Queen's University
School of Kinesiology and Health Studies

Course Name: **KNPE 261/3.0** Theory of Motor Behaviour and Motor Learning	**Course Instructor:** Dr. Gerome Manson	**Contact Hours:** Lectures: 2 x 1.5 hrs / 12 weeks Labs: 1 x 2 hrs / 12 weeks
		Prerequisite: Level 2 or above in a KINE Plan.

Course Description:

This course will explore the acquisition of motor skills. The principles and theories outlined in this course will provide students with a basic knowledge of sensorimotor behaviour for applications in physical education, kinesiology, and rehabilitation. The main objective of the course is to understand motor skill acquisition, and the principles and procedures available to optimize learning in physical activity programs.

Exclusion:

Course Texts:

Lecture notes and video content will be available through onQ (onq.queensu.ca).

Learning Outcomes:

- Demonstrate the ability to develop and evaluate motor skill learning in a variety of contexts.
- Demonstrate an understanding of the underlying behavioural, neural, and mechanical principles that contribute to motor skill learning.
- Demonstrate the ability to read, synthesize, and translate research findings.
- Evaluate experimental approaches to the assessment of motor behaviours.

Course Evaluation:

Lab Reports (4)	20%
Formative Evaluation Quizzes (2)	20%
Group Project	20%
Final Exam	40%

Course Outline

Brief History of Motor Behavior	Feedback, Skill Acquisition, and Learning
Analysis of Motor Control, Learning, and Performance	Disordered Motor Control
Information Processing and Models of Motor Control	Motor Learning and Control in Complex Environments
Sensory and Perceptual Contributions to Motor Control	Individual Differences and Motor Abilities
Speed and Accuracy Trade-offs	Evaluating Motor Learning
Models of Motor Learning	Review