

Course Outline

School / Portfolio: Faculty of Health

Course Title: MOTOR DEVELOPMENT AND LEARNING

Course ID: EXSCI3006

Credit Points: 15.00

Prerequisite(s): HMALS1007

Co-requisite(s): Nil

Exclusion(s): Nil

ASCED Code: 69903

Program Level:

AQF Level of Program						
	5	6	7	8	9	10
Level						
Introductory	■	■	■	■	■	■
Intermediate	■	■	✓	■	■	■
Advanced	■	■	■	■	■	■

Learning Outcomes:

Knowledge:

- K1.** Explain human physical growth and maturation processes
- K2.** Explain the developmental process of fundamental movement patterns and the impact of human physical growth and maturation on movement pattern development
- K3.** Explain the teaching principles to ensure a safe and effective motor skill lesson
- K4.** Explain cognitive development and the impact it has on human physical growth and maturation
- K5.** Discuss the characteristics and differences of novice and expert performers
- K6.** Explain the concept of learning as it relates to motor skill production
- K7.** Discuss the various methods of promoting learning and enhancing performance
- K8.** Discuss the variables of instruction and feedback that affect learning
- K9.** Understand the different methods and technologies used to assist motor skill learning and perceptual-cognitive tasks

Skills:

- S1.** Analyse particular fundamental motor and sport skills and determine the impact of cognitive development and growth and maturation and the modes of motor learning being utilized
- S2.** Design appropriate learning environments relevant to skill/task analysis demands
- S3.** Critically examine teaching/coaching settings from a motor learning perspective

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Application of knowledge and skills:

A1. Apply the principles of practice and feedback to various teaching/coaching settings

Course Content:

Topics may include:

- Growth and Maturation
- Normative Development of FMS
- Motor Abilities
- Proprioception
- Augmented feedback
- Practice Variability
- Transfer of Learning
- Demonstrations and Instructions
- Motor Control Theories

Values and Graduate Attributes:

Values:

- V1.** Understand the interaction of motor learning with other human movement sub-disciplines
- V2.** Recognise the contribution of motor learning research to the development of effective coaching/teaching environments

Graduate Attributes:

Attribute	Brief Description	Focus
Continuous Learning	Students will be encouraged to build on prior growth and development, and motor learning knowledge and life experiences, setting an expectation and establishing behaviour patterns to construct new meaning and skill application to adapt to different settings	Medium
Self Reliance	Students will develop self reliance through successfully working independently to consistently review knowledge and meet deadlines for the regular theory tests. Students' ability to meet these expectations and challenges will provide them with the confidence and assurance to be successful as learners and teachers.	Medium
Engaged Citizenship	Students will engage with their peers through collaborative work during laboratory sessions	Low
Social Responsibility	Socially responsible attitudes and behaviours will be enhanced through participation in laboratory sessions whereby students will learn to respect the sensitivities and work capacities of others. They will also learn the ethical expectations when working in a sport skill teaching/coaching setting.	Medium

Learning Task and Assessment:

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Assessment Task	Assessment Type	Weighting
Attendance and participation in laboratory/tutorial classes	90% class attendance and completion of worksheets for each group presentation	S/U
Completion of laboratory reports	Laboratory activities workbook	10-30%
Review of lecture, laboratory, tutorial and readings content	Class tests	20-50%
Research the motor learning process of a specific motor skill according to the human development across a lifespan, including stages of cognitive development and growth and maturation.	Group presentation using ICT and a worksheet to support students' learning throughout the presentation	20-40%

Adopted Reference Style:

APA