



**EFFECTIVE: SEPTEMBER 2004**  
**CURRICULUM GUIDELINES**

**A.** Division: **Education**

Effective Date:

**September 2004**

**B.** Department / **Science and Technology**  
Program Area:



2. The Basis of Motor Skill Acquisition
  - 2.1. Learning and Performance
    - 2.1.1. Motor performance and skill learning
    - 2.1.2. Types of learning
    - 2.1.3. Measurement of learning
    - 2.1.4. Individual differences in learning
    - 2.1.5. Theories and concepts of learning
  - 2.2. The Nature of Skill
    - 2.2.1. Mechanism of skilled act
    - 2.2.2. Characteristics of a skilled act
    - 2.2.3. Skill and habit
  - 2.3. Stages of Learning
    - 2.3.1. Cognitive stage (plan formation)
    - 2.3.2. Associative stage (practice)
    - 2.3.3. Autonomous stage (automatic)
  - 2.4. Factors Influencing Skill Acquisition
    - 2.4.1. Knowledge of results and feedback
    - 2.4.2. Conditions of practice
3. Psycho-social Factors Related to Motor Skill Learning and Performance
  - 3.1. Socialization Factors
    - 3.1.1. The process of socialization
    - 3.1.2. Factors influencing socialization
      - 3.1.2.1. Birth order
      - 3.1.2.2. Family
      - 3.1.2.3. Peers
      - 3.1.2.4. Others
  - 3.2. Personality Factors
    - 3.2.1. Theoretical positions
    - 3.2.2. Study of specific personality traits
    - 3.2.3. Assessment techniques
    - 3.2.4. Self-concept
    - 3.2.5. The athletic personality
      - 3.2.5.1. Team sports
      - 3.2.5.2. Individual sports
  - 3.3. Motivational Factors
    - 3.3.1. Theoretical positions
    - 3.3.2. Arousal, level of aspiration and goal-setting
    - 3.3.3. Reinforcement and punishment as motivators
  - 3.4. Competition Factors
    - 3.4.1. Stress and anxiety
      - 3.4.1.1. Theoretical positions
      - 3.4.1.2. State and trait anxiety
    - 3.4.2. Aggression
      - 3.4.2.1. Theoretical positions
      - 3.4.2.2. Aggression and frustration
      - 3.4.2.3. Aggression and violence
  - 3.5. Affiliation and Audience Factors
    - 3.5.1. Social facilitation (e.g. effect of spectators)
    - 3.5.2. Small group dynamics (e.g. cohesiveness)

**O: Methods of Instruction**

**Lectures**  
**Discussion Groups**  
**Practical Applications**  
**Field Observation**  
**Technology Assisted Learning**

**P: Textbooks and Materials to be Purchased by Students**

**Motor Learning: Concepts and Applications, current edition**  
**Sport Psychology: Concepts and Applications, current edition**

**Q: Means of Assessment**

<b>Midterm Examination</b>	<b>20%</b>
<b>Final Examination</b>	<b>20%</b>
<b>Motor Skills Experiment</b>	<b>20%</b>
<b>Observation Project</b>	<b>20%</b>
<b>Attendance, Participation and Quizzes</b>	<b>20%</b>
	<b>100%</b>

**R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR**

**Not at this time.**

**Course Designer(s)**