

Course Syllabus

KIN 377 - Motor Learning
Department of Kinesiology
Cal State Northridge
Winter 2023 - Fully Online

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1 Instructor Info

Dr. Furtado received a B.A. in Physical Education from the Federal University of Parana, Curitiba, PR - Brazil. He earned his M.S. and Ph.D. degrees in Motor Behavior from the University of Pittsburgh, PA.

Dr. Furtado's line of research focuses on two main areas: (1) validation of observational models in psychomotor assessment instruments and (2) the relationship between motor skill competence, perceived motor competence, physical activity levels, and body composition.

Office Hours

See Section 3.5 for more information

Contact Info

Email: contact me via Canvas Inbox¹ (see Section 3.4)

Office: Redwood Hall 289

2 General Information

2.1 Course Description

Study of principles , theories, and research evidence regarding the nature of motor performance and learning with particular emphasis on factors that impact learning a skill through practice.

- teaching
- examples of principles
- educational and clinical settings
- include both catalog and my own description
- do the same with the other items from the excel file

2.2 Course Prerequisite

KIN 200²: Foundations of Kinesiology (3)

2.3 Course Format

This is Fully Online (FO) course offering in which all class sessions and exams are presented in an online environment. Fully online courses have no on campus meetings.

¹<https://canvas.csun.edu/>

²<https://catalog.csun.edu/academics/kin/courses/kin-200/>

Caution

This course is not self-paced and is not the “softer, easier way”! This means that you have to **1) check in regularly and 2) respond to the weekly assignments.**

Note

All activities, assignments and exams in this course will be completed via Canvas. To succeed in this course, you must have reliable access to a computer and internet connection. CSUN offers currently enrolled students the option to borrow devices such as computers and internet **hotspots** through its Device Loaner Program^a.

^a<https://www.csun.edu/it/device-loaner-program>

2.4 Course Expectations and Goals

At the conclusion of this course, students should be able to:

1. Describe the difference between motor learning and performance.
2. Describe and understand different theories of control to explain how motor skills are performed and learned.
3. Describe and understand the underlying mechanisms and processes involved in the production and control of movement.
4. Discuss the relationship between attention and performance.
5. Understand and demonstrate how factors relevant to the individual and to the environment influence the learning process.
6. Understand and demonstrate how feedback types and schedules influence motor skill learning.
7. Understand, describe, and demonstrate how practice schedules influence motor skill learning.
8. Describe how and why the concept of individual differences is important in skill acquisition.
 1. Describe and understand motor learning and control issues for special populations.
9. Develop and implement methods of performance assessments.
10. Develop and implement a series of practice sessions designed to teach and/or learn a novel motor skill.

2.5 Student Learning Outcomes (SLO'S)

1. Apply an integrated kinesiological approach to encourage the adoption of healthy and physically active lifestyles, across diverse populations;
2. Apply evidence-based practices to enhance the study of human movement;
3. Demonstrate competent problem-solving strategies through intentional practices; and
4. Demonstrate knowledge of kinesthetic forms, processes, and structures as they apply to the personal expression and culture of human movement.

2.6 Textbook

Magill, R. A. & David Anderson. (2016). *Motor Learning and Control: Concepts and Applications* (11th ed.). McGraw-Hill Education.

2.7 Additional resources

2.7.1 Access to Computer & Internet

Although not required, it is suggested that you have access to a computer (not simply a tablet and/or smartphone) and Internet throughout this course. Note that CSUN students are eligible to check out tech devices from CSUN at NO COST³.

2.7.2 Mini Juggling Balls

One of the requirements of this course is to learn a motor skill. If you select juggling, I suggest you to acquire the mini juggling balls⁴, which are small and have the recommended weight for beginners.

! Important

If you choose to use any object other than the mini juggling balls, understand that your performance may be **negatively affected** by it. When performing the exchange technique (required for this activity), at a given point, performers need to hold two objects in one hand. This becomes a problem if large objects are being used; i.e., tennis balls.

³<https://www.csun.edu/it/device-loaner-program>

⁴<http://goo.gl/X3EjLE>

2.7.3 Speed Stacks Sport Stacking Set

If you choose to learn the cup stacking, I recommend you to acquire the cups used in national and international tournaments⁵, or grab a set of less expensive ones from Amazon or elsewhere.

You could also consider checking out one of the sets of professional cups available on Reserve (4th Floor) at the CSUN Library⁶.

Warning

Use cups specifically designed for cup stacking to get the best results and avoid negative impact on your performance and grades. ***Regular plastic cups are not suitable.***

3 Course Policy

I will detail the policy for this course below. Basically, don't cheat and try to learn stuff.

3.1 Grading Policy

- 40%(3): [Exams](#) [SLO's 2]
- 15%(1): [Learning Task Performance](#) (final video submission) [SLO's 1, 2, 4]
- 15%(1): [Learning Task Reflection](#) [SLO's 1, 2, 4]
- 10%(3): [Learning Task Updates](#) [SLO's 1, 2, 4]
- 20% (na): Video Quizzes [SLO's 1,2]

Note

Two Video Quizzes with the lowest score will be dropped at the end of the term.

3.2 Grading Scale

A 93.00-100.00 | A- 90.00-92.99 B+ 87.00-89.99 | B 83.00-86.99 | B- 80.00-82.99 C+ 77.00-79.99
| C 73.00-76.99 | C- 70.00-72.99 D+ 67.00-69.99 | D 63.00-66.99 | D- 60.00-62.99 F <59.99

⁵<http://goo.gl/Y8HXt5>

⁶https://csu-un.primo.exlibrisgroup.com/permalink/01CALS_UNO/1r95rpr/alma991012367909202914

Note

In recognition of the fact that grading, however carefully done, will always be imperfect, this class will utilize a “round up” rule for assigning final grades. I will round up from .5% and above, but anything below this will round down. In other words, 79.5 will round up to 80, while 79.4 will round down to 79 even.

Important

Requests for an Incomplete (I) must conform to university policies^a. Among other requirements, “I” is possible only for instances in which you are demonstrating passing work in the class.

^a<https://bit.ly/3bDxwZi>

3.3 Attendance Policy

Even though this course is online, it is important to “attend” regularly. This means logging into Canvas multiple times throughout the week.

3.4 E-mail Policy

Email is the official form of communication at California State University, Northridge. According to campus policy, all students are responsible for reading and understanding messages sent to their campus email accounts. Emails will only be sent to the student’s official CSUN email account, NOT a personal email account. CSUN server often filters messages outside the “csun.edu” domain.

Important

If you have any questions about assignments, deadlines, or any other course-related matters, please use the Q&A Forum in Canvas^a. For any other queries, please send me an email through Canvas Inbox. **Kindly refrain from sending me an email at my CSUN email while taking this course as it is preferable to keep all communication related to the course separate from my CSUN email account.**

^a<https://canvas.csun.edu>

3.5 Office Hours

3.5.0.1 Online by appointment

Provide your availability by visiting this link: <https://calendly.com/drfurtado>

3.6 Make-Up Exam Policy

Unless the student has discussed the situation with the instructor before the assignment's due date and an arrangement has been made, a missed assignment will result in a grade of zero. **Note that making “arrangements” will only be possible given the student provides a valid and written excuse from a reputable source.**

3.7 Late Assignments

In case you haven't made any prior arrangements, submitting a late assignment will result in a 5% deduction per day for the first four days it is overdue. After the fourth day, all assignments will be considered closed.

3.8 Extra Credit

The instructor will not be providing additional points for this particular course.

3.9 Disabilities Policy

Federal law mandates the provision of services at the university-level to qualified students with disabilities.

This instructor, in conjunction with California State University Northridge, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact the office of Students with Disabilities Resources located in 110 Student Services Building, or call (818) 677-2684 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

3.10 Academic Dishonesty Policy

*Please, **stop** and read the information below; this is important!*

Each student is expected to be familiar with, and abide by, the conditions of student conduct, as presented in the CSUN Catalog, with emphasis on sections entitled, Student Conduct Code, Academic Dishonesty, Faculty Policy on Academic Dishonesty, and Penalties. Any student engaging in academic dishonesty (e.g., cheating, fabrication, facilitating academic dishonesty, plagiarism) is subject to discipline, which may include a failing grade in the course, and may also be subject to more severe discipline by the University. Students are encouraged to visit the link below and become familiar with the Standards for Student Conduct.

<http://www.csun.edu/a&r/soc/studentconduct.html>

3.10.1 Reflection Paper Submission

Plagiarism is a serious violation of the CSUN Student Conduct Code. Be aware that **borrowing** a paper from a student who completed this course previously and writing your paper based on that student's paper will be considered **PLAGIARISM**.

Important

Turnitin (see below) will detect such misconducts as it checks every submission against a database of papers, as well as against the Internet.

Caution

Penalties: If caught, the student will receive a letter grade of "F" on BOTH the Reflection Paper and the Video Performance assignments, in which case the student will likely fail the course as these two assignments account for 40% of the course total grade.

What is Turnitin?

You should be aware that the Reflection Paper will be submitted via Canvas, which is connected to Turnitin⁷. This is an automated system that instructors can use to quickly and easily compare each student's assignment with billions of websites, as well as an enormous database of student papers that grows with each submission. Accordingly, you will be expected to submit assignments through the Canvas Assignment Tool in electronic format. After the assignment is processed, as an instructor, I receive a report from *Turnitin* that states if and how another author's work was used in the assignment.

⁷<https://www.turnitin.com/>

4 Course Requirements

To succeed in this course, you will be required to complete several assignments. To avoid surprises, be proactive and review these assignments.

Note

I know how important it is for you to know your current grade in the class. That is why my priority is to grade most assignments (except for the paper) within 1 week of the deadline, which will be visible on the Canvas Gradebook.

If your grades are not posted within a week after the deadline, or you believe the grade is inaccurate, feel free to email me about the status of your grade.

4.1 Exams

You will be required to complete three exams while taking this course. Exams are timed and you will be given three attempts. The highest score will be kept. Exams will be comprised of multiple-choice type questions.

4.2 Learning Task Assignment

This assignment carries significant weight and contributes 30% towards your final grade in the course. It is crucial that you go through Appendix A (available at Section 8) as soon as possible to acquaint yourself with the requirements of this task.

4.2.1 Learning Task Performance

Refer to Section 8 for full requirements, but basically:

- You will be asked to choose either the 3-object Juggling or Cup Speed Stacking activity;
- Then, you will be required to practice and learn the selected activity;
- Before the end of the term (see Section 7), you will be asked to video-record yourself performing the skill you have learned. This is the **Performance** portion of this assignment and accounts for 15% of the final grade.

4.2.2 Learning Task Reflection

- The second part of this assignment is a **Reflection Paper**, which also accounts for 20% of the final grade. As you practice and learn the selected skill, you will be advised to use the Motor Learning Principles (full details on Canvas) you will be exposed to while taking this course.
- Throughout the term, you will be required to update me on your progress toward learning the selected skill (juggling or cup stacking). See Learning Task Updates below.

4.2.3 Learning Task Updates

You will be submitting several updates throughout the term. These “updates” are meant to keep you on track and ensure you are taking advantages of all the learning techniques covered in this course to master the selected skill. More information about this assignment will be provided on Canvas.

4.3 Video Quizzes

For each chapter, you will have access to one or more videos that are relevant to the assigned topic. These videos have embedded quizzes that cover the content of the video. **Even though Canvas allows you to take the video quizzes multiple times, ONLY THE FIRST ATTEMPT COUNTS.**

5 Final (yet important) Notes

5.1 How to Access our Course and Get Started

- Log into Canvas: <https://canvas.csun.edu>
- Under “My Courses,” locate our course and click on it.
- This will take you to the course home page.

5.2 Technology Requirements and Support:

- A computer and access to the internet (reliable connection)
- Google Chrome (web browser)
- A device to record video (phone, tablet, or laptop)

5.3 What I Expect of You:

1. Online classes are deceiving. Many times new online learners expect them to be easier than face-to-face classes and are surprised to learn how time intensive they are.
2. Plan your schedule to ensure you have approximately 10 hours per week to spend on this class and take time to identify where and when you'll do your learning.
3. Review the due dates for the assignments (see Section 7) to orient yourself to the flow of the learning.
4. This course requires regular engagement throughout each week. Plan to reserve a few hours each day to practice the skill you selected for the Learning Task assignment (see Section 4.2).

5.4 Online Etiquette

All learners in this course will expect to abide by our community ground rules (see below).

Ground Rules: In an effort to ensure our learning community develops, thrives and sustains throughout our time together, the following ground rules will be in effect at all times.

1. Consider yourself a member of a community. A community is a group of individuals who work together to support a common goal or interest. We are working together to support the successful achievement of our learning outcomes.
2. Log-in and participate regularly to group conversations and activities.
3. Treat the diverse contributions made by other community members with respect.
4. Have patience and a sense of humor with technology.
5. Be a learner. Keep an open mind when introduced to new ideas that may challenge your perceptions.
6. Ask for help when you need it, and assist others when possible.
7. Understand that communications shared through text have a higher likelihood of being misinterpreted than words that are spoken. Therefore, when you type a thought or a comment, read it carefully before you submit it. If you question the way it is worded, read it out loud to yourself. If you still question the way it's phrased, rewrite it.
8. Contribute regularly to group dialogue, including discussion posts and replies. The contributions of each individual plays a role in the collective strength and diversity of our community.
9. If, at any time, you feel that any of these ground rules has been violated by a member of our community, you are encouraged to bring your concern directly and immediately to Dr. Furtado. Clearly identify which ground rule has been violated and include specific evidence of the violation in your e-mail or phone call. Your concerns will be addressed promptly and in an individualized manner.

6 Extra (yet important) information

6.1 Disability Resources Available

The California State University does not discriminate on the basis of disability in admission or access to, or treatment or employment in, its programs and activities. Sections 504 and 508 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, and various state laws prohibit such discrimination. If you need extra assistance with aspects of this course, please contact the Disability Resources and Educational Services (DRES)⁸ or the National Center on Deafness (NCOD)⁹. Reasonable and effective accommodations and services will be provided to students if the requests are made in a timely manner and with appropriate documentation in accordance with federal, state, and university guidelines. Please let me know if you need further information or assistance from me in order to facilitate your learning experience. If you would like to discuss your approved accommodation with me, please let me know and we can set up a virtual appointment.

6.2 Additional Resources & Support

CSUN has a range of resources to support your academic goals, engagement with campus activities and physical and mental health. I encourage you to browse the links below throughout the semester and the rest of your time at CSUN. Please let me know if you would like additional information on any of the resources below. These links are also included on the Canvas site.

6.3 Academic and Technical Resources

- University Library¹⁰ for browsing of books, articles, media and additional academic resources.
- Learning Resource Center¹¹ offers tutoring, a writing center, & more.
- Disabilities Resource Educational Services (DRES)¹² for assistance with accommodations.
- CSUN Information Technology (IT)¹³ for technology support with Canvas and software related issues. Their office is open for calls/chat M-F from 8am-5pm PST.

⁸<https://www.csun.edu/dres>

⁹<https://www.csun.edu/ncod>

¹⁰<https://library.csun.edu/>

¹¹<https://www.csun.edu/undergraduate-studies/learning-resource-center>

¹²<https://www.csun.edu/dres>

¹³<https://www.csun.edu/it/need-help>

- CSUN's Accessibility Policy¹⁴ for more information on CSUN's goal to ensure that campus communication and information technology is accessible to everyone.
- University Library Open Educational Resources (OER)¹⁵ for affordable Health Science textbooks and educational resources.

6.4 Additional Campus and Community Resources

6.4.1 Clubs and Campus Facilities

- Oasis Wellness Center¹⁶ for a welcoming destination where students can find serenity and relaxation, including meditation, massages, and workshops focused on managing stress.
- Klotz Student Health Center¹⁷ offering medical services, including Telehealth appointments.
- Student Recreation Center (SRC)¹⁸ for exercise and leisure activity that promotes wellness.
- Career Center¹⁹ for career, internship and job resources, resume writing, interview help & more.
- USU²⁰ for a variety of services including lactation space, veterans' resources, and more.
- Associated Students²¹ providing programs designed to enhance the campus environment.
- Financial Aid & Scholarships²² offers aid for applications.

6.4.2 Additional Resources

- CSUN with A HEART²³ for valuable information that will connect you to various resources regarding the basic needs of students in the CSUN campus community.
- Food Pantry at CSUN²⁴ providing food and toiletries for CSUN students in need.

¹⁴<https://www.csun.edu/universal-design-center/accessibility-statement>

¹⁵<https://libguides.csun.edu/affordable-learning-solutions/find-affordable-resources/what-are-oer>

¹⁶<https://www.csun.edu/oasis>

¹⁷<https://www.csun.edu/shc>

¹⁸<https://www.csun.edu/src>

¹⁹<https://www.csun.edu/career>

²⁰<https://www.csun.edu/usu>

²¹<https://www.csun.edu/as>

²²<https://www.csun.edu/financialaid>

²³<https://www.csun.edu/heart>

²⁴<https://www.csun.edu/mic/csun-food-pantry>

- University Counseling Center²⁵ offering free short term counseling services to students, including individual counseling, crisis intervention, group and workshops, and more.
- Pride Center²⁶ supporting LGBTQIA+ students through programming and outreach.
- Office of Equity and Diversity²⁷ supporting CSUN's commitment to maintaining an environment where no member of the campus community is subjected to any form of prohibited discrimination in any University program or activity.
- Help lines²⁸ (after hours when the University Counseling is closed) for numerous topics/needs including suicide, drug help, rape or sexual assault, other crisis or urgent concerns and more.
- Emergency MataCare grants²⁹, one-time grants to prevent evictions, urgent childcare issues, etc.

7 Course Sequence

Required textbook:^[1]

Week	Date	Study Content	Assignments
WK01	Dec 26 - Jan 2	Intro to Course & Survival Skills Ch01 - The classification of motor skills Ch11: Defining and assessing learning Ch12: The stages of learning	Read and study the Syllabus + Appendices LT Update 1 Exam 1
WK02	Jan 2-9	Ch14: Demonstration and verbal instructions Ch15: Augmented feedback Ch16: Practice variability	LT Update 2 Exam 2
WK03	Jan 9-16	Ch17: The amount & distribution of practice Ch18: Whole and part-practice Ch09: Attention	LT Update 3 Take Exam 3

²⁵<https://www.csun.edu/counseling>

²⁶<https://www.csun.edu/pride>

²⁷<https://www.csun.edu/eqd>

²⁸<https://www.csun.edu/helpline>

²⁹<https://www.csun.edu/financialaid/matacare-emergency-grant>

Week	Date	Study Content	Assignments
WK04	Jan 16-19	Finish and submit the reflection paper Record and submit the performance video Refer to Appendices A, B, C	Complete & Submit the LT assignments

8 Appendices

8.1 Appendix A, B, C

Click here to open and view appendices A, B and C³⁰

8.2 Appendix D

Below, you will find the evaluation rubrics used in KIN 377.

8.2.1 Online Discussions

Criteria	5	3	2	0	Pts
Understanding Demonstrating comprehensive understanding, of insightful analysis. edge and understanding gained from assigned reading	6	Solid understanding, evidence of engagement.	Limited understanding, incomplete analysis.	No understanding demonstrated.	5

³⁰[377-appendix-a_b_c.qmd](#)

Criteria	5	3	2	0	Pts
Response Replied to 3 other students to peers	Replied to 3 other students	Replied to 2 other students	Replied to 1 other students		5
Empirically based Responses (all posts) are based on reliable sources (e.g., Magill and Anderson) and not solely on person opinion	Consistently uses reliable sources, well-supported responses.	Generally uses reliable sources, occasional personal opinions.	Largely based on personal opinions, limited use of sources.	Consistently relies on personal opinions, no reliable sources used.	5
Contribution	Provocative: Response goes beyond simply answering the prompt; attempts to stimulate further thought & discussion	Substantial: Response provides most of the content required by the prompt, but does not require further analysis of the subject.	Superficial: Response provides obvious information without further analysis of the concept; lacks depth of knowledge or reasoning.	Not acceptable: Information is minimal.	5

Criteria	5	3	2	0	Pts
APA Style Citation Responsibility 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.		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.	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.	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.	5
Reference Format 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.		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.	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.	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.	5

Evaluation rubric for the discussion assignment {#tbl-rubric-dis}

8.2.2 LT - Update 2

Criteria	Score 1: Early Cognitive	Score 2: Late Cognitive	Score 3: Early Associative	Score 4: Late Associative
Attention Demands	High cognitive demand	Moderate cognitive demand	Low cognitive demand	Minimal cognitive demand
Control of Movement	Conscious control	Mixed conscious & automatic	Mostly automatic control	Mostly automatic control
Execution Speed	Slow and hesitant	Increased speed	Moderate speed	Faster speed
Fluidity & Efficiency	Slow, inconsistent, inefficient	Improved fluidity & efficiency	Greater fluidity & efficiency	Reliable, efficient
Precision & Consistency	Low precision & consistency	Developing precision & consistency	Links precision & consistency with performance	Consistent precision & performance
Tactical Decision Making	Limited tactical awareness	Basic tactical awareness	Developing tactical awareness	Good tactical awareness

1. Attention Demands: This criterion evaluates the amount of cognitive effort required by the student to perform the motor skill. In the early stages of learning, a significant amount of cognitive activity is needed to understand and execute the skill. As the student progresses, the cognitive demand decreases, allowing them to perform the skill more automatically.
2. Control of Movement: This criterion assesses the level of conscious and automatic control over the motor skill. In the initial learning stages, students rely heavily on conscious control. As they gain experience, the control of movement transitions to being more automatic, allowing for smoother execution.
3. Execution Speed: This criterion evaluates the speed at which the student can perform the motor skill. Early in the learning process, students may perform the skill slowly and hesitantly. As they become more proficient, their execution speed increases, ultimately reaching an optimal or exceptional level.
4. Fluidity & Efficiency: This criterion measures the smoothness, consistency, and efficiency of the student's movements. In the beginning stages, students may struggle with fluidity and efficiency, but as they progress, their movements become more reliable and efficient, eventually reaching a superior level.

8.2.3 LT - Update 3

Same rubric used in Section [8.2.1](#).

8.2.4 LT - Video Performance

Criteria	Mastery (Autonomous)	Near Mastery (Late Associative)	Near Mastery (Early Associative)	Below Mastery (Late Cognitive)	Below Mastery (Early Cognitive)
Attention Demands	5	4	3	2	1
Control of Movement	5	4	3	2	1
Fluidity & Efficiency	5	4	3	2	1
Precision & Consistency	5	4	3	2	1
Time	5	4	3	2	1

1. Attention Demands: This criterion evaluates the amount of cognitive effort required by the student to perform the motor skill. In the early stages of learning, a significant amount of cognitive activity is needed to understand and execute the skill. As the student progresses, the cognitive demand decreases, allowing them to perform the skill more automatically.
2. Control of Movement: This criterion assesses the level of conscious and automatic control over the motor skill. In the initial learning stages, students rely heavily on conscious control. As they gain experience, the movement control transitions to be more automatic, allowing smoother execution.
3. Fluidity & Efficiency: This criterion measures the smoothness, consistency, and efficiency of the student's movements. In the beginning stages, students may struggle with fluidity and efficiency, but their movements become more reliable and efficient as they progress, eventually reaching a superior level.
4. Precision & Consistency: This criterion assesses the student's ability to perform the motor skill accurately and consistently. Early learners often struggle with precision and consistency. Still, as they progress, they develop the ability to link these elements with their performance, ultimately achieving high accuracy and consistency.
5. Time: Juggling: you must juggle 3 objects continuously for at least 5 seconds. Cup Stacking: you must complete the "up and down" in under 10 seconds.

8.2.5 LT - Reflection Paper

Criteria	Ratings				Pts
Quality of information	20 pts Full Marks Response demonstrates an in-depth reflection on, and personalization of, the theories, concepts, and/or strategies presented in the course materials to date.	16 pts No Description Response demonstrates a minimal reflection on, and personalization of, the theories, concepts, and/or strategies presented in the course materials to date.	12 pts No Description Response demonstrates a lack of reflection on, or personalization of, the theories, concepts, and/or strategies presented in the course materials to date.	0 pts No Marks	20 pts
Grammar, usage, mechanics, spelling	15 pts Full Marks There are no more than three spelling, grammar, or syntax errors per page of writing.	12 pts No Description There are more than five spelling, grammar, or syntax errors per page of writing.	9 pts No Description There are numerous spelling, grammar, or syntax errors throughout the response.	0 pts No Marks	15 pts
Required Components	15 pts Full Marks Response includes all components and meets or exceeds all requirements indicated in the instructions.	12 pts No Description Response is missing some components and/or does not fully meet the requirements indicated in the instructions.	9 pts No Description Response excludes essential components and/or does not address the requirements indicated in the instructions.	0 pts No Marks	15 pts
USAGE: APA in-text citation	20 pts Full Marks APA style in-text citations used throughout document.	16 pts No Description Some APA style in-text citations used in the document.	12 pts No Description Limited or no APA style in-text citations used throughout document.	0 pts No Marks	20 pts
FORMAT: APA in-text citation	15 pts Full Marks It's in correct format.	12 pts No Description It has some errors.	9 pts No Description It has many errors.	0 pts No Marks	15 pts
FORMAT: APA Reference list	15 pts Full Marks It's in correct format.	12 pts No Description It has some errors.	9 pts No Description It has many errors.	0 pts No Marks	15 pts
Total Points: 100					

References

1. Magill, R. A., & Anderson, D. (2016). *Motor Learning and Control: Concepts and Applications*. McGraw-Hill Education.