THE UNIVERSITY OF BRITISH COLUMBIA
School of Kinesiology
Kinesiology 230
Winter 2019-2020: Term 2 (Version I)

Human Motor Behaviour

Instructor: Nicola J Hodges, PhD
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Lectures and seminars: Tuesday, Thursday: 15:30 – 17:00
Lecture Room: Wood 6
Office Hours: TAs; Tu 5-6pm (after class) or by appointment; Instructor; Th; 2-3 or by appointment

* All course information can be found at https://canvas.ubc.ca/
* If you need help/ have questions ACT early. Please follow the 5 steps below. Whenever, e-mailing the course instructor or teaching assistants, please include 'KIN 230’ in the subject heading.

Step 1: Read the book/check class notes/check notes on Canvas
Step 2: Discuss questions and cross-check notes with classmates
Step 3: Post questions on the Canvas “Discussion board” or chat and engage in Q&A forum
Step 4: Email TA
Step 5: Email Me

Course Description
KIN 230 provides a foundation for understanding the characteristics and principles of motor learning and control and how different factors influence learning and performance with a focus on sport application. This course is an introduction to the area of human motor learning/motor skill acquisition and control. It introduces students to the visual-cognitive processes that underlie human movement, the process of learning motor skills and the factors that influence acquisition, performance, and control. Students of this course will gain knowledge, appreciation, and understanding of the conceptual and empirical foundations in motor learning and control.

Rationale
This course exists to give you basic knowledge concerning how and why we move and acquire motor skills. It is designed to make you think about how and why we respond, plan and organize actions and attend to and process visual and verbal information in order to move, learn and teach motor skills. This course is a foundational course in motor behavior, which provides a background for KIN 330. This course fits generally with neuro-mechanical related courses and sport psychology/sport performance courses.

Concepts covered in this course have broad application to the field of Kinesiology with respect to workplace design, coaching, rehabilitation, physical education, strength and conditioning and sport performance.

Required Course Text
Course Learning Objectives
-- As part of the learning objectives of this course, students will:
1. Discuss fundamental principles and concepts in motor learning and control.
2. Define and explain the essential terms and language used in motor learning and control.
3. Understand the role of cognition, attention, and memory in motor learning and control.
4. Know the roles of augmented feedback and practice organization in motor skill acquisition.
5. Know how the information-processing framework is applied to motor learning and control.
6. Demonstrate understanding of how and why certain research methods and experiments aid our knowledge of motor learning and control.
7. Apply concepts and principles in motor learning and control to teaching, coaching, skill development, and overall motor performance.

Structure
This is a 3-credit course with mostly in-class lectures and tutorials on Tuesdays and Thursdays (there will also be a couple of online lectures). The lectures will focus upon the concepts, principles, and research in human motor behaviour and will complement the readings from the text and other posted materials. Students are responsible for reading the textbook and any assigned readings.

Throughout the term there will be ~5 tutorials held during regular class time. You are strongly encouraged to attend these tutorials if you wish to pass this course. During tutorials I will provide practice questions designed to help with study of the lecture notes and the textbook in preparation for the exams and to aid general understanding of the material. These questions will be posted on the web before the scheduled tutorial. We will also use the online quizzes from the course-text, web study-guide. During these tutorials, students are encouraged to work in small groups (~4/group) which will mimic the group portion of the two midterms. TAs and I will circulate during these tutorials to check answers/help with content. No new lecture material will be covered during tutorials. NO answer keys will be provided!

Lecture notes: Class notes will be made available in .pdf file-format through the canvas course website (.ppt slides will also be available for ~24 hours, if students wish to use these in class for note taking). I will endeavor to post notes at least 1 hour before the start of the class. Please keep in mind that these notes provide an overview of what will be covered and do not contain information related to discussions, in-class assignments, or detailed examples, which will be covered in class. They are subject to amendment in class time, especially if time prohibits discussion of all slides. If you miss a class, it is your responsibility to check with your classmates that any notes you download conform to what was covered in class.

Assessments and Examinations
Assessment of learning objectives will be conducted through written examinations (2 Midterms and 1 Final). Exams will cover material from all lectures and readings. Examinations will include multiple choice, true/false and short-answer questions. There will also be 2 Group Exams to encourage discussion of difficult questions, to gain immediate feedback from peers and to help with future study and learning.

Final (45% ~2.5hr): The final exam will be cumulative and inclusive of all material covered in the course. Students must write the final exam in order to complete the course. This course will adhere to the final exam date set by the University (in April). As per University regulations, no exceptions to the date of the final exam will be made. It is highly recommended that students do not book holiday travel arrangements until the final exam schedule is confirmed and posted by UBC.

Midterms TOTAL (55%): ** there will be NO make-up midterms**
Best midterm grade = 30% weighting, worst midterm grade = 25% weighting. If you miss one or both midterms, evidence is required (eg Doctor's note), for the exam grade weightings to change.
A 2 Stage-exam will be in place for midterm exams. Stage I will be the traditional individual exam (40-45 min). Stage II will be conducted in groups (30 min). Groups will be 4 people. Stage I will be worth (85%) and Stage II (15%) of the total percentage grade for that midterm. Stage I and II will be mostly, or exactly, the same exam. Your overall grade will NOT be lower than your individual exam grade, the group exam can only make your grade go up!

Midterm #1 – February 6
Midterm #2 – March 17

Midterm exam instructions

- Exam starts upon entering the room (start ~3:30pm). No talking, only a pen and calculator are allowed on desks. NO PHONES. Bags must be out of your sight and not blocking gangways.
- You will have 45 mins to complete Stage I (end 4:15pm).
- At 4:15pm, ALL exams will be collected. Make sure your name is on it.
- You can then quickly organize yourselves into groups of 4. Once in your group, please put up your hand and a new “group” exam will be given to your group (start ~4:20pm). If you are not in a group come to the front of the class and the TAs will help assign you to a group. Please write ALL your names on the front page.
- You will have 30 mins to complete Stage II (end 4:50pm)

Missed exams: Individuals who do not write a mid-term exam (e.g., due to illness, a family emergency, national/varisty sport commitments) will not be provided an opportunity to ‘reschedule’. If a student fails to write an exam, the weighting of the missed exam will be added to the value of the final exam only if acceptable supportive documentation is provided to the instructor. Students who cannot write the final exam when scheduled by the university must apply to the Undergraduate Advising Office as early as possible to request consideration for Academic Concession.

Academic Accommodation for Students with Disabilities
The University's goal is to ensure fair and consistent treatment of all students, including students with a disability, in accordance with their distinct needs and in a manner consistent with academic principles. Students with a disability who wish to have an academic accommodation should contact Access and Diversity without delay.

Academic Integrity
All UBC students are expected to behave as honest and responsible members of an academic community. Breach of those expectations or failure to follow the appropriate policies, principles, rules, and guidelines of the University with respect to academic honesty may result in disciplinary action. It is your responsibility to become familiar with the University of British Columbia’s Academic Honesty and Plagiarism Policies, as well as the Student Declaration and the consequences of violating these policies.

Course Policies
- Respect and consideration for fellow students, and instructors.
- Punctuality for class. Although lecture notes will be posted on the web, there is no substitute for actually being there in class (with the exception of the 2 online lectures).
- Attendance for all lectures and in-class tutorials is strongly encouraged.
- Students are expected to take all necessary steps to find out about changes, including but not limited to class attendance, checking emails, and checking online course management sites.
- Students are expected to consult the course website frequently (Canvas) for updates, changes, Discussion Board Q&A and lecture materials.
• The use of laptops, BlackBerry devices, iPods and cell phones is prohibited during exams. And please, no cell phones during lectures.
• Should a student choose not to adhere to these policies, resulting in the disruption of the other students’ learning environment, the instructor reserves the right to ask them to leave the classroom.

Lecture Topics and Readings (**Tentative Schedule**)  

Jan 7th – Feb 4th (chapters 1,2,3,4)  
• Defining and measuring motor behaviour “how skills are studied”  
• Processing information and making decisions  
• Memory and Attention  
• Closed-loop control /Sensory contributions I

Lecture 4 (ONLINE video/ on your own) = Jan 16th  
IN CLASS Tutorial 1 = Jan 21st  
IN CLASS Tutorial 2 = Feb 4th  
Midterm 1 = Th FEB 6\textsuperscript{th} (IN CLASS)  

Feb 11\textsuperscript{th}– March 12\textsuperscript{th} (chapters 4,5,6 (not bimanual), ch 8,9)  
• Sensory contributions II/vision  
• Open-loop control /central control strategies  
• Principles of speed and accuracy  
• Learning, performance and expertise

There will be no classes or office hours during reading week <Feb 18\textsuperscript{th} and 20\textsuperscript{th}>

Lecture 11 (ONLINE video/ on your own) – Mar 3rd  
IN CLASS Tutorial 3 = Feb 27\textsuperscript{th}  
IN CLASS Tutorial 4 = Mar 12\textsuperscript{th}  
Midterm 2 = Tu MAR 17\textsuperscript{th} (IN CLASS)  

Mar 19\textsuperscript{th} – April 7\textsuperscript{th} (chapters 9,10,11)  
• Conditions of practice  
• Theories of motor learning /challenge point  
• Augmented feedback

IN CLASS Tutorial 5 = Mar 31st  
Apr 7\textsuperscript{th} (last class).  
Final exam = date to be announced.