reach the support desk:
- By calling 888.837.6055
- Via email blackboardsupport@sulross.edu
- Using resources from the Technology Support tab within blackboard
- Clicking the Support Desk graphic on the course homepage

Tutoring
a) Tutoring and Learning Center located in the library (call 432-837-8982 for a reservation with a tutor)
b) Tutor.com (online tutoring services available on BlackBoard) – be sure to allow 48 hours turnaround time for a writing assignment.

Distance Education Statement

Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

Accidents & Injuries
In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related to injury or illness to the instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

Academic Civility Statement
Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

Academic Affairs Service Statement

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

Academic Excellence Statement

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

AI Policy Statement: Sul Ross State University Kinesiology Department

The Sul Ross State University Kinesiology Department is committed to upholding the highest standards of academic integrity and excellence. As artificial intelligence (AI) tools become increasingly accessible, we recognize their potential as valuable resources for learning and innovation. However, it is imperative that students use AI tools ethically and responsibly.

The improper use of AI in assignments, including but not limited to, generating content without proper attribution, submitting AI-generated work as one's own, or using AI tools to circumvent the learning process, constitutes academic dishonesty. Such actions undermine the educational goals of our programs and violate the University's Code of Conduct.

Students found to be improperly using AI for assignments may face severe consequences, including but not limited to receiving a failing grade for the assignment or course. Additionally, such violations will be referred to the Dean of Students Office for further disciplinary action, which may include probation, suspension, or expulsion from the University.

We encourage students to seek guidance from their instructors if they have any questions about the appropriate use of AI in their coursework. Our department is committed to fostering an environment of integrity, where students can achieve their academic and professional goals through honest and meaningful engagement with their studies.