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Learning Task - Update 3
KIN 377 - Motor Learning
May 15, 2024

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Purpose

This assignment is designed to deepen students' understanding of motor learning principles by applying theoretical concepts to practical skills development in juggling or speed cup stacking. By selecting and analyzing two specific learning principles, students will reflect on their progress through the Fitts & Posner Stages of Learning, articulate the challenges they've encountered, and critically assess the effectiveness of these principles in enhancing their motor skills. The task encourages not only theoretical application but also critical thinking, peer interaction, and academic writing proficiency, fostering a comprehensive learning experience that bridges classroom knowledge with real-world skill application.

Requirements

- Read the content of Appendix C found in the syllabus.

Instructions

As part of the final assessment before submitting your end-of-semester video performance, complete the following tasks:

1. **Select Principles:**

- Choose two principles from Appendix C that you have applied in learning either juggling or speed cup stacking.

2. **Detailed Analysis:** For each selected principle, provide:

- **Principle Identification and Definition:** State the name and provide a definition from our textbook, including proper APA citation.
- **Application to Learning Stages:** Describe how this principle has guided your progression through the Fitts & Posner Stages of Learning. Include specific actions, decisions, or methods employed at each stage (cognitive, associative, autonomous) and their impact on your skill development.
- **Challenges Encountered:** Discuss any difficulties you faced while applying the principle and how you addressed these challenges. Specify how these hurdles affected your learning process.

Submission Guidelines

- **Format:** Submit your analysis as a discussion post on Canvas. Do not attach files; instead, copy and paste your text directly into the Canvas text box.
- **Length and Deadlines:**

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- **First Response:** Approximately 350 words due by THURSDAY 11:59 PM. Respond to the initial assignment post.
- **Second Response:** Three replies, approximately 150 words each, due by SUNDAY 11:59 PM. Respond to posts from your classmates.

Notes:

- You must post your first response before you can view replies from others.
- Ensure all textbook citations are correctly formatted in APA style as discussed in Week 1. This includes in-text citations and a reference list.

Resources

- [Download a response template here](#)

Evaluation Rubric

Criteria	4	3	2	1
Understanding				
Response				
Empirically based				
Contribution				
APA Style Citation				
Reference Format				

Points for Each Category:

Understanding: 4: Comprehensive understanding, insightful analysis. 3: Solid understanding, evidence of engagement. 2: Limited understanding, incomplete analysis. 1: No understanding demonstrated.

Response: 4: Replied to 3 other students; response is substantial. 3: Replied to 3 other students. 2: Replied to 2 other students. 1: Replied to 1 other student.

Empirically based: 4: 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. 1: Consistently relies on personal opinions, no reliable sources used.

Contribution: 4: Provocative: Response goes beyond simply answering the prompt; attempts to stimulate further thought & discussion. 3: Substantial: Response provides most of the content required by the prompt, but does not require further analysis of the subject. 2: Superficial: Response provides obvious information without further analysis of the concept; lacks depth of knowledge or reasoning. 1: Not acceptable; Information is minimal.

APA Style Citation: 4: 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. 1: 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: 4: 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. 1: 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.

Assignment Checklist

Pre-Submission:

1. **Understand the Purpose:**

   ☐ Familiarize with the assignment's goal to integrate motor learning principles with practical skills.

2. **Read Required Materials:**

   ☐ Review Appendix C thoroughly.

3. **Principle Selection and Analysis:**

   ☐ Select two principles related to juggling or speed cup stacking.
   ☐ Ensure principles are well understood and applicable to the tasks.

4. **Principle Identification and Definition:**

   ☐ Clearly state the name of each principle.
   ☐ Provide a comprehensive definition with an APA style citation from the textbook.

5. **Application to Learning Stages:**

   ☐ Describe how each principle was applied in the Fitts & Posner Stages of Learning.
   ☐ Detail specific actions, decisions, and methods used in each stage (cognitive, associative, autonomous).
   ☐ Discuss the impact of these actions on your skill development.

6. **Challenges Encountered:**

   ☐ Identify and describe any difficulties faced while applying each principle.
   ☐ Explain how these challenges were addressed and their impact on the learning process.

Writing and Formatting:

7. **Discussion Post Creation:**

   ☐ Prepare your analysis for submission on Canvas.
   ☐ Ensure the post is formatted as per the instructions, without attachments.
   ☐ Copy and paste text directly into the Canvas text box.

8. **APA Style Citations:**

   ☐ Check in-text citations for accuracy and proper APA format.
   ☐ Prepare a reference list to be included, ensuring it adheres to APA guidelines.

9. **Proofreading and Editing:**

   ☐ Review the text for grammar, punctuation, and clarity.
   ☐ Confirm adherence to the word count: 350 words for the initial post and 150 words for each response.

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Submission and Interaction:

10. **Initial Response Submission:**

    ☐ Submit the first response by Thursday 11:59 PM.
    ☐ Ensure all required elements are covered in the submission.

11. **Engagement with Peers:**

    ☐ Respond to at least three classmates' posts by Sunday 11:59 PM.
    ☐ Ensure each response is substantial and contributes to further discussion.

12. **Reflection on Feedback:**

    ☐ Read and consider feedback received from peers and the instructor.
    ☐ Use feedback to refine understanding and approach to motor learning principles.

Post-Submission:

13. **Follow-up:**

    ☐ Check for any additional comments or required follow-ups.
    ☐ Engage in any further discussion or clarification if needed.