KIN 377: Motor Learning

KIN 377[1] is a course I teach at California State Northridge. The course is offered through the Department of Kinesiology and is required by all KIN majors. In addition to fall and spring semesters, KIN 377 is offered through Tseng College during the winter[2] and summer[3].

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.

> All the study content for this course will be available here. I use Canvas (CSUN's Learning Management System) for 1) `assignment submission`, 2) `posting grades`, 3) `discussions`, and 4) `Announcements`.

Getting Started

To get started, read and study the syllabus[4]. The course sequence is presented below.

Required textbook:[1]

Week	Date	Study Content	Assignments
WK1	May 30 - Jun 4	Intro to Course & Survival Skills	Read and study the Syllabus + Appendices
		Ch01 - The classification of motor skills	Quiz
WK2	Ju 5-11	Ch11: Defining and assessing learning	Quiz; Discussion 1
		Ch12: The stages of learning	Quiz; LT-Update 1
WK3	Jun 12-18	Ch14: Demonstration and verbal instructions	Quiz; Discussion 2

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[1]https://catalog.csun.edu/academics/kin/courses/kin-377/
[2]https://tsengcollege.csun.edu/programs/winter
[3]https://tsengcollege.csun.edu/programs/summer
[4]syllabus.qmd

Week	Date	Study Content	Assignments
		Ch15: Augmented feedback	Quiz
WK4	Jun 19-25	Ch16: Practice variability	Quiz
		Ch17: The amount & distribution of practice	Quiz; LT-Update 2
WK5	Jun 26 - Jul 2	Ch18: Whole and part-practice	Quiz; Discussion 3
		Ch09: Attention	Quiz
WK6	Jul 3-11	Ch13: Transfer of learning	Quiz
		Finish and submit the reflection paper	Finish and submit assignments
		Record and submit the performance video	
		Refer to Appendices A, B, C	

1. Magill, R. A., & Anderson, D. (2020). *Motor learning and control: concepts and applications.* McGraw-Hill Education. https://www.bkstr.com/csunorthridgestore/product/motor-learning-and-control--concepts-and-applications-147614-1