**KINE 3090 (Section 002): Motor Behavior**

Fall 2025 | Monday/Wednesday 9:30am – 10:50am

PEB 216

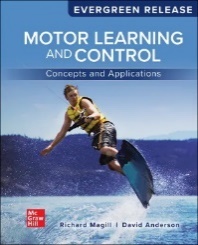
Department of Kinesiology, Health Promotion and Recreation

University of North Texas

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| **Professor:** | Dr. Samantha Moss | **Teaching Assistant:** | Jessica Pegg |
| **Office:** | PEB 210Q | **Email:** | Jessicapegg@my.unt.edu |
| **Email:** | [Samantha.moss@unt.edu](mailto:Samantha.moss@unt.edu) | **Office Hours:** | Tuesdays 12:00pm – 1:00pm |
| **Office Hours:** | Mondays 11:00am – 12:30pm  Wednesdays 8:00am – 9:30am |  |  |
| **Office Phone:** | 940-565-2651 |  |  |

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

**Prerequisites:** Kinesiology majors must have passed MATH 1680, PHED 1000, KINE 2030, and KINE 2050 with a minimum grade of a C AND have a 2.5 overall GPA or higher.

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**Required Materials**

Textbook: Magill, R.A., & Anderson, D. (2024). *Motor learning and control: Concepts and applications* (12th edition). New York, NY: McGraw Hill.

Supplementary Reading: These will be available for students on Canvas to download and read for specific chapters.

Technology: This course has digital components. To fully participate in this class, students will need internet access to reference content on the Canvas Learning Management System. If circumstances change, you will be informed of other technical needs to access course content. Information on how to be successful in a digital learning environment can be found at [Learn Anywhere](https://online.unt.edu/learn) (<https://online.unt.edu/learn>).

**Learning Objectives**

Motor learning and performance provides and 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.

**Course Content:** Requirements for completion of the course are outlined in the table below. There will be three exams during the semester, one final exam (cumulative), and assignments (to be completed in class or if not finished at home). More specific information regarding grading and assignments are found below.

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| --- | --- | --- | --- | --- |
| **Task** | **Points** |  | **Minimum Points Needed** | **Grade** |
| Exam 1 | 80 |  | 414 | A |
| Exam 2 | 80 |  | 368 | B |
| Exam 3 | 80 |  | 322 | C |
| Assignments (12 assignments x 10 points each) | 120 |  | 276 | D |
| Final Exam | 100 |  | <275 | F |
| **TOTAL** | **460** |  |

**Grading Procedure:** The total points accumulated throughout the semester will represent your letter grade. For instance, the total points offered in this course is 460; if a student were to obtain 400 points, their grade would be a B since they met the threshold of 368 points.

**Course Details**

1. Exams: The three in-class exams will be held during the allotted time and place for class in person. These exams will be multiple choice with some short response questions. Students will have the entire class time to complete their exam. Exams are closed notes and outside materials of any kind (i.e., written notes, use of technology, collaboration) are not permitted and will result in an automatic 0 on the exam with possible further disciplinary action.
2. Assignments: There will be a total of 12 assignments during this course that are worth 10 points each. Each assignment will be slightly different depending on the content it will cover, however they will be available through Canvas for download and submission. Assignments will be due one week after it is assigned in class by 11:59pm via Canvas. No late submissions will be accepted unless otherwise excused or specified prior to the course instructor or teaching assistant. If a student missed lecture on the day the assignment was given (for an unexcused reason [see attendance policy below for a list of identified excused absences]), the student may **not** submit their work – only students that attended class on that day it was assigned will be able to submit their assignments. The assignments are used to help students connect the lecture with the practicality of motor behavior concepts.
3. Final Exam: The (cumulative) final exam will be held during finals week of the semester. The same guidelines for in-class exams will be used. The details for the final exam schedule can be found here: <https://registrar.unt.edu/exams/final-exam-schedule/fall.html>.

**Tips for Success**

1. Attend class. Although students will not be graded directly on attendance, only students who were present in class will be able to submit their assignments. My lectures are also curated to students that are present – the powerpoint content that is available to students is missing some key information that you can only get during the lecture classes. It is in your best interest to attend each class.
2. Stay connected. I recommend signing in and checking on our course in Canvas daily to stay up to date with information and course materials. I also urge you to consistently check your emails/Canvas announcements as this is my way of communicating with the class if plans may change or there is important information I need to disseminate.
3. Visit office hours. I highly encourage you to attend office hours, either with myself or our TA. Office hours are an opportunity for you to ask for clarification, find support with understanding material, and facilitate and build rapport with your instructors. I find that students who consistently attend office hours are more comfortable in class with the material and improve throughout the semester. My email is always welcoming new messages as well.
4. Prepare. By having the dates of the scheduled content in the beginning of the semester, it is in the student’s best interest to plan ahead of exams and other important dates. It’s also recommended to read these assigned materials before coming to class. This will facilitate learning and connectedness with the materials. Students are also expected to spend about 6 hours outside of class reading the text provided, reviewing notes, and working through the content of this class. In other words, if you know you may have a busy week ahead of time, plan accordingly to stay on track with this class.

**Attendance:** Research has shown that students who attend class are more likely to be successful. You should attend every class unless you have a university excused absence (see below as to what constitutes an excused absence as stated in the Student Attendance and Authorized Absences Policy <https://policy.unt.edu/policy/06-039>). If you cannot attend class due to an emergency, please let me or my TA know. Your safety and well-being are important to us. If you find yourself in an excused absence category, it is your responsibility to notify either myself or the TA prior to the class (preferably a week in advance if possible) so we can facilitate an appropriate plan for your missed work/assignment/exam, given the appropriate documentation. If a student misses an exam or assignment due to an unforeseen excused absence, the student should email me ASAP (preferably prior to class/assignment due date) and be prepared to provide appropriate documentation illustrating their absence. It is in the student’s best interest to communicate openly and efficiently with me so I can have time to prepare make-up exams and assignments. **If a student has failed to notify the instructor prior to class, the student may not be able to submit or make-up work that is missed.** A student that misses a class or an exam without an excused absence will not be allowed to make-up missed work.

Excused absences:

1. Religious holy day, including travel for that purpose
2. Active military service, including travel for that purpose
3. Participation in an official university function
4. Illness or other extenuating circumstances
5. Pregnancy and parenting under Title IX
6. University official closure

**Additional Important Policies**

1. Correspondence: All communication/correspondence (including email, voicemail, Teams message, in-person dialogue, etc.) from student to instructor is expected to be respectful and appropriately business-like in style/format where applicable (i.e., contain pertinent subject line, body of letter in proper sentences and paragraphs, correct grammar, and appropriate salutation and closing). I will not respond to emails if they are not sent through an account verified through the university (xxx@unt.edu).
2. Extra Credit. There is no extra credit opportunity provided in this course for individuals. Emails inquiring about extra credit may not be answered.
3. Academic Integrity: All students are expected to uphold academic integrity standards. Students who do not submit their own work (from other sources or from generated artificial intelligence) or use unapproved resources during exams will be violating UNT’s [Academic Integrity Policy](https://policy.unt.edu/sites/default/files/06.003%20Student%20Academic%20Integrity.pdf). Violation of this policy may result in loss of points, failing grade for the assignment, exam, or course, suspension, or expulsion. If you have questions or don’t understand a topic we cover in class, please contact me so we can work together and not resort to academic dishonesty.
4. Disability Services: The University of North Texas makes reasonable academic accommodations for students with disabilities. Students seeking reasonable accommodation must first register with the Office of Disability Access (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 accommodations 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, refer to the [Office of Disability Access](https://studentaffairs.unt.edu/office-disability-access) website (<https://studentaffairs.unt.edu/office-disability-access>). You may also contact ODA by phone at (940) 565-4323.
5. AI Statement: In this course, I want you to engage deeply with the materials and develop your own critical thinking and writing skills. For this reason, the use of Generative AI (GenAI) tools included but not limited to Claude, ChatGPT, and Gemini is not permitted. While these tools can be helpful in some contexts, they do not align with our goal of fostering the development of your independent thinking. Using GenAI to complete any part of an assignment, exam, or coursework will be considered a violation of academic integrity, as it prevents the development of your own skills, and will be addressed according to the Student Academic Integrity policy (https://policy.unt.edu/policy/06-003).

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| Tentative Course Schedule: Fall 2025 | | | | |
| Week | **Date** | **Topic** | **Required reading prior to class** | **Related Assignment** |
| 1 | Monday 8/18 | Syllabus Overview/Introduction | Syllabus and Navigate Canvas |  |
| Wednesday 8/20 | The Classification of Motor Skills | Chapter 1 | Assignment 1 due 8/26 @ 11:59pm |
| 2 | Monday 8/25 | Motor Abilities and Individual Differences | Chapter 3 | Assignment 2 due 8/31 @ 11:59pm |
| Wednesday 8/27 | Measurement of Motor Performance | Chapter 2 |  |
| 3 | Monday 9/1 | **Labor Day – No Class** |  |  |
| Wednesday 9/3 | Action Preparation and Reaction Time | Chapter 8 | Assignment 3 due 9/9 @ 11:59pm |
| 4 | Monday 9/8 | Attention as a Limited Capacity Resource (Part 1)  Attention as a Limited Capacity Resource (Part 2) | Chapter 9 (Attentional theories and focus)  Chapter 9 (Visual selective attention and vision systems) | Assignment 4 due 9/14 @ 11:59pm |
| Wednesday 9/10 | Arousal and Anxiety(and leftover Chapter 9) | See specific Readings |  |
| 5 | Monday 9/15 | **EXAM 1** | Chapters 1-3, 8, 9, and Arousal and Anxiety |  |
| Wednesday 9/17 | Motor Control Theories (Part 1) | Chapter 5 (Open/Closed Loop and GMP) | Assignment 5 due 9/23 @ 11:59pm |
| 6 | Monday 9/22 | Motor Control Theories (Part 2) | Chapter 5 (DST and Optimal Theory) | Assignment 6 due 9/28 @ 11:59pm |
| Wednesday 9/24 | Defining and Assessing Learning | Chapter 11 |  |
| 7 | Monday 9/29 | The Stages of Learning | Chapter 12 |  |
| Wednesday 10/1 | Transfer of Learning | Chapter 13 |  |
| 8 | Monday 10/6 | Performance and Motor Control Characteristics of Functional Skills | Chapter 7: Speed Accuracy Trade-off and Bimanual Coordination Skills | Assignment 7 due 10/12 @ 11:59pm |
| Wednesday 10/8 | **EXAM 2** | Chapters 5, 7, 11-13 |  |
| 9 | Monday 10/13 | The Amount and Distribution of Practice | Chapter 17 | Assignment 8 due 10/19 @ 11:59pm |
| Wednesday 10/15 | Whole and Part Practice: in PEB Gymnasium | Chapter 18 | Assignment 9 due 10/21 @ 11:59pm |
| 10 | Monday 10/20 | Practice Variability and Specificity | Chapter 16 |  |
| Wednesday 10/22 | Demonstration and Verbal Instructions | Chapter 14 |  |
| 11 | Monday 10/27 | Augmented Feedback (Part 1: Diagnosing Errors) | Chapter 15 | Assignment 10 due 11/2 @ 11:59pm |
| Wednesday 10/29 | Augmented Feedback (Part 2: Correcting Errors) | Chapter 15 |  |
| 12 | Monday 11/3 | Mental Practice | Chapter 19 |  |
| Wednesday 11/5 | **EXAM 3** | Chapters 14-19 |  |
| 13 | Monday 11/10 | Neuromotor Basis for Motor Control | Chapter 4 |  |
| Wednesday 11/12 | Sensory Components of Motor Control | Chapter 6 |  |
| 14 | Monday 11/17 | Memory Components, Forgetting, and Strategies | Chapter 10 | Assignment 11 due 12/1 @ 11:59pm |
| Wednesday 11/19 | Physical Activity, Motor Behavior, and Obesity: Practical Perspectives | See specific readings | Assignment 12 due 12/3 @ 11:59pm |
| 15 | Monday 11/24 | **Thanksgiving Break – No Class** |  |  |
| Wednesday 11/26 | **Thanksgiving Break – No Class** |  |  |
| 16 | Monday 12/1 | In Class Review | Specific Readings and Chapters 1-19 |  |
| Wednesday 12/3 | In Class Review | Specific Readings and Chapters 1-19 |  |
| 17 | Wednesday 12/10 @ 8:00am – 10:00am | Final Exam | Cumulative |  |