COURSE SYLLABUS

Course Number and Title: KINE 3090 Motor Behavior

Instructor: Dr. Jeff E. Goodwin
Office: PEB 205-H
Phone: (940) 565-2651 (Department)
Email: jeff.goodwin@unt.edu
Teaching Assistant: Cassidy Brown (CassidyBrown3@my.unt.edu)

Office Hours: TR 11:00 AM - 12:00 PM (PEB 205-H), TR 3:00 - 4:00 (Virtual Zoom 950 593 1743), or by appointment

Course Description: Concepts related to motor skill acquisition, motor control and motor performance.

Enrollment Prerequisites: PHED 1000, KINE 2030, KINE 2050, and KINE 3080 with a minimum average GPA of a 3.0 across the four courses.

General Objective: Motor learning and performance provides an examination of the motor and cognitive characteristics of individuals involved in learning or performing motor skills and the conditions that can influence learning. Instruction will focus on learning the processes underlying skilled performance, how skilled performances are learned, and how to apply the principles of skilled performance and learning to instructional settings. An understanding of the basic psychological processes involved in learning and control of movement will help professionals provide better instruction and practice conditions for the performer.

Required Textbook:

Grading:
1. Quizzes (20%)
2. Exam 1 (20%)
3. Exam 2 (20%)
4. Exam 3 (20%)
5. Exam 4 (20%)

Grading Scale:
90.00 - 100.00% -- A
80.00 - 89.99% -- B
70.00 - 79.99% -- C
60.00 - 69.99% -- D
00.00 - 59.99% -- F

TENTATIVE COURSE SCHEDULE

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>WHAT TO DO!</th>
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</table>
| 08-23 M  | Introduction To Course   | 1. Read And Understand Course Syllabus  
                                         2. Turn In Pages 9-10 From Course Syllabus  
                                         3. Purchase Or Rent Textbook   |
<p>| 08-25 W  | The Classification Of Motor | 1. Read Chapter 1                                                                   |</p>
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Course</th>
<th>Tasks</th>
<th>Quiz Details</th>
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<tbody>
<tr>
<td>09-08 W</td>
<td>Quiz</td>
<td>The Measurement Of Motor Performance</td>
<td>✓ Quiz will cover information from Preparation Guides:&lt;br&gt;1. The Classification Of Motor Skills And&lt;br&gt;2. The Measurement Of Motor Performance</td>
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<tr>
<td>09-13 M</td>
<td>Quiz</td>
<td>Defining And Assessing Learning</td>
<td>1. Read Chapter 11&lt;br&gt;2. Complete Preparation Guide: Defining And Assessing Learning&lt;br&gt;3. Watch Video Presentation: Defining And Assessing Learning Part I&lt;br&gt;4. Watch Video Presentation: Defining And Assessing Learning Part II&lt;br&gt;5. Complete Practice Quiz: Understanding Research Graphs Available: 09-13 @ 7:00 AM Deadline: 09-15 @ 7:00 AM</td>
<td>✓ Quiz will cover information from Preparation Guides: &lt;br&gt;1. The Measurement Of Motor Performance And&lt;br&gt;2. Defining And Assessing Learning</td>
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<tr>
<td>09-15 W</td>
<td>Quiz</td>
<td>Defining And Assessing Learning</td>
<td>✓ Quiz will cover information from Preparation Guides: &lt;br&gt;1. The Measurement Of Motor Performance And&lt;br&gt;2. Defining And Assessing Learning</td>
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<tr>
<td>09-22 W</td>
<td>Quiz</td>
<td>The Stages Of Learning</td>
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<td>09-27 M</td>
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<td>EXAM 1</td>
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<tr>
<td>10-04 M</td>
<td>Quiz</td>
<td>Motor Abilities</td>
<td>✓ Quiz will cover information from Preparation Guides: &lt;br&gt;1. Motor Abilities And&lt;br&gt;2. Neuromotor Basis For Motor Control</td>
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<td></td>
<td>Quiz</td>
<td>Neuromotor Basis For Motor Control</td>
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<td>10-06 W</td>
<td>Motor Control Theories</td>
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<td>Action Preparation</td>
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<td>10-11 M</td>
<td>Motor Control Theories</td>
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<td>Action Preparation</td>
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<tr>
<td>10-13 W</td>
<td>Memory Components, Forgetting, And Strategies</td>
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<td>10-18 M</td>
<td>Memory Components, Forgetting, And Strategies</td>
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<td>10-20 W</td>
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<tr>
<td>10-25 M</td>
<td>Practice Organization – Practice Variability And Specificity</td>
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<tr>
<td>10-27 W</td>
<td>Practice Organization – Practice Variability And Specificity</td>
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<tr>
<td>11-01 M</td>
<td>Practice Organization – The Amount And Distribution Of Practice</td>
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<td>11-03 W</td>
<td>Practice Organization – The Amount And Distribution Of Practice</td>
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<tr>
<td>11-08 M</td>
<td>Practice Organization – Whole And Part Practice</td>
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**Quiz**

- **Quiz will cover information from:**
  - Motor Control Theories And Action Preparation
  - Memory Components, Forgetting, And Strategies
  - Practice Variability And Specificity Part I
  - Practice Variability And Specificity Part II
  - The Amount And Distribution Of Practice

**EXAM 2**

- **Quiz will cover information from:**
  - Practice Variability And Specificity Part I
  - Practice Variability And Specificity Part II

- **Practice Organization – Whole And Part Practice**
  1. Read Chapter 18
  2. Complete Preparation Guide: Whole And Part Practice
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<thead>
<tr>
<th>Date</th>
<th>Quiz/Exam</th>
<th>Activity</th>
<th>Notes</th>
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<tr>
<td>11-10 W</td>
<td>Quiz</td>
<td>Watch Video Presentation: Whole And Part Practice</td>
<td>Quiz will cover information from:</td>
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<td></td>
<td>Practice Organization – Whole And Part Practice</td>
<td>1. Table Of Test Specifications – Exam 3</td>
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<td>11-15 M</td>
<td>EXAM 3</td>
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<td>11-17 W</td>
<td>Augmented Feedback</td>
<td>1. Read Chapter 15</td>
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<td>3. Watch Video Presentation: Augmented Feedback Part I</td>
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<td>5. Watch Video Presentation: Augmented Feedback Part II</td>
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<td>11-22 M</td>
<td>Quiz</td>
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<td></td>
<td>Augmented Feedback</td>
<td>Quiz will cover information from Preparation Guides:</td>
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<td>1. Augmented Feedback Part I And 2. Augmented Feedback Part II</td>
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<td>11-24 W</td>
<td>Augmented Feedback</td>
<td>1. Read Chapter 15</td>
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<td>2. Complete Preparation Guide: Augmented Feedback Part III</td>
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<td>3. Watch Video Presentation: Augmented Feedback Part III</td>
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<td>5. Watch Video Presentation: Augmented Feedback Part IV</td>
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<td>11-29 M</td>
<td>Quiz</td>
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<td></td>
<td>Augmented Feedback</td>
<td>Quiz will cover information from:</td>
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<td>1. Table Of Test Specifications – Exam 4</td>
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<td>12-01 W</td>
<td>EXAM 4</td>
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<td>12-08 W</td>
<td>TBD</td>
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<td>KINE 3090 9:30 AM Section will meet on Wednesday (December 8) at 8:00 AM only if there is a significant change to the course schedule. If no significant change occurs, then this date/time will NOT be used.</td>
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**Friendly Advice:**

The topics presented in this course are not something that you should let slide until the night or the week before exams. Much of the course is cumulative, with each class lesson dependent on one’s comprehension of what came before. You should keep up with the course on a day-to-day basis. You should be prepared to spend up to three hours outside of class for each hour in class. This is a 3-hour class, so you should plan to spend **3 hours per week in class** and **6-9 hours per week outside of class** reading the textbook, reviewing your class notes, working through Preparation Guides, and watching video presentations related to course content. When I emphasize to students how much time it takes and how hard they have to work to do well in this course, students who believe it are the ones who would work hard anyway. My experience is that many students underestimate the amount of time and effort that they must put forth in this course to do well.

I normally post an announcement at the end of each week (e.g., Thursday or Friday) letting you know what to expect for the upcoming week. The announcements are titled: Prepare Now - A Look Ahead. Please read the announcements since they may contain important information about quizzes. I expect the following from you:

- **Read Chapter In Textbook PRIOR To Class.**
- **Complete Preparation Guide PRIOR To Class.**
- **Attend Class And Stay Engaged During Lecture.**
- **Study To Learn: After Each Class And Prior To Class.**
“If you are disciplined enough to do all the things you have to do when they have to be done, then someday you’ll have the freedom to do what you want to do when you want to do it.” Charles Jones, successful entrepreneur.

Course Policies:

It is the student’s responsibility to understand and follow the course policies outlined in the course syllabus.

1. UNT encourages everyone to wear a face covering when indoors, regardless of vaccination status, to protect yourself and others from COVID infection, as recommended by current CDC guidelines. Face covering guidelines could change based on community health conditions.

2. Students are expected to attend class meetings regularly and to abide by the attendance policy established for the course. It is important that you communicate with the professor and the instructional team PRIOR to being absent, so you, the professor, and the instructional team can discuss and mitigate the impact of the absence on your attainment of course learning goals. Please inform the professor and instructional team if you are unable to attend class meetings because you are ill, in mindfulness of the health and safety of everyone in our community.

   If you are experiencing any symptoms of COVID-19 (https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) please seek medical attention from the Student Health and Wellness Center (940-565-2333 or askSHWC@unt.edu) or your health care provider PRIOR to coming to campus. UNT also requires you to contact the UNT COVID Team at COVID@unt.edu for guidance on actions to take due to symptoms, pending or positive test results, or potential exposure.

3. Remote instruction may be necessary if community health conditions change or you need to self-isolate or quarantine due to COVID-19. Students will need access to a webcam to participate in fully remote portions of the class. Information on how to be successful in a remote learning environment can be found at https://online.unt.edu/learn.

4. Students are expected to conduct themselves during class as responsible adults, behaving as they would in a business meeting. This includes arriving to class on time; remaining in class until dismissed; refraining from talking to other students during lecture, or reading materials such as newspapers, books, etc., or studying other class material, or passing notes to others students, or sleeping, or not paying attention. Arriving late for class or leaving before dismissal is disruptive to the learning environment. Students should refrain from leaving and returning to class while class is in session, again as this is disruptive to the learning environment. If you need to leave the classroom, for whatever reason, PRIOR to dismissal then please do NOT return as it is a distraction. Let me be clear, showing up late, leaving early, or stepping out of class (e.g., to use a cell phone) is distracting to other students and the instructor.

   Student behavior that interferes with an instructor’s ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The university's expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at www.deanofstudents.unt.edu.

5. Quizzes are required in this course. Quizzes will be announced and unannounced (pop). During most scheduled face-to-face class meetings, a quiz will be administered. On days involving a quiz, if a student comes in late and
another student in the course has already completed the quiz, it is at the discretion of the instructor to give the student who is late an opportunity to take the quiz. The best way to prevent this from occurring is to be on time. Failure to take a quiz at the scheduled time will result in a grade of zero unless individuals have made special arrangements with the instructor PRIOR to the class using your EagleConnect (email) account. Leaving the classroom after taking a quiz will result in the quiz being assigned a zero. Make-up quizzes will NOT normally be administered.

Exams are required in this course. On days involving an exam, if a student comes in late and another student in the course has already completed the exam, it is at the discretion of the instructor to give the student who is late an opportunity to take the exam. The best way to prevent this from occurring is to be on time. Failure to take an exam at the scheduled time will result in a grade of zero unless individuals have made special arrangements with the instructor PRIOR to the class using your EagleConnect (email) account. Make-up exams will NOT normally be administered.

There are a few situations when the instructor will consider a make-up quiz and exam. First, the student must have contacted the instructor PRIOR to the class using your EagleConnect (email) account. You must contact me before you miss a scheduled quiz or exam, NOT after. Second, make-up quizzes and exams are given only if you have either an excuse which has been approved by the Dean of Students or an absence excused by the University. Make-up quizzes and exams are all short answer/essay/discussion questions.

If you are scheduled to participate in an official University function on the date of a quiz or exam, please contact me to schedule a make-up session. You are expected to take the quiz or exam PRIOR to leaving for the official University function.

Students will NOT have the opportunity to review quizzes and exams during class. Students have the responsibility of reviewing quizzes and exams during the instructor’s office hours (or by appointment). Students have one week to review quizzes and exams. After the one week period, students will NOT have the opportunity to review quizzes and exams.

6. There is no extra credit opportunity in the course. Emails inquiring about extra credit will NOT be answered.

7. The grading scale is outlined in the course syllabus. It is highly unlikely that there will be a curve at the end of the semester. Emails inquiring about a curve or increasing a grade will NOT be answered.

8. The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking reasonable accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with a reasonable accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request reasonable accommodations at any time, however, ODA notices of reasonable accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of reasonable accommodation for every semester and must meet with each faculty member PRIOR to implementation in each class. Students are strongly encouraged to deliver letters of reasonable accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information see the Office of Disability Accommodation website at http://www.unt.edu/oda. You may also contact them by phone at 940.565.4323. The designated liaison for the Department of Kinesiology, Health Promotion and Recreation is Mrs. Doryce Judd (Doryce.Judd@unt.edu). Grades assigned before an accommodation is provided will not be changed.
9. Family Educational Rights and Privacy Act (FERPA) Information: Students have the right to expect their grades will be kept confidential. There are a few things, because of the size and/or nature of this class, the instructor must advise you of regarding collection and distribution of examination results, quiz results, homework assignments, roll sheets, projects, etc. During a class, it may be necessary for you to pass your assignments forward to the instructor or it may be necessary for the instructor to call your name and then return your completed assignment to you by passing it across the room. The instructor, under the reasonable assumption guidelines, assumes students are collecting only their own materials. Every attempt will be made to keep your information confidential. Neither your course grades nor grades for any assignment will be posted in a way that could result in your being identified by other students or faculty members.

10. All students should activate and regularly check their EagleConnect (email) account. EagleConnect is used for official communication from the University to students. Many important announcements for the University and College are sent to students via EagleConnect. Due to the amount of spam e-mail messages, I normally do not receive or respond to messages sent from outside service providers (e.g., Yahoo, Hotmail, AOL, Verizon, Gmail, etc.).

11. The Student Perceptions of Teaching (SPOT) is a requirement for all organized classes at UNT. This short survey will be made available to you at the end of the semester, providing you a chance to comment on how this class is taught. I am very interested in the feedback I get from students, as I work to continually improve my teaching. I consider the SPOT to be an important part of your participation in this class.

12. Categories of Academic Dishonesty:

**Cheating:** The use of unauthorized assistance in an academic exercise, including but not limited to:
1. use of any unauthorized assistance to take exams, tests, quizzes or other assessments;
2. dependence upon the aid of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems or carrying out other assignments;
3. acquisition, without permission, of tests, notes or other academic materials belonging to a faculty or staff member of the University;
4. dual submission of a paper or project, or re-submission of a paper or project to a different class without express permission from the instructor;
5. any other act designed to give a student an unfair advantage on an academic assignment.

**Plagiarism:** Use of another’s thoughts or words without proper attribution in any academic exercise, regardless of the student’s intent, including but not limited to:
1. the knowing or negligent use by paraphrase or direct quotation of the published or unpublished work of another person without full and clear acknowledgement or citation.
2. the knowing or negligent unacknowledged use of materials prepared by another person or by an agency engaged in selling term papers or other academic materials.

**Forgery:** Altering a score, grade or official academic university record or forging the signature of an instructor or other student.

**Fabrication:** Falsifying or inventing any information, data or research as part of an academic exercise.

**Facilitating Academic Dishonesty:** Helping or assisting another in the commission of academic dishonesty.

**Sabotage:** Acting to prevent others from completing their work or willfully disrupting the academic work of others.

**Available Academic Penalties:** The following academic penalties may be assessed at the instructor’s discretion upon
determination that academic honesty has occurred. Admonitions and educational assignments are not appealable:

1. Admonition: The student may be issued a verbal or written warning.
2. Assignment of Educational Coursework: The student may be required to perform additional coursework not required of other student in the specific course.
3. Partial or no credit for an assignment, assessment or course grade: The instructor may award partial or no credit for the assignment or assessment on which the student engaged in academic dishonesty, to be calculated into the final course grade.
4. Adjustment of final course grade: The instructor may assign a lower course grade.
1. What is your gender?
   A. female
   B. male

2. What is your classification?
   A. first year
   B. sophomore
   C. junior
   D. senior
   E. other

3. What is your grade point average (skip if you are just starting college)?
   A. 3.50 - 4.00
   B. 3.00 - 3.49
   C. 2.50 - 2.99
   D. 2.00 - 2.49
   E. below 2.00

4. My career goal is to be (circle one answer):
   A. physical education teacher
   B. middle school, high school, or collegiate coach
   C. personal trainer / fitness instructor
   D. strength and conditioning specialist
   E. physical therapist
   F. occupational therapist
   G. other: ______________ (please identify)
   H. undecided

5. My educational goal is to earn:
   A. high school diploma
   B. bachelor’s degree
   C. master’s degree
   D. doctoral degree

6. How many times have you enrolled in KINE 3090?
   A. one - my first time is this semester
   B. two
   C. three
   D. four

7. What final course grade do you expect to earn?
   A. grade of A
   B. grade of B
   C. grade of C
   D. grade of D
   E. grade of F

8. How many classes do you plan to miss?
   A. zero
   B. one
   C. two
   D. three
   E. four or more

9. How many hours a week do you work?
IN ONE MILLION WORDS OR LESS

In one million words or less, please tell me about yourself. Include anything such as: special talents, unique situations, non-academic interests, professional career goals, how you learn best, or just plain brag about yourself.