

Master Syllabus

ENS 2316 - Motor Development & Motor Learning

Division: Health Sciences

Department: Exercise Science

Credit Hour Total: 3.0

Lecture Hrs: 3.0

Prerequisite(s): DEV 0035AND BIO 1222AND ENS 1118

Date Revised: September 2016

Course Description:

Explore motor development and motor skills across the lifespan. Awareness of body systems, their development and cycle of physical growth and maturation. Exploration of principles of motor learning and performance, including examination of elements that facilitate or prohibit the control, achievement and retention of motor skills.

General Education Outcomes:

- Oral Communication Competency
- Critical Thinking/Problem Solving Competency
- Information Literacy Competency

Course Outcomes:

Motor Skills and Fundamental Processes

Describe motor skills and learning and apply the fundamental processes underlying the learning and performance of movement.

Assessment Method: Locally developed exams
Performance Criteria:

Correctly answer 70% of exam questions.

Assessment Method: Simulations
Performance Criteria:

Student scores 70% or higher on rubric.

Motor Development and Cycle of Growth

Describe motor development across the lifespan and the cycle of growth and maturation.

Assessment Method: Locally developed exams
Performance Criteria:

Correctly answer 70% of exam questions.

Body Systems

Identify the body systems and describe their development and changes over the lifespan.

Assessment Method: Locally developed exams
Performance Criteria:

Correctly answer 70% of exam questions.

Stages of Learning

Explain the stages of learning and interpret abilities, skills, and individual differences.

Assessment Method: Locally developed exams
Performance Criteria:

Correctly answer 70% of exam questions.

Outline:

Physical growth

Maturation and aging

Development of motor skills across the lifespan

Development and aging of body systems - skeletal, muscular, adipose, nervous

Ballistic skills

Manipulative skills

Perceptual motor development

Physiological changes and exercise

Abilities, skills and individual differences

Information processing and interference, transfer of learning

Arousal, anxiety and attention

Closed and open loop control

Stages of learning

Types of practice and its effects on learning, optimizing practice

Creating a learning experience

Feedback and its effects on learning