

University of Nevada - Reno
School of Public Health
KIN 316-1001/1101 Motor Development Across the Lifespan
Spring 2024
Course Syllabus

Instructor's Name: Shelly Assiff

Class Times/Location: LRC 224A; Lecture Tuesdays 4:00-6:00p.m., LRC 224B; Lab Thursdays 2:45-4:45p.m.

Email Address: shellyassiff@outlook.com

Cell Number: 775-287-9066 (text message preferred)

Office Hours: Before/After Class

Course Description: Introductory course in motor control, learning, and development. Designed to provide an understanding of theoretical concepts on how humans learn to control movement and become skilled at movements across the life span. Students will learn how to assess a person, environment, and skill and be able to apply theories to instruct or improve the performance of the skill performance.

Course Materials: The following equipment is also a requirement:

- Motor Learning and Control: Concepts and Applications, Richard Magill and David Anderson, 11th Ed., McGraw-Hill Education, New York, 2016.
- 3 Scantrons
- Laptop, tablet, iPhone, etc.
- Printer

Professional Behavior and Expectations: Please be on time and prepared to learn. Please turn off your cell phones during class and keep them tucked away out of sight unless we are using them as a tool for learning. They can be distracting and disrespectful for your peers and for me, not to mention your learning. If you are struggling, contact me early on. The syllabus & schedule may change as the semester progresses. I will keep you updated with any changes; however, it is your responsibility to make sure you are checking the online syllabus and schedule for the changes and to ensure you complete your assignments on time.

Course Objectives: At the conclusion of this course, the student will be able to:

1. Understand how incoming sensory information is processed to produce a motor output.
2. Understand open/closed loop control and the role of motor programs in producing movements.
3. Understand the factors that influence movement accuracy and control.
4. Learn the factors that influence how an individual learns a motor skill.
5. Learn how to structure effective practice routines to help an individual learn a motor skill.
6. Learn how to provide effective feedback to help an individual learn a motor skill.
7. Learn how motor skills develop across the life span.

Grading Criteria:

Grade	Scaled Points
Maximum	1000
A	930
A-	900
B+	870
B	830
B-	800
C+	770
C	730
C-	700
D+	670
D	630
D-	600
F	0

Assignments	Qty	Points Each	Total Points
Exams	3	100	300
Quizzes	15	5	75
Labs	10	15	150
Class Assignments	11	10	110
New Skill Acquisition Discussion Posts/Videos	4	20	80
Peer Teaching Written Assignments/Videos	4	20	80
Peer Teaching Presentation	1	75	75
Attendance/Professionalism/Participation	26	5	130
Total			1000

Class procedures/structures: This course will consist of lecture, lab, and web-based learning. If class is to be cancelled, or I have any other announcements, I will use the announcements section on Canvas. Lab and lecture are graded together, as such, some lab time may be utilized for lecture.

Exams: All exams will be given in class. See course schedule for dates and material to be tested. Each exam is worth 100 points and will be based on material from the readings, discussions, material presented in class as well as lab work. There will be a total of 3 exams. Exams 1&2 will be non-cumulative; exam 3 will be cumulative. There will be a review prior to each exam. I understand you may miss an exam due to emergencies. In such circumstances, please contact me so we can make arrangements. Make-up exams will automatically be deducted 10 points.

Quizzes: Fifteen 5-question on-line quizzes will be given during the semester. Each quiz is worth 5 points. If you do not take the quiz due to unforeseen circumstances you may be allowed to make it up, but you will automatically be deducted 2 points. Please contact me to make arrangements.

Note: Again, making up an exam and/or quiz should be unique situations and not on-going occurrences.

Please do not abuse this policy!

Labs: You will complete 10 labs during the semester worth 15 points each. Most labs will be completed during your scheduled in-class lab time. Some labs are off-campus and will occur instead of the scheduled class time. During labs you will collect data on yourself and/or your lab partner/group or take notes on video presentations. When working with a partner or in small groups, if you are having trouble finding time to meet you need to let me know ASAP and not wait until the last minute. Please understand that some of the labs are experiential and cannot be re-created therefore it will not be able to be made up.

Class Assignments: There will be **11 unannounced in-class assignments** worth 5 points each. These assignments will be completed as small groups covering the current class topic(s). Instructions for these assignments will be given in class.

New Skill Discussion Posts/Videos: Each student will choose a new skill to learn on their own during a six-week period. In conjunction with learning the new skill, there will be 4 on-line discussion and/or video posts worth 20 points each. Instructions for each post will be published on WebCampus.

Peer Teaching Written Assignments/Videos & Presentation: Students will be paired up and required to teach their partner a new skill within a six-week period. In conjunction with teaching/learning this new skill, there will be 4 on-line written and video assignments worth 20 points each. At the end of the semester, each student will complete a presentation worth 75 points adhering to the instructed guidelines.

Attendance, Participation & Professionalism: As an adult, being educated to become a professional, attending class is practice for the real world. When you show up to class it is expected that you have come prepared to learn and participate. Show up on time, do not leave during class, and be engaged. Do not use your cell phones, laptops or other electronic devices during class unless you are using it to take notes or to complete in-class assignments. Treat your classmates and professor as you would like to be treated.

It is expected that you attend all lecture and laboratory sections for this course. If for some reason you cannot attend class, please text me prior to the class time to let me know so I can plan accordingly. With this in mind, **students are allowed to miss one class without being penalized. Five points will be deducted** for each missed class period above the one. If you miss a class when there are in-class graded assignments and/or labs being completed, I cannot guarantee you will be able to make these up which would then result in a loss of the assignment and/or lab points. Also, students who may miss class due to authorized events must make these known to the instructor ahead of time. No other accommodations will be made for unexcused absences.

There shall be no official absences from any university, state college, or community college class. It is the personal responsibility of the student to consult with the professor regarding absence from class. It is the policy of the NSHE to be sensitive to the religious obligations of its students. Any student missing class, quizzes, examinations or any other class or lab work because of observance of religious holy days shall, whenever possible, be given an opportunity during that semester to make up the missed work. The make-up will apply to the religious holy day absence only. It shall be the responsibility of the student to notify the instructor in advance in writing, according to the policy of the institution offering the class, if the student intends to participate in a religious holy day that does not fall on state holidays or periods of class recess. This policy shall not apply in the event that administering the assignment at an alternate time would impose an undue hardship on the instructor or the institution that could not reasonably have been avoided.

Academic Dishonesty: The University Academic Standards Policy defines academic dishonesty, and mandates specific sanctions for violations. See the University Academic Standards policy: [UAM 6.502](#).

Disability Services: Any student with a disability needing academic adjustments or accommodations is requested to speak with me or the [Disability Resource Center](#) (Pennington Achievement Center Suite 230) as soon as possible to arrange for appropriate accommodations.

Diversity, Equity, and Inclusion: The School of Public Health considers diversity critical to its educational mission. We recognize that diversity is richly complex and multi-faceted. In this class, you are encouraged to share your unique perspective, critically reflect on others experiences, and ask for clarity when needed. The convergence of different ideas, experiences, and beliefs will create an optimal learning environment in which we can grow our own perspectives. We all benefit from a diverse living and learning environment.

Equal Opportunity & Title IX: The University of Nevada, Reno is committed to providing a safe learning and work environment for all. If you believe you have experienced discrimination, sexual harassment, sexual assault, domestic/dating violence, or stalking, whether on or off campus, or need information related to immigration concerns, please contact the University's Equal Opportunity & Title IX office at 775-784-1547. Resources and interim measures are available to assist you.

Audio and Video Recording: Surreptitious or covert video-taping of class or unauthorized audio recording of class is prohibited by law and by Board of Regents policy. This class may be videotaped or audio recorded only with the written permission of the instructor. In order to accommodate students with disabilities, some students may have been given permission to record class lectures and discussions. Therefore, students should understand that their comments during class may be recorded.

Academic Success Services: Your student fees cover usage of the Math Center (784-4433 or www.unr.edu/mathcenter/), Tutoring Center (784-6801 or www.unr.edu/tutoring-center), and University Writing Center (784-6030 or <http://www.unr.edu/writing-center>). These centers support your classroom learning; it is your responsibility to take advantage of their services. Keep in mind that seeking help outside of class is the sign of a responsible and successful student.

Counseling Services: The Office of Counseling Services provides confidential psychological counseling for concerns such as academic performance, stress and anxiety, depression and suicide, eating disorders, grief and loss, and relationship issues. AD/HD assessment is also available for students referred via the Disability Resource Center or Student Health Center. Students may call (775) 784-4648 for appointments or walk in for urgent needs during regular business hours.

Pack Provisions: Pack Provisions provides access to perishable and non-perishable foods, meals on campus, school supplies, hygiene items and more to help ensure student success.). For hours and more information, please visit <https://www.unr.edu/student-engagement/engagement-support-services/pack-provisions>

COVID Classroom Guidelines: Disinfecting supplies are provided for you to disinfect your learning space. You may also use your own disinfecting supplies. Face coverings are required at all times while on campus, except when alone in a private office. This includes the classroom, laboratory, studio, creative space, or any type of in-person instructional activity, and public spaces. Students testing positive for COVID 19, exhibiting COVID 19 symptoms or who have been in direct contact with someone testing positive for COVID 19 will not be allowed to attend in-person instructional activities and must leave the venue immediately. Students should contact the Student Health Center or their health care provider to receive care and who can provide the latest direction on quarantine and self-isolation. Contact your instructor immediately to make instructional and learning arrangements.

Failure to Comply with Policy (including as outlined in this Syllabus) or Directives of a University Employee: In accordance with section 6,502 of the University Administrative Manual, a student may receive academic and disciplinary sanctions for failure to comply with policy, including this syllabus, for failure to comply with the directions of a University Official, for disruptive behavior in the classroom, or any other prohibited action. "Disruptive behavior" is defined in part as behavior, including but not limited to failure to follow course, laboratory or safety rules, or endangering the health of others. A student may be dropped from class at any time for misconduct or disruptive behavior in the classroom upon recommendation of the instructor and with approval of the college dean. A student may also receive disciplinary sanctions through the Office of Student Conduct for misconduct or disruptive behavior, including endangering the health of others, in the classroom. The student shall not receive a refund for course fees or tuition.

Student Complaints: The University of Nevada, Reno has clear policies and procedures for handling grade complaints (<https://www.unr.edu/administrative-manual/3000-3999-students/3510-grade-appeal-policy-and-procedures>) and those related to Title IX (discrimination based on sex) (<https://www.unr.edu/equal-opportunity-title-ix/title-ix>). The School of Public Health has developed policies and procedures to address complaints and grievances from students not covered by these policies. Such complaints and grievances may involve grades, course management, faculty and/or student interactions, curriculum issues, and professionalism issues. It is always best to start with the instructor to see if the issue can be resolved at the class level. However, if you are uncomfortable bringing the issue to the instructor or if the issue remains unresolved, please follow the procedure for Managing Complaints and Grievances in the School of Public Health, which is available at <https://www.unr.edu/public-health/students/student-complaint-form>

NRAP: Nevada Recovery and Prevention (NRAP) is a student-focused, peer-driven, collegiate recovery program and open to anyone in the University who wants recovery support or is interested in being part of a recovery community. For more information, visit nvrap.com, call 775.784.6224, email nrap@casat.org, or drop by the NRAP Lounge located at WRB 1001 (open M–F 9am–5pm).

Nevada CARES: Nevada CARES provides prevention opportunities campus-wide and confidential advocacy services to those impacted by sexual assault, relationship violence, and stalking. For more information, visit nvcares.com. Confidential Advocates are available to provide support to students who have experienced any form of power-based violence. For more information or to request an appointment, call 775.682.8006 or email nvcares@unr.edu.