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## Instructions

- First, read (re-read) Chapter 12 (The Stages of Learning) from Magill and Anderson (2020)
- As you read it, pay close attention to the characteristics associated with the first stage of learning as described by Fitts and Posner (1969) and cited in Magill and Anderson (YYYY).
- Next, select the skill you will practice and learn as part of the Learning Task Assignment (EITHER JUGGLING OR SPEED CUP STACKING).
- Practice the skill for for multiple days (a few hours each day).

## What to post

- Post a response (by clicking “Reply” in Canvas) by THURSDAY, describing how your experience reflects (or does not) Fitts and Posner's description of the Cognitive Stage. Please, be specific and provide examples. When writing your response, cite our textbook (Magill & Anderson, YYYY).
- Then, reply to at least three (BY SUNDAY) other classmates’ posts. I encourage you to type in your answer to my question above elsewhere (e.g., Word document), then copy the content, and...PLEASE, DO NOT ATTACH ANY FILES FOR THIS ASSIGNMENT.

## Notes

- 1st response: by THURSDAY 11:59 pm (response to my post). NOTE THIS DEADLINE DOES NOT SHOW ON CANVAS.
- 2nd response: by SUNDAY 11:59 pm (responses to 3 posts submitted by your classmates)
- Length of 1s response: ~350 words; 2nd response ~150 words each response (total of 3)
- Users must post before seeing replies
- You will be required to cite our textbook as part of your response. THIS MEANS YOU MUST ADD IN-TEXT CITATIONS (NOT SIMPLY PROVIDE THE SOURCE) AS PART OF YOUR WRITE-UP. REFER TO THE CONTENT OF WEEK 1 RELATED TO IN-TEXT CITATIONS.

- I encourage you to type in your answer to my question above elsewhere (e.g., Word document), then copy the content, and...PLEASE, DO NOT ATTACH ANY FILES FOR THIS ASSIGNMENT. INSTEAD, COPY AND PASTE YOUR ANSWERS TO THE CANVAS TEXT BOX.

## Resources

### Basics of APA in-text citation

I have written an article on the basics of APA in-text citation that you might want to check as you prepare your response to my post.

<https://drfurtado.github.io/site/blog/posts/apa-citation-basics/>

### Evaluation Rubric

Criteria	Pts
Understanding	5
Response	5
Empirically based	5
Contribution	5
APA Style Citation	5
Reference Format	5

**Understanding** 5: Comprehensive understanding, insightful analysis. 3: Solid understanding, evidence of engagement. 2: Limited understanding, incomplete analysis. 0: No understanding demonstrated.

**Response** 5: Replied to 3 other students 3: Replied to 2 other students 2: Replied to 1 other students

**Empirically based** 5: Consistently uses reliable sources, well-supported responses. 3: Generally uses reliable sources, occasional personal opinions. 2: Largely based on personal opinions, limited use of sources. 0: Consistently relies on personal opinions, no reliable sources used.

**Contribution** 5: Substantial: Response provides most of the content required by the prompt, but does not require further analysis of the subject. 3: Superficial: Response provides obvious information without further analysis of the concept; lacks depth of knowledge or reasoning. 2: Not acceptable: 0: Information is minimal.

**APA Style Citation** 5: All sources are consistently and correctly cited and referenced in APA format. The student provides clear and relevant examples to support their arguments, demonstrating a thorough understanding of the material. 3: Most sources are cited and referenced in APA format, with occasional minor errors. The student provides some relevant examples to support their arguments, but may not always connect them to the larger topic or provide sufficient analysis. 2: Some attempt is made to cite sources in APA format, but they may not be consistently or correctly cited. The student provides

few or irrelevant examples to support their arguments, and may not demonstrate a clear understanding of the material. 0: No sources are cited or referenced in APA format, or sources are improperly cited. The student provides no examples to support their arguments, or provides only irrelevant or factually incorrect examples.

**Reference Format 5:** The reference list is correctly formatted according to APA style, with all sources cited in the text included and vice versa. The reference list is organized alphabetically by the author's last name, with appropriate indentation and formatting for each citation. 3: The reference list mostly follows APA style, but may contain occasional errors or inconsistencies. Some sources cited in the text may be missing from the reference list or vice versa. The reference list may be somewhat disorganized or lack proper indentation/formatting. 2: Attempt is made to follow APA style for the reference list, but there are frequent errors or inconsistencies. Many sources cited in the text may be missing from the reference list or vice versa. The reference list may be disorganized and lack proper indentation/formatting. 0: The reference list does not follow APA style at all, or is missing altogether. Many sources cited in the text are missing from the reference list or vice versa. The reference list may be disorganized and difficult to read.

## References

Magill, R. A., & Anderson, D. (2020). *Motor learning and control: Concepts and applications*. McGraw-Hill Education.