

Required textbook:<sup>[1]</sup>

Week	Date <sup>1</sup>	Study Content <sup>2</sup>	Assignments
WK01	Jan 22-28	Intro to Course & Survival Skills	Read and study the Syllabus + Appendices
WK02	Jan 29-Feb 4	Ch01: The classification of motor skills	Quiz
WK03	Feb 5-11	Ch11: Defining and assessing learning	Quiz
WK04	Feb 12-18	Ch12: The stages of learning	Quiz
WK05	Feb 19-25	Ch14: Demonstration and verbal instructions	Quiz
WK06	Feb 26-Mar 3	<b>Exam 1</b>	LT-Update 1
WK07	Mar 4-10	Ch15: Augmented feedback	Quiz
WK08	Mar 11-17	Ch16: Practice variability	Quiz
WK09	Mar 18-24	Spring Break	–
WK10	Mar 25-31	Ch17: The amount & distribution of practice	Quiz
WK11	Apr 1-7	Ch18: Whole and part-practice PDF <sup>3</sup>   DOCX <sup>4</sup>	Quiz
WK12	Apr 8-14	<b>Exam 2</b>	LT-Update 2
WK13	Apr 15-21	Ch09: Attention PDF <sup>5</sup>   DOCX <sup>6</sup>	Quiz
WK14	Apr 22-28	Ch10: Memory Components, Forgetting, and Strategies	Quiz
WK15	Apr 29-May 5	Ch13: Transfer of learning	Quiz
WK16	May 6-12	<b>Exam 3</b>	LT-Update 3
Final's Week	May 11-17	Finish and submit the reflection paper Record and submit the performance video (Refer to Appendices A, B, C)	Finish and submit assignments

### Note

Section 18905 meets online (via Zoom) on Tuesdays AND on campus (Jacaranda 3510) on Thursdays from 12:30-1:45 p.m.

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<sup>2</sup>Exams are not cumulative.

<sup>3</sup>[./nslides/ch18.pdf](#)

<sup>4</sup>[./nslides/ch18.docx](#)

<sup>5</sup>[./nslides/ch09.pdf](#)

<sup>6</sup>[./nslides/ch09.docx](#)

1. Magill, R. A., & Anderson, D. (2020). *Motor learning and control: Concepts and applications*. McGraw-Hill Education. <https://bit.ly/37yiD7u>