



## HHPK 350 – 01W: MOTOR LEARNING AND MOTOR CONTROL SPRING 2024 SYLLABUS Texas A&M University-Commerce

Please use this syllabus as a reference point to answer your questions about the course.

### Instructor Information:

**Instructor:** Samantha Moss, Ph.D.

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**Office Hours:** schedule an appointment via Teams or Zoom- my email is always welcoming new messages

### Course Information:

**This course is 100% online and asynchronous from 1/10/2024-5/10/2024. It is your absolute responsibility as a student to ensure you refer to the schedule, consistently check D2L, and monitor your email throughout the duration of this course.**

**Catalog Description:** The study of the acquisition of psychomotor skill and neuromuscular function in the control of movement.

### **About the Course:**

This course will challenge students to think critically about concepts of Motor Learning and Control. This course is designed to be flexible for online learning, but rigorous in terms of content. The course will be divided into sections consisting of readings, assignments, quizzes, and/or research-based tasks. Below are more details on course objectives and scheduling.

### **Textbook:**

*Motor Learning and Performance*, by [Richard A. Schmidt](#) and Timothy D. Lee; 5<sup>th</sup> edition

This textbook is required for the course. Assignments and readings will be based from this content.

### **Course Objectives:**

Upon completion of the course, the student should be able to...

1. Identify the differences between motor learning, performance, control, and development and discuss the assessment and classification of motor skills.
2. Discuss the role of motor learning and skill performance within the general framework of Kinesiology.
3. Identify and discuss concepts associated with sensation, perception, and movement preparation.
4. Discuss the differences between open-loop and closed-loop accounts of movement control as well as demonstrate an understanding of the speed-accuracy principle considering open and closed-loop accounts of motor control and learning.
5. Discuss concepts related to motor learning including stages of learning, retention, transfer, the role of instructions, motivation, and instruction.
6. Compare and contrast various models of human memory and identify memory processes that contribute to skilled motor performance and their usage in studying motor learning and motor control.
7. Have a basic understanding of the information processing approach applied to the study of motor learning and control as well as several alternative theoretical approaches.
8. Explain the role of information feedback and practice scheduling in regard to motor learning and motor skill performance, respectively.

### **Course Schema:**

- **There are a total of 4 sections in this course.** Each section contains 3-5 components and has various readings, recorded lectures, assignments, quizzes, and research-based tasks. Each section will open one at a time (i.e., Section 1 will be open for the first quarter of class then close. Once it is closed, section 2 will be opened for the second quarter of class). The section content (i.e., quizzes, assignments, research-based activities, etc.) will be available once the section is open. That content will accumulate to 100 points, but points are allocated differently for each section (i.e., a quiz in one section may be worth 10 points but a quiz in another section may be worth 30 points).



- **The entirety of each section is due at one time**- this does not mean to wait until the last week to complete this (remember- this is about 4 weeks' worth of work in each section). It is your responsibility to be considerate of your time and mine- so start your section work early. Check the schedule on the last page of this document for more details on this.
- **Late assignments or extensions are not permitted**. Since you have ample time and flexibility to make this course work for your lifestyle, I will not provide extensions or make-ups unless there is an extenuating circumstance. Please contact me ahead of time so I am aware of your situation.
- **Each section is worth a total of 100 points.**
- **Final Exam is worth 100 points.**

### Grading Scale

450-500 pts	A
400-449 pts	B
350-399 pts	C
300-349 pts	D
0-299 pts	F

### Tips for Success in this Course

1. Keep your documents in WORD or EXCEL or POWERPOINT (depending on the assignment). Do not upload .pdf, .pages, .jpg, .jpeg. This is important because I will be able to give specific feedback to help your future assignment grades by making comments on the document itself, so it is available to you.
2. When saving your document, always save it as "Last name\_assignment name". For example, if I am submitting an assignment on information processing, I would upload my word file as Moss\_Information Processing.
3. **Always stay connected with me and the course!** By this, I mean always be diligent to check your email and D2L. This course is online, so it'll be essential that you keep up with the schedule, announcements, and communication.
4. When emailing me, always tell me your name and your specific question that you have in detail. I cherish all my students and want to help you as much as I can but help me understand what you need the first time. It saves your time and mine and we can get to a resolution quicker. Remember, everything you do/say on the internet and school server is tracked- so please be professional when writing to me.

### Final Examination

Your final will be cumulative and worth 100 points. At the end of the course, I will open sections 1-3 again for you to review prior to the exam. It will be online and grades will not be released until everyone has taken it. You will have available days to complete the exam. If you do not complete it within those 3 days, you will receive a 0. The final will be on a time limit, and you must complete the exam in one sitting during that designated time. The exam is closed book/notes/internet. I create all my own questions, so you will not find them elsewhere. More details on the format of the final will be given in April.

### Plagiarism

- The handouts used in this course are copyrighted. By "handouts," I mean all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.
- As commonly defined, plagiarism consists of passing off as one's own the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it is as your own, even if you should have the permission of that person. Plagiarism is one of the worst academic sins, for the plagiarist destroys the trust among colleagues without which research cannot be safely communicated.
- If you have any questions regarding plagiarism, please consult me. If you plagiarize in my class, you will automatically receive a grade of "F" and disciplinary action will be sought.



- The use of undocumented Artificial Intelligence software, ChatBots, or other software that has the capacity to generate text or suggest replacements for text beyond individual words is strictly prohibited for the use of this course. As the instructor, I reserve the right to pursue these involvements as plagiarism and to follow the institution's academic dishonesty protocol.

### **Statement on Student Behavior**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student's Guide Handbook). I have zero tolerance for disrespect for the learning environment or other human beings, present or not.

### **Syllabus Change Policy**

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

### **Academic Integrity**

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)  
[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

### **A&M-Commerce Supports Students' Mental Health**

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel)

### **ADA Statement**

#### **Students with Disabilities**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce                      Gee Library- Room 162

Phone: (903) 886-5150 or (903) 886-5835    Fax: (903) 468-8148

Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu)

Website: Office of Student Disability Resources and Services

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>



### **Campus Concealed Carry**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to (<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>) and/or consult your event organizer). Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.



**Agenda/Schedule-** This schedule and assignments may be modified throughout the course for an optimal educational experience. Specific assignments for each section are found in D2L, but below are the dates and topics of each section.

**ALWAYS look in D2L for links to other documents, videos, quizzes, assignments, that I will assign.**

Section	Lectures	Textbook Readings (see D2L for other assignments/articles/supplemental material)	Due Dates
1	Welcome to 350	Read the syllabus!	Section 1 Open: 1/10/24  Section 1 Due: 2/9/24
	Introduction to Motor Learning and Performance	Chapter 1	
	Introduction to Motor Learning	Chapter 8	
	Individual Differences and Motor Abilities	Chapter 7	
2	Sensory Contributions to Skilled Performance	Chapter 4	Section 2 Open: 2/12/24  Section 2 Due: 3/8/24
	Processing Information and Making Decisions	Chapter 2	
	Attention and Performance	Chapter 3	
	Memory	Chapter 2-3	
	Arousal	Chapter 3	
3	Speed, Accuracy, and Coordination	Chapter 6	Section 3 Open: 3/18/24  Section 3 Due: 4/19/24
	Motor Programs	Chapter 5	
	Skill Acquisition, Retention, and Transfer	Chapter 9	
4	Organizing and Scheduling Practice	Chapter 10	Section 4 Open: 4/22/24  Section 4 Due: 5/3/24
	Augmented Feedback	Chapter 11	
Final Exam	Chapters 1-11	Chapters 1-11 and all assigned external readings and supplementary materials	Available Days Open: <b>5/6/24, 5/7/24, 5/8/24</b>