TIME & PLACE: Monday, Wednesday, and Friday 10:00-10:50 AM; Rm. 207 Johnson Center

INSTRUCTOR: Karen M. Smail, Ph.D.

OFFICE HOURS: MWF 11:00-12:00 or by appointment

OFFICE: RM. 312 Silcox Physical Education & Health Center (MWF)
RM. 111 86 Wentworth Street (SOEHHHP) (T,Th)

PHONE/FAX: (843)953-8247/953-6757

EMAIL: smailk@cofc.edu

PREREQUISITES: None


COURSE DESCRIPTION: The course focuses on skill acquisition with primary consideration being given to the cognitive, affective, physiological, and motor processes underlying the learning of motor skills. Topics covered include (but are not limited to): fundamental concepts, maturation, growth and aging, development and aging of body systems, early motor development, principles of motion and stability, locomotion, ballistic skills, manipulative skills, sensory system development, perceptual motor development, social and cultural constraints, psychosocial, functional constraints and development of cardio-respiratory endurance and strength and endurance.


COURSE OBJECTIVES: Competencies within the course should prepare students to:

1. **Distinguish** the contributions of motor control, motor learning and motor development to movement production and motor skill performance
2. **Understand** the physiological and psychological processes involved with movement production and motor skill performance.
3. **Learn** how having different motor, cognitive, and social abilities affects how, when and why an individual learns and performs motor skills.
4. **Apply** the basic principles used to develop, implement and critically assess motor skills programs for learners.
5. **Describe** changes that occur in motor performance throughout the lifespan.

**Student Learning Outcomes:**

This course will provide a variety of lectures, guest speakers, readings, discussion, presentations, and writing experiences designed to assist the student in meeting the SLOs for this course. By the end of the course, students will be able to:

1. **Describe** how growth and development occur in the skeletal, muscular, adipose, endocrine and nervous systems throughout the lifespan.
2. **Understand** how humans learn, develop and control simple to complex motor movements.
3. **Explain** how infant milestones, locomotion, ballistic skills, and reaching and grasping develop across the lifespan.
4. **Interpret** the impact of cardio-respiratory endurance, strength, flexibility, and body composition on fitness across the lifespan.

**REQUIREMENTS:**

<table>
<thead>
<tr>
<th>Exams</th>
<th>53%</th>
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<tbody>
<tr>
<td>Exam #1 (chpt. 1,4,5)</td>
<td>60 points</td>
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<tr>
<td>Exam #2 (chpt. 6,7,8,9,3)</td>
<td>70 points</td>
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<tr>
<td>Exam #3 (chpt.10,11, 12, 13, 14, 15,16,17)</td>
<td>100 points</td>
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Labs (3 @ 30 points each)
- Lab #1  Sport Injuries
- Lab #2  Assessing Skill Development
- Lab #3  Skill Acquisition

Quizzes (max. 25 points) | 6%

Paper (60 points) | 14%

Professional Activity points (25 points) | 6%

Bonus Assignments (1 points/chapter; max. 12 pts.) |
DESCRIPTION OF PROJECTS:

1. **Exams**: There will be 3 unit exams, 2 exams will be held in class while the 3rd exam will be held during final exam week. The list of chapters covered on exams listed below is tentative. The exact chapters will depend on what is covered over the course of the classes leading up to each exam and will be specifically covered by the professor.

   **Exam #1** will cover chapters 1, 4, 5 as well as in class discussions germane to the topics in these chapters. Questions will be derived from Lab #1.

   **Exam #2** will cover chapters 6, 7, 8, 9, 3 as well as in class discussions germane to the topics in these chapters

   **Exam #3** will cover chapters 10, 11, 12, 13, 14, 15, 16, 17 as well as in class discussions germane to the topics in these chapters.

**DATE**: Monday April 25, 2016  8:30-11:00 AM in rm. Johnson 207

2. **Labs**: Labs will run in conjunction with the units covered in the textbook. Labs will be typed and one submission is required per group as per the outline discussed in class. Labs will be done in groups and each group member will be evaluated on their contribution to the project by other group member, **SO DO YOUR PART**. Labs will be conducted outside of scheduled class time.

3. **Paper**: Final projects will be completed by each student in the class. Topics can be selected by the student in relation to subjects discussed throughout the semester. If you cannot select a topic the professor will assign one to you. Each student will be expected to write a paper following the specific details discussed in class.

4. **Quizzes**: Will be held throughout the semester based on assigned readings. Quizzes **may not** be announced during class so each student must keep up with the scheduled readings. WebCT calendar will have readings listed.

5. **Professional Activity Points**:

   1. Each student will maintain a level of participation in professional activities throughout the semester. Professional activities are different for each person depending on your area of interest. The question you need to ask yourself when determining if it is “professional” is “are you benefiting professionally
from your involvement?” You may not get paid for your volunteer experience. A write up must be submitted to receive points for each activity. The write up must include the specific date, time, and location of your experience. Followed by a description of what you did and how you benefited from it professionally. These activities are recommended but not limited to student participation:

a. First Aid/CPR certification (valid through last day of semester) (5 pts)
b. Student organization meetings (HEHP club, and SSMA club) (2pts./meeting), officer, event coordinator (max. 10 pts)
c. Conferences – attend a conference (max. 10 pts.)
d. activities that assist with professional development (1 pt. per hour/session) (max. 10 pts. per activity)
e. Jump Rope for Heart Feb. 19, 2016 Silcox Gym (5 pts.)

Other activities that assist with professional development are available. Before completing volunteer activities verify with the professor that the activity is acceptable for professional activity points.

6. Bonus
Submit “Test Your Knowledge” questions located at the end of each chapter for each of the chapters covered by the exam. For example: Test 1 = chapters 1,4, and 5; Test 2 = chapters 6,7,8,9,3; Final Exam = 10,11,12, 13, 14, 15,16,17. Questions must be typed and are due prior to the starting of the exam. Questions may be submitted electronically. Once the exam starts no submissions will be accepted for bonus points. One point per chapter will be awarded for a maximum of 13 points.

EVALUATION SCALE:

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<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>90-100%</td>
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<tr>
<td>A-</td>
<td>88-89%</td>
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<td>B+</td>
<td>85-87%</td>
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<td>B</td>
<td>80-84%</td>
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<td>B-</td>
<td>78-79%</td>
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<td>C+</td>
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<tr>
<td>D-</td>
<td>62-63%</td>
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<td>F</td>
<td>&lt;62</td>
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ATTENDANCE POLICY:
Attendance will be taken in every class. Each student is allowed 3 unexcused absences without penalty. After 3 unexcused absences, 5 points per additional unexcused absence will be deducted from your final grade average. If you are not present when roll is called and choose to enter the class late you are considered tardy. Being tardy two times equal one absence. Students will not be withdrawn for excessive absents, but will lose points as per the stated policy above. Excused absences do not follow the above stated policy. Excused absences are in accordance with the College of Charleston policy.

EXAMINATION POLICY:
Exams must be taken on the day assigned unless arrangements are made prior to the test date. If a student is absent on the day of an exam, he/she will receive a zero if the professor is not notified before class time.

PROVISIONS FOR STUDENTS WITH SPECIAL NEEDS:
The College of Charleston and I are committed to the full inclusion of all students. Students who have a documented disability and require academic accommodations should contact the professor immediately. Please do not wait until a difficulty is encountered to communicate such requests. Every effort will be made to make specific accommodations so that you can reach your full potential in this class.

This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education “solely by reason of a handicap.” Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services, (843) 953-1431 or me so that such accommodation may be arranged.

MAKE UP POLICY:
Late assignments will not be accepted beyond the due date. All make up exams must be made up within one week of the original exam date. This is the students’ responsibility to make the necessary arrangements.
HONOR SYSTEM: See the most current issue of the College of Charleston Student Handbook (Academic Honor System).

HONOR CODE AND ACADEMIC INTEGRITY: Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Each incident will be examined to determine the degree of deception involved.

Incidents where the instructor determines the student’s actions are related more to a misunderstanding will be handled by the instructor. A written intervention designed to help prevent the student from repeating the error will be given to the student. The intervention, submitted by form and signed by both the instructor and the student, will be forwarded to the Dean of Students and placed in the student’s file.

Cases of suspected academic dishonesty will be reported directly by the instructor and/or others having knowledge of the incident to the Dean of Students. A student found responsible by the Honor Board for academic dishonesty will receive a XF in the course, indicating failure of the course due to academic dishonesty. This grade will appear on the student’s transcript for two years after which the student may petition for the X to be expunged. The student may also be placed on disciplinary probation, suspended (temporary removal) or expelled (permanent removal) from the College by the Honor Board.

Students should be aware that unauthorized collaboration—working together without permission—is a form of cheating. Unless the instructor specifies that students can work together on an assignment, quiz and/or test, no collaboration during the completion of the assignment is permitted. Other forms of cheating include possessing or using an unauthorized study aid (which could include accessing information stored on a cell phone), copying from others’ exams, fabricating data, and giving unauthorized assistance.

Research conducted and/or papers written for other classes cannot be used in whole or in part for any assignment in this class without obtaining prior permission from the instructor.
Students can find the complete Honor Code and all related processes in the *Student Handbook* at http://www.cofc.edu/generaldocuments/handbook.pdf