Course Syllabus
KIN 300 - Human Motor Performance
Term 1, 2021W1

Course Description and Learning Outcomes

This course is an introduction to the neural control of human movement. The course will cover topics such as sensorimotor control, motor learning, and motor performance. Students will learn about the neural mechanisms underlying human movement and how these mechanisms can be applied to improve performance in sport and exercise contexts. The course will also introduce students to the scientific methods used in research on human movement.

Instructor Bio

Dr. Jasmin Ma

Learning Activities

In-Between Weeks

- Reading assignments will be provided weekly.
- Online discussion forums will be used to facilitate student interaction and discussion of course material.

Active Learning

- Weekly small-group online sessions will be held to discuss the week's reading assignments.
- Students will be assigned group projects that require collaboration and critical thinking.

Assessment

- Attendance and participation in online sessions will contribute to the final grade (10%).
- Group projects (20%)
- Midterm exam (30%)
- Final exam (30%)

Course Schedule

Week 1: Introduction and Overview

- Lecture - Dr. Jasmin Ma

Week 2: Sensorimotor Control

- Reading assignments
- Online discussion forums

Week 3: Movement Control and Learning

- Reading assignments
- Online discussion forums

Week 4: Motor Performance

- Reading assignments
- Online discussion forums

Week 5: Group Project 1 - Planning and Execution

- Group Research Question

Week 6: Group Project 2 - Data Collection

- Group Research Question

Week 7: Group Project 3 - Data Analysis

- Group Research Question

Week 8: Group Project 4 - Report Writing

- Group Research Question

Week 9: Group Project 5 - Final Symposium Presentation

- Group Research Question

Tutorials

- Assignment 1A - Pre-Reading - Reading assignments
- Assignment 1B - Tutorial Activity - online discussion forums
- Assignment 2A - Reading assignments
- Assignment 2B - Tutorial Activity - online discussion forums
- Assignment 3A - Reading assignments
- Assignment 3B - Tutorial Activity - online discussion forums
- Assignment 4A - Reading assignments
- Assignment 4B - Tutorial Activity - online discussion forums
- Assignment 5A - Reading assignments
- Assignment 5B - Tutorial Activity - online discussion forums
- Assignment 6A - Reading assignments
- Assignment 6B - Tutorial Activity - online discussion forums
- Assignment 7A - Reading assignments
- Assignment 7B - Tutorial Activity - online discussion forums
- Assignment 8A - Reading assignments
- Assignment 8B - Tutorial Activity - online discussion forums

Final Exam

- Date: November 18, 2021
- Time: 3pm
- Location: TBA

Academic Integrity

- Cheating and plagiarism will not be tolerated.
- Students are expected to submit their own work and give proper credit to sources.

University Policies

- For more information, please visit the UBC's student website.

Course Summary

- Please refer to the course calendar for the schedule of lectures, tutorials, and assignments.
- Attendance is mandatory and will be taken into account in the final grade.