

↳ Kines-257

Course Readings



The course text is Motor Learning Concepts and Applications (2004) Seventh Edition, by Richard Magill. This text will cover approximately 70% of the required reading. Other readings will come from a variety of sources and will be on reserve at the Applied Life Studies Library. References for these readings are provided below. Complete the assigned reading before the lecture period. Please go to the lab page to obtain material that should be read before attending labs.

Reading Schedule

- January 23, 25 – Coordination, Control and Skill & Skill Taxonomies
 - Magill pp. 53-56, 68-70, Chapter 1 pp. 2-17
 - Singer 12-22
- January 30, Feb. 1 – Methodology in Studying Motor Skill & Evaluation of Movement Outcome
 - Magill Chapter 2 pp. 18-36
 - Higgins 119-121
 - Schmidt & Lee 15-40 (Chapter 2)
- February 6 – Fundamental Activities: Posture/Locomotion/Manipulation
 - Magill Chapter 5 pp. 75-89 and Chapter 6 pp. 90-117
 - Enoka 198-200
 - Alexander Walking and Running
- February 8 – Neuro-control
 - Rose Chapter 3
 - Coker Chapter 4
- February 13, 15 – Mechanisms of Movement Control & Fundamental Units of Action
 - Magill Chapter 4, 6 pp. 50-74
- February 27, Mar.1 – The Skill Acquisition Process & Learning and Performance
 - Magill Chapter 10 pp. 192-206
- March 6, 8 – Skill Acquisition Stages, Models, and Theories
 - Magill Chapter 11 pp. 207-230
 - Gentile – A Working Model of Skill Acquisition with Applications to Teaching
- March 13, 15 – Instructions and Demonstrations & Guided Practice
 - Knapp 16-32
 - Magill Chapter 13 pp. 248-267
- March 27, 29 – Feedback & Knowledge of Results
 - Magill Chapter 14 pp. 268- 304

- April 5, 10 – Conditions of Practice: Distribution, Part-Whole, Variability Fatigue, etc.
 - Magill Chapter 15, 16, 17, 18 pp. 306-359
- April 12, 17 – Retention and Transfer of Motor Skill
 - Magill Chapter 9 pp. 167-189 and Chapter 12 pp. 231-245
- April 19, 24 – Constraints: Task, Environment, and Organism
 - Higgins 75-83, 102-115
 - Magill Chapter 7 pp. 118-138
- April 26, May 1 – Individual Differences: Abilities and Specificity
 - Magill Chapter 3 pp. 37-47 and Chapter 11 pp. 224-228

References for Readings

- Alexander, R. M. (1984) Walking and Running. *American Scientist*, 72, 348-354.
- Coker, C. A. (2004) Motor Learning and Control for Practitioners. McGraw-Hill publishers. Chapter 4.
- Enoka, R. M. (1988) *Neuromechanical Basis of Human Movement*. Champaign, IL: Human Kinetics Publishers.
- Gentile, A. (1972) A Working Model of Skill Acquisition with Applications to Teaching. *Quest*, 17, 3-23
- Higgins, J. R. (1977) *Human Movement: An Integrated Approach*. St. Louis: Mosby.
- Knapp, B. (1963) *Skill in Sport*. London: Routledge & Kegan Paul
- Magill, R. A. (2001) *Motor Learning Concepts and Applications*, (6th Edition) Dubuque, IA: Brown.
- Martin, J. P. (1977) A Short Essay on Posture and Movement. *Journal of Neurology, Neurosurgery, and Psychiatry*, 40, 25-29.
- Rose, D. J. (1997) *A Multilevel Approach to the Study of Motor Control and Learning*. Boston: Allyn & Bacon.
- Schmidt, R. A. & Lee, T. (1989) *Motor Learning and Control* (3rd Edition). Champaign, IL: Human Kinetics Publishers.
- Shumway-Cook, A. & Woollacott, M. H. (2001) *Motor Control Theory & Practical Application*. Phil: Lipponcott Williams & Wilkins.
- Singer, R. N. (1975) *Motor Learning and Human Performance*. New York: MacMillian.
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