

# KIN 3332 – MOTOR BEHAVIOR

## Winter Semester 2024

### Class Times

Asynchronous - Fully Online Course (Blackboard)

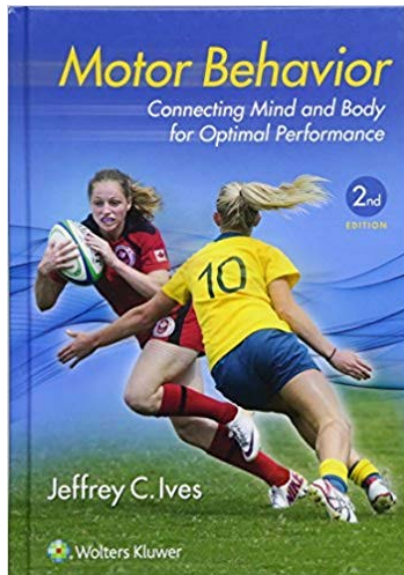
### Instructor Information:

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### ***Why is this Course so Important that it is required for all Kinesiology Students?***

Whether you are going to be a physical/occupational therapist, teacher, coach, fitness instructor, or personal trainer, as a professional movement educator, you will be involved in teaching other persons motor skills of some sort. This course will help you learn how motor learning and control research can help you become a more effective instructor of motor skills. Research findings will help you learn how you can help clients learn motor skills more quickly, understand why people learn differently, and what changes in performance you can expect as your students or clients improve. If you are going to teach people motor skills or analyze problems they have with their performance of movements, you need to know how people learn and control motor skills. Therefore, Motor Behavior is one of the core courses in the Kinesiology curriculum, because all students in Kinesiology will teach people how to perform a skill at some point in their careers.

**Textbook:** Motor Behavior: Connecting mind and body for optimal performance, 2<sup>nd</sup> Edition  
Jeffery C. Ives



## How do you earn Your Grade?

### Grade Components

1. Quizzes: There will be 12 quizzes over the 2 weeks. Each quiz will be between 8-12 multiple choice & true/false questions. **All quizzes will be taken through Respondus lockdown browser with the webcam enabled**
2. Individual Exams: There will be an Exam at the end of each week. The exams will have around 50 questions and will consist of true/false and multiple choice questions. **All exams will be taken through Respondus lockdown browser with the webcam enabled**

### POINT DISTRIBUTIONS

- Quizzes (12) at 5 points each.....60
- Individual Exams (2) at 20 points each.....40

Total Score.....**100**

### Course Grade Determination

- A = 100-90
- B = 89-80
- C = 79-70
- D = 69 -60
- F = 59 and lower

\*\*\*I do not round up grades. Emails asking this question will be referred to this section of the syllabus. Rounding to a grade that you did not earn is a disservice to you and your fellow classmates\*\*\*

### IMPORTANT:

#### Textbook VS Lecture Notes:

Although we will cover the vast majority of topics from the textbook during lecture videos, it is critical that the student completely read the textbook chapter and watch lecture videos. All material from the lectures and textbook chapters will be used during the quizzes/exams.

**Deadline Policy and Late Assignments:** It is essential that you regularly visit the class Blackboard website prepared to work. Once a deadline has passed, you can no longer turn in your work for credit. Plan carefully to ensure you meet the deadlines. If you wait until the last minute, things that can go wrong often do. Start early so you have time to deal with problems and are still able turn in your assignments on time. Do not procrastinate!

**Missed Tests:** All assignments will strictly follow UTEPs attendance policy. Any missed assignment that does not meet the requirements of an excused absence will be counted as a 0. If you are going to / or miss an assignment and you believe the absence is excusable, you must contact the Professor within 24 hours of the assignments due date. Emailing later in the semester about missing grades, even if the absence was excused, will not be accepted. It is the student's responsibility to keep track of when assignments are due and also communicating to the Professor when absences happen.

**Students in Need of Assistance:** UTEP seeks to provide reasonable accommodations for all qualified individuals who need accommodations or support for their learning. This university adheres to all applicable federal, state, and local laws, regulations and guidelines with respect to providing reasonable accommodations as required, affording equal educational opportunity. It is the *student's responsibility* to register with the **Center for**

**Accommodations and Support Services** <http://sa.utep.edu/cass/> in the UTEP Union Bldg. East Wing, Room 106 *within the first two weeks of classes*, and inform the faculty member to arrange for appropriate accommodations or support.

The CASS Office can also be reached in the following ways:

Web: <http://cass.utep.edu/>; Phone: (915) 747-5148 voice or TTY; Fax: (915) 747-8712; E-Mail: [cass@utep.edu](mailto:cass@utep.edu)

**Campus Safety and Emergencies Notifications:** Information Technology at UTEP provides emergency notification via your mobile phone. Visit <http://www.utep.edu/it> for more information and registration. Check the UTEP website for health related information and updates.

## Kinesiology 3332: Winter Semester 2024 Tentative Schedule

Week	Dates	Topics	Assignments
1	Monday January 1 - Sunday January 7	<ul style="list-style-type: none"> <li>(1) Introduction to Motor Behavior and the Mind–Body Connection</li> <li>(2) Neural Mechanisms in Planning and Initiating Movement</li> <li>(3) Peripheral Neuromuscular Mechanisms in Executing Movement</li> <li>(4) Peripheral Sensory Systems in Monitoring Movement</li> <li>(5) Movement Models</li> <li>(6) Understanding Motor Skill and Motor Abilities</li> </ul>	Quiz 1  Quiz 2  Quiz 3  Quiz 4  Quiz 5  Quiz 6  <b>EXAM 1</b>
2	Monday January 8 - Sunday January 14	<ul style="list-style-type: none"> <li>(7) Learning and the Development of Expertise</li> <li>(8) Information Processing and Motor Skill Performance</li> <li>(9) Practice and Instruction</li> <li>(10) Postural Control Mechanisms</li> <li>(11) Postural Control in Wellness and Performance</li> <li>(12) Functional Training</li> </ul>	Quiz 7  Quiz 8  Quiz 9 Quiz 10 Quiz 11  Quiz 12  <b>EXAM 2</b>