

Required textbook:^[1]

| Week | Date ¹ | Study Content ² | 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 | Exam 1 | 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 | Quiz |
| WK12 | Apr 8-14 | Exam 2 | LT-Update 2 |
| WK13 | Apr 15-21 | Ch09: Attention | 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 | Exam 3 | 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 |

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

¹Section 18905 meets in class (Jacaranda 3510) Tuesdays and Thursdays 12:30-1:45 p.m.

²Exams are not cumulative.