

# Minnesota State University Moorhead

## EXS 311: Motor Learning

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to expose students to different learning theories and how to incorporate them into teaching motor skills. Areas of study include theoretical and applied knowledge of the individual, instructional and environmental variables relevant to teaching, learning and performance of various motor activities.

**B. COURSE EFFECTIVE DATES:** 02/03/2022 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Principles of practice design
2. Diagnosing and correcting errors
3. Introduction to motor learning and control
4. Exploration activities
5. Behavioral theories of motor control
6. Neural mechanism discussion
7. Stages of learning
8. The learner - pre-instruction considerations
9. Skill presentation

### D. LEARNING OUTCOMES (General)

1. Student will understand basic concepts of motor learning.
2. Student will understand conditions which affect the acquisition, performance, transfer, and retention of motor skills including: the nature of motor activities; the characteristics of the learner; the nature of instruction; and practice conditions.
3. Student will understand neuromuscular foundations of motor learning.
4. Student will understand research and theory in motor learning.
5. Student will demonstrate, in writing, the ability to evaluate an actual motor learning instructional unit.
6. Student will plan, execute, evaluate and describe in writing and orally a simple motor learning experiment.
7. Student will select a motor skill and develop a written plan of instruction to facilitate student acquisition of the skill.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted