

HHPK 350-MOTOR LEARNING AND CONTROL Fall 2026

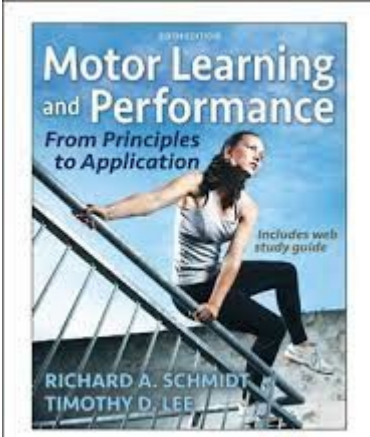
Instructor: Dr. Sandy Kimbrough
Office: NHS 140
Class Meeting Time: TR 12:30-1:45
Email response time: within 1 business day
Preferred method of communication: email or face-to-face

E-mail: sandy.kimbrough@etamu.edu
Instagram: DrKimbrow
Class meeting place: NHS 162
Office hours: TR 2-3, W 10:30-1:30

COURSE INFORMATION

Textbook

Motor Learning and Performance, by [Richard A. Schmidt](#) and Timothy D. Lee; 6th edition. I recommend but not do not require that you have access to supplemental materials that come with a new book.



COURSE DESCRIPTION

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

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 in light of 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 regards to motor learning and motor skill performance, respectively.

Course Objectives continued.

Students will....

1. Demonstrate an awareness of the evolution of the field of study, motor behavior.
2. Identify strategies for investigating motor performance.
3. Describe and apply human information processing.
4. Demonstrate an understanding of the relationship between attention and motor behavior.

5. Demonstrate knowledge of the sensory contribution to motor control.
6. Describe major central contributions to motor control.
7. Identify and apply principles of simple movement to motor behavior strategies.
8. Describe coordination and motor control.
9. Describe the impact of individual differences and capabilities on motor control.
10. Demonstrate knowledge of motor learning concepts and research strategies.
11. Identify the conditions of practice affecting motor learning and performance.
12. Demonstrate an understanding of motor development and the importance of MD in the learning/teaching process.
13. Describe the impact of feedback on motor learning and performance.
14. Apply principles of the learning process.
15. Identify the effect of retention and transfer on motor learning and performance.
16. Demonstrate an awareness of the art and science of motor behavior, control, learning, and performance.

COURSE REQUIREMENTS

You will be expected to use D2L, to use Microsoft Word and Microsoft Excel. You will also be required to use video software and upload to YouTube.

Instructional Methods

Course will include lecture, handouts, reading, live discussion, and videos to supplement course material.

Student Responsibilities or Tips for Success in the Course

How to succeed in this class:

1. Be in class every day, with your cell phone off and your brain engaged!
2. Study the assigned material before every class and take the quizzes!
3. Turn in all assignments and quizzes ON TIME.
4. Do quality work!
5. Take responsibility for your own grade; I do not give you a grade—you earn a grade.
6. Listen when I tell you about how to study for the tests!
7. Attend the chat sessions every chance you get.
8. STUDY this material at least two hours for every hour in class, more if it's not sinking into your brain!
9. No excuses, just results!
10. Be in class every day, with your cell phone off and your brain engaged!

GRADING

<u>Grading Scale</u>	<u>Points</u>		
90– 100 %	1000	A	(exceptional, excellent, mastery)
80– 89%	800-899	B	(above average, good performance and learning)
70– 79%	700-799	C	(average)
60-69%	600-699	D	(below average)
0-59%	0-599	F	(failing)

Evaluation:

Test 1	5% (50)
Test 2	10% (100)
Test 3	15% (150)
Test 4	15% (150)
Cumulative Essay Opportunity	20% (200)
In-class quizzes	15% (150)
Assignments	10% (100)
FINAL PAPER	10% (100)

Submitting assignments/using the drop box

All assignments that are submitted in D2L will have a "submission folder." When you submit an assignment, it MUST be a WORD document (or EXCEL document if it is a spreadsheet), and it must be titled appropriately. Do NOT submit a .pdf, .pages, or any other form of document! If one of the assignments is called "leadership assignment" and your last name is Collins, the name of the document must be "Collins leadership." At the top of the first page of every assignment, you must include your name and the name of the assignment. For spreadsheets, gridlines should be showing and a header should include your name and the name of the assignment. Print preview your document so that if printed, no cells/columns, etc are hanging out off the edge of a page. If you do not save, submit, name and/or label the document correctly, you may lose up to 20% of the value of that assignment.

Student and Instructor Expectations

Expectations are high for both of us. I strive to be the best teacher possible. I expect you to perform to the best of your ability. Making an "A" in this class is quite an accomplishment, and will be earned only by those who are willing to put forth the necessary effort. There is no grading curve - you will be assigned the grade you earn!!!!

ASSESSMENT

Tests

Each test will have several types of questions: define and explain, short answer, essay, fill-in-the-blank, true/false, etc. Study the material indicated by the objectives listed on the schedule. Also study material that was supplied by notes and supplemental materials. Be able to APPLY the information learned, not just recite definitions and lists. For each test, you will have an allotted amount of time. At the end of that time, your test must be submitted. The "cumulative essay opportunity" will be discussed in detail later in the semester. Students who have a cumulative 90% on all coursework just before the CEO will not be required to take the CEO.

Quizzes

Quizzes will happen in class, live, and may not be announced. They may be at the beginning of class. Students arriving late will not get extra time on quizzes and may not be able to start a quiz if they arrive more than 2 minutes late. ONE quiz grade will be dropped. The quizzes will count for 15% of your entire grade (150 points).

Absences/Tardiness

I have discovered over the years that students who do not attend class regularly or are late to class do not do well! Do not miss class! In addition, being late to class is disruptive, rude, and detracts from the learning of all students. If you are late to class, do not disrupt class. Use the time to study instead.

Extra Credit

Extra credit opportunities may be provided during the semester. Earning extra credit is something that I suggest ALL students do! There will be opportunities in which all students can participate, but not every opportunity will be available to every individual student; some are dependent on age, gender, time of availability, etc. I will not assign EC in the form of papers or extra coursework. The maximum number of extra credit points you can earn from all sources combined is 40.

Other helpful information

CRUCIAL INFORMATION:

- CHECK YOUR EMAIL for critical updates from me about meeting places, etc.
- BEFORE you come to class each day, I HIGHLY recommend that you have read the assigned chapter in the textbook AND viewed any other provided material. To make taking notes easier, you can even screenshot, then cut and paste slides into a Word document and bring those to class.
- Class time will be 100% active; be prepared to WORK HARD.
- Know how to use D2L WELL!

Chat Sessions

Periodically throughout the semester, I will announce a “chat time” where you can meet with me and other students to talk about motor development. This is not me re-lecturing, nor is it me telling you what is on the test(s). It is an opportunity for you to engage your mind in the topic and enhance your grade (hopefully) by learning at a deeper level.

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). Please email me by 8/22 with your favorite type of candy. I have zero tolerance for disrespect for the learning environment or other human beings, present or not. Included in disrespect for others is the use of any tobacco product, any type of cigarette, or distracting use of cell phones in class. If you do any of the items listed above, I will ask you to leave class.

Course Policies

1 Students are expected to be in class, seated, on time.

2 An “excused absence” is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work. Online quizzes must be completed regardless of excused absences. They will not be reopened after the due date has passed.

If the absence is for one of the reasons listed below, you will be able to make up the work (within two business days). To reserve this right, you MUST provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.

- Religious Holy Day
- Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician)
- Participation in an activity appearing on the University’s authorized activity list.
- Death or major illness in a student’s immediate family.
- Illness of a dependent family member
- Participation in legal proceedings or administrative procedures that require a student’s presence.
- Required participation in military duty

3 Any student missing an exam or assignment without prior arrangement will receive a score of zero.

4 The online LMS will be a primary method of communication between you as the student and me as the instructor. Please refer to it regularly.

5 You MUST check your e-mail daily in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me. I will be using your ETAMU account.

6 While you are in class, I expect you to participate. That means that you should a) actively prepare by reading the assigned materials, b) TALK (ask and answer questions), c) bring your notes and textbook, d) bring your ideas, and e) refrain from anything that is not class-related during class (newspaper, reading for another class, text messages, etc). Students who choose to disrupt class by not participating will be asked to leave.

7 DUE DATES: The due dates listed for assignments are the LAST chance to submit them. Please turn in your work early. I DO NOT accept late assignments.

8 If you have a question or concern, TALK to me. I am here to help. If you need to reach me and I am not in my office, e-mail me.

Course Schedule

THIS SCHEDULE IS TENTATIVE AND MAY CHANGE!!! I WILL TELL YOU WHEN/IF IT DOES! If you miss class, be sure to talk to someone in the class to find out if there have been any changes to the meeting place, time, etc. At this time, ASSIGNMENT DUE DATES HAVE NOT YET BEEN ADDED to the schedule below. They will be added to D2L and announced in class during the course. In addition to reading the textbook materials, you need to read and view any information that I place for you in in D2L under the corresponding exam.

	THE WEEK OF	TOPICS	Accompanying textbook information and articles/documents to read
R	8/20	Intro to motor learning, including Massed/Distributed Practice	Chapter 1, Chapter 8, and pages 203-208 (stages of learning), and pages 233-235 (massed/distributed)
T	8/25	Individual Differences and Motor Abilities	Chapter 7 and “Magill ML is meaningful article” (in doc sharing)
R	8/27	Motor development	
T	9/1	Sensory contributions; Intro to blocked/random	Chapter 4; Chapter 10 (focus on the section on Blocked/Random practice).
R	9/3	Test 1 (5%) and more!	
T	9/8		
R	9/10	TBA/REVIEW TEST/DISCUSS Final paper, etc.	
T	9/15	Information Processing	Chapters 2-3
R	9/17	Attention	Chapters 2-3 continued...
T	9/22	Memory	Chapters 2-3 continued....
R	9/24	Arousal	Chapter 3 continued...
T	9/29	Blocked/Random continued...	
R	10/1	Test 2 (10%)	
T	10/6	Movement production	Chapter 5
T	10/13	TBA/REVIEW TEST/DISCUSS Final paper, etc.	
R	10/15	Motor Programs	Chapter 5 continued.....
T	10/20	Principles of Motor Control and Movement Accuracy	Chapter 6
R	10/22	Skill Acquisition, Retention, and Transfer	Chapter 9
T	10/27	Practice Considerations	Chapter 9 continued
R	10/29	Blocked/random continued.....	Chapter 10 (focus on the section on Blocked/Random practice).
T	11/3	Test 3 (15%)	
R	11/5	Organizing and Scheduling Practice	Chapter 10
T	11/10	TBA/REVIEW TEST/DISCUSS Final paper, etc.	
R	11/12	Augmented Feedback	Chapter 11
T	11/17	Blocked/random continued..... DISCUSS CEO in class	Chapter 10 (focus on the section on Blocked/Random practice).
R	11/19	Test 4 (15%)	
T	11/24	WORK ON YOUR PAPER!!!	
T	12/1	TBA/REVIEW TEST/PREP for CEO, etc	FINAL PAPER DUE 12/5 (10%)
R	12/3	CEO PART 1	
R	12/10	CEO PART 2 10:30am-12:30pm	FINALS WEEK

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TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by ETAMU have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements.

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@etamu.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, an ETAMU campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

COURSE AND UNIVERSITY PROCEDURES/POLICIES

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.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.etamu.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <https://www.britannica.com/topic/netiquette>

ETAMU Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.etamu.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.etamu.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at ETAMU 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.etamu.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

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

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

Students with Disabilities-- ADA Statement

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

ETAMU Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Email: studentdisabilityservices@etamu.edu

Website: <https://www.etamu.edu/student-disability-services/>

Nondiscrimination Notice

ETAMU will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in ETAMU 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 ETAMU Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.ETAMU.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all ETAMU campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

ETAMU acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty

13.99.99.R0.10 Graduate Student Academic Dishonesty

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.

