

Course Syllabus

KIN 377 - Motor Learning
Department of Kinesiology
Cal State Northridge

Spring 2024 - Traditional (Face-to-Face) TuTh 12:30-1:45 p.m.

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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: ovandef@csun.edu (see Section 3.4)

Office: Redwood Hall 289

! Important

Please note for our course communications: Use the course mailing list for general questions about course content, assignments, or schedules. For private matters requiring confidentiality, email me directly at my CSUN email address (ovandef@csun.edu). Avoid using the Canvas Inbox, as I do not monitor it and your message may be missed. These guidelines will ensure effective and timely communication throughout our course. Ensure to save the email below to your contacts.
classsp24.18905-c@csun.edu

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 200¹: Foundations of Kinesiology (3)

2.3 Course Format

This a **traditional** course offering in which all or most of the class sessions take place on the CSUN campus. I will use some web-based tools to supplement or enhance this course.

Note

Students taking this section must study the course materials, which comprise video lectures, slides, and assigned readings, prior to attending class. Then, we will use class time for guided group work, critical thinking, and reinforcement. This strategy for blended learning is often referred to as the **flipped classroom**.

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.

¹<https://catalog.csun.edu/academics/kin/courses/kin-200/>

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., & Anderson, D. (2020). Motor learning and control: concepts and applications (12th Ed.). McGraw-Hill Education.

Link to Matador Bookstore: <https://bit.ly/37yiD7u>

Note

The program below is only available during the Fall and Spring semesters.

2.6.1 myCSUNDigitalAccess Program

1. You are enrolled in a course in the myCSUNDigitalAccess (MCDA) program.
2. The *MCDA* program provides digital materials to students at a deeply discounted price.
3. Some or all of your materials for this course are being provided digitally through the *MCDA* program.
4. ALL enrolled students will have access to the materials through Canvas by the 1st day of class, *but more likely earlier*.
5. To keep access throughout the semester, you must do nothing. A charge will be placed on your CSUN student portal account (just like tuition, but a separate charge) around the 5th or 6th week of classes. You will then be responsible for paying the university.
6. If you choose to obtain your materials elsewhere, you must opt out until **2/16/24** (see instructions below). Those who opt out by **2/16/24** will lose access and will **not be charged**.
7. Anyone who does not opt out by the **2/16/24** deadline will be charged, and those charges **will not be reversible**.
8. Click here for more information².

²<https://bit.ly/3pcWcfb>

2.6.2 Price

To see how much you will be billed if you opt-in, click the link below:

<https://bit.ly/3PDiGCx>

2.6.3 Opt-out Instructions

If you wish to opt out of this program and not purchase access to the required digital materials, you will need to follow the steps below by **2/16/24**:

1. Go to <https://accessportal.follett.com/0150>
2. Click on Create an Account on the lower right
3. Create an account using your CSUN email account
4. Select the course(s) you wish to Opt-Out from

Note

You will receive an email confirming your Opt-out selection, access will be removed, and you will need to purchase the materials elsewhere. For more information about this program, please visit the following link: <https://bit.ly/3pcWcfb>

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.

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

⁴<http://goo.gl/X3EjLE>

! 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.

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

- 30%(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]
- 10% (na): [Video Quizzes](#) [SLO's 1,2]
- 10% (na): [Quizzes](#) [SLO's 1,2]
- 5% (na): [In-class Activities](#) [SLO's 1,2]
- 5% (na): [In-class Participation](#) [SLO's 1,2]

⁵<http://goo.gl/Y8HXt5>

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

Note

Two (2) Video Quizzes and one (1) Online Quiz 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

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

Attendance is crucial! Not only that but active participation while in class. I will be taking attendance at the beginning of each class. To ensure you will receive full **participation** points (see Section 3.1), **ensure to arrive on time**. Students arriving late, will have to communicate it to the instructor at the end of the class. **Late arrival will incur in a 10% point deduction (90/100).**

3.4 E-mail Policy

CSUN uses email as the official communication method. Students must check their official CSUN email account regularly to stay up-to-date. Only emails sent to the official CSUN email account will be received.

! Important

Use the course mailing list for general questions about course content, assignments, or schedules. For private matters requiring confidentiality, email me directly at my CSUN email address (ovandef@csun.edu). Avoid using the Canvas Inbox, as I do not monitor it and your message may be missed. These guidelines will ensure effective and timely communication throughout our course. Ensure to save the email below to your contacts. classsp24.18905-c@csun.edu

3.5 Office Hours

3.5.0.1 Online by appointment

Provide your availability by visiting this link: <https://bit.ly/drfurtado-appointment>

3.5.0.2 Walk-in (Redwood Hall 289)

Tuesdays from 8 a.m. - 12:00 noon.

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.

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 Quizzes

Quizzes will be administered via Canvas and will assess the student’s understanding of the topic covered each week. Students are allowed to utilize class notes and the course text to answer the questions; however, **collaboration with other students is not allowed**.

Here are some other useful information about quizzes:

1. Quizzes are posted on Monday and remain open until Sunday at 11:59 pm. Once started, students have 20 minutes to complete and submit the each quiz.

⁷<https://www.turnitin.com/>

2. When taking quizzes, the questions will appear one at a time and locked after being answered. Thus, students are not allowed to go back and review answers after saving each question.
3. Correct answers will only be shown to students after the deadline of each quiz.
4. Refer to **Canvas** and the course sequence for due dates. Please, avoid waiting until the “last minute” to take the quiz. Taking the quizzes earlier will give you enough time to troubleshoot potential technical problems; therefore, plan accordingly.
5. You will be given a **single** attempt on each quiz. This means you need to study the material before taking each quiz. All quizzes are timed. Students will be given 20 minutes to finish and submit a quiz.
6. A quiz will only start if the student has a JavaScript-enabled web-browser. Contact CSUN IT⁸ should you run into technical issues when taking quizzes.
7. Once opened, a quiz will appear in a full-screen pop-up window that covers all the other windows and has no navigation control
8. It should be noted that the content of each quiz belongs to McGraw Hill⁹ (the publisher of our text). Therefore, federal copyright laws prohibit the dissemination of this material. It includes, but is not limited to, posting the quiz online and/or sharing the quiz with someone outside of the classroom.

4.2 Exams

You be will be required to complete three exams while taking this course. Exams are taken in class and you will must bring a **Scantron #882-E**. Exams will be open on Monday morning along with a general study guide and be closed on Sunday at 11:59 p.m. Exams will be comprised of 30 multiple-choice type of questions.

4.2.1 Learning Task Assignment

This assignment carries significant weight and contributes 40% 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.

⁸<https://www.csun.edu/it>

⁹<https://www.mheducation.com/>

4.2.2 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.

4.2.3 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.

4.2.4 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.**

4.4 In-class Activities

During the semester, you will have to complete in-class activities that are graded as either complete or incomplete. Unless you have made prior arrangements with your instructor no later than 24 hours before the class meeting, you will not be able to make up these activities.

4.5 In-class Participation

In addition to taking roll on random days, your participation during our lectures will also be graded. You are expected to come to class prepared to answer random questions asked by your instructor. This will be done by calling on students at random to answer the proposed questions.

Note that roll will be taken at 12:30 p.m. If you are unable to make it on time, please see me at the end of class. No adjustments will be made after class.

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. 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.
2. Review the due dates for the assignments (see Section 7) to orient yourself to the flow of the learning.
3. 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 4.2.1).
4. Cell phones are not permitted in this class. Please make sure to silence your phone and store it out of sight.
5. If you prefer taking notes electronically, you are allowed to use either a laptop or a tablet during class as long as it is used for class work ONLY. Please note that I may randomly select students using laptops/tablets for class notes to submit their notes via email immediately after class. Failure to submit the notes within 10 minutes after the class will be considered as an absence.

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)¹⁰ or the National Center on Deafness (NCOD)¹¹. 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 Library¹² for browsing of books, articles, media and additional academic resources.
- Learning Resource Center¹³ offers tutoring, a writing center, & more.
- Disabilities Resource Educational Services (DRES)¹⁴ for assistance with accommodations.
- CSUN Information Technology (IT)¹⁵ for technology support with Canvas and software related issues. Their office is open for calls/chat M-F from 8am-5pm PST.

¹⁰<https://www.csun.edu/dres>

¹¹<https://www.csun.edu/ncod>

¹²<https://library.csun.edu/>

¹³<https://www.csun.edu/undergraduate-studies/learning-resource-center>

¹⁴<https://www.csun.edu/dres>

¹⁵<https://www.csun.edu/it/need-help>

- CSUN's Accessibility Policy¹⁶ 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)¹⁷ for affordable Health Science textbooks and educational resources.

6.4 Additional Campus and Community Resources

6.4.1 Clubs and Campus Facilities

- Oasis Wellness Center¹⁸ for a welcoming destination where students can find serenity and relaxation, including meditation, massages, and workshops focused on managing stress.
- Klotz Student Health Center¹⁹ offering medical services, including Telehealth appointments.
- Student Recreation Center (SRC)²⁰ for exercise and leisure activity that promotes wellness.
- Career Center²¹ for career, internship and job resources, resume writing, interview help & more.
- USU²² for a variety of services including lactation space, veterans' resources, and more.
- Associated Students²³ providing programs designed to enhance the campus environment.
- Financial Aid & Scholarships²⁴ offers aid for applications.

6.4.2 Additional Resources

- CSUN with A HEART²⁵ for valuable information that will connect you to various resources regarding the basic needs of students in the CSUN campus community.
- Food Pantry at CSUN²⁶ providing food and toiletries for CSUN students in need.

¹⁶<https://www.csun.edu/universal-design-center/accessibility-statement>

¹⁷<https://libguides.csun.edu/affordable-learning-solutions/find-affordable-resources/what-are-oer>

¹⁸<https://www.csun.edu/oasis>

¹⁹<https://www.csun.edu/shc>

²⁰<https://www.csun.edu/src>

²¹<https://www.csun.edu/career>

²²<https://www.csun.edu/usu>

²³<https://www.csun.edu/as>

²⁴<https://www.csun.edu/financialaid>

²⁵<https://www.csun.edu/heart>

²⁶<https://www.csun.edu/mic/csun-food-pantry>

- University Counseling Center²⁷ offering free short term counseling services to students, including individual counseling, crisis intervention, group and workshops, and more.
- Pride Center²⁸ supporting LGBTQIA+ students through programming and outreach.
- Office of Equity and Diversity²⁹ 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 lines³⁰ (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 grants³¹, one-time grants to prevent evictions, urgent childcare issues, etc.

7 Course Sequence

Required textbook:^[1]

Week	Date ³²	Study Content ³³	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	—

²⁷<https://www.csun.edu/counseling>

²⁸<https://www.csun.edu/pride>

²⁹<https://www.csun.edu/eqd>

³⁰<https://www.csun.edu/helpline>

³¹<https://www.csun.edu/financialaid/matacare-emergency-grant>

Week	Date ³²	Study Content ³³	Assignments
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

8 Appendices

8.1 Appendix A

Learning task assignment instructions [View³⁴]

8.2 Appendix B

Learning Task Tutorials [View³⁵]

8.3 Appendix C

Motor Learning Principles [View³⁶]

³²Section 18905 meets in class (Jacaranda 3510) Tuesdays and Thursdays 12:30-1:45 p.m.

³³Exams are not cumulative.

³⁴<https://drfurtado.github.io/kin377/syllabus-fo.html#appendix-a>

³⁵<https://drfurtado.github.io/kin377/syllabus-fo.html#sec-appendix-b>

³⁶<https://drfurtado.github.io/kin377/syllabus-fo.html#sec-appendix-c>

8.4 Appendix D

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

8.4.1 Online Discussions

Criteria	5	3	2	0	Pts
Understanding Demonstrating comprehensive understanding, of insightful analysis. edge and understanding gained from assigned reading		Solid understanding, evidence of engagement.	Limited understanding, incomplete analysis.	No understanding demonstrated.	5
Response Response to peers	Replied to 3 other students	Replied to 2 other students	Replied to 1 other students		5

Criteria	5	3	2	0	Pts
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}

8.4.2 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.

8.4.3 LT - Update 3

Same rubric used in Section [8.4.1](#).

8.4.4 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.

8.4.5 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. (2020). *Motor learning and control: Concepts and applications*. McGraw-Hill Education. <https://bit.ly/37yiD7u>