



# ESSC11003 Skill Acquisition and Movement

## Term 2 - 2017

Profile information current as at 30/04/2024 04:53 pm

All details in this unit profile for ESSC11003 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

### General Information

#### Overview

This unit is designed so that students should be able to explain the terms and concepts of movement control, movement learning, movement development and movement conditions. Students will gain knowledge and skills to conduct and analyse standard tests to assess motor learning abilities. Distance education (FLEX) students will be required to have access to a computer to make frequent use of internet resources and to attend a residential school on Rockhampton campus to promote development of unit learning outcomes.

#### Details

Career Level: *Undergraduate*

Unit Level: *Level 1*

Credit Points: 6

Student Contribution Band: 10

Fraction of Full-Time Student Load: 0.125

#### Pre-requisites or Co-requisites

There are no requisites for this unit.

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

#### Offerings For Term 2 - 2017

- Distance
- Mackay
- Rockhampton

#### Attendance Requirements

All on-campus students are expected to attend scheduled classes – in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

#### Residential Schools

This unit has a Compulsory Residential School for distance mode students and the details are:

Click here to see your [Residential School Timetable](#).

#### Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

## Class and Assessment Overview

### Recommended Student Time Commitment

Each 6-credit Undergraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

### Class Timetable

#### [Regional Campuses](#)

Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

#### [Metropolitan Campuses](#)

Adelaide, Brisbane, Melbourne, Perth, Sydney

### Assessment Overview

#### 1. **Online Quiz(zes)**

Weighting: 30%

#### 2. **Practical and Written Assessment**

Weighting: 30%

#### 3. **On-campus Activity**

Weighting: Pass/Fail

#### 4. **Examination**

Weighting: 40%

### Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the [University's Grades and Results Policy](#) for more details of interim results and final grades.

## CQUniversity Policies

**All University policies are available on the [CQUniversity Policy site](#).**

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

## Previous Student Feedback

### Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

#### Feedback from Students via Moodle 'Have your say' survey

##### Feedback

Turnaround time for assignment marking needs to be improved, and marks released to all students at the same time, rather than staggered.

##### Recommendation

Increase prioritization of marking by casual staff well in advance and monitor their workloads more closely. More realistic return times will be provided for students and all marks related at the same time.

#### Feedback from Students via Moodle 'Have your say' survey

##### Feedback

Students commented that they appreciated the high level of support from teaching staff.

##### Recommendation

Continue to use same casual staff where possible.

#### Feedback from Self- and peer-review

##### Feedback

Difficulty in engaging with students during lectures due to excessively large lecture with high angled seating. This meant students were at a distance from the lecturer.

##### Recommendation

Try to ensure allocation of a smaller teaching space which is more engaging for student interaction during lectures.

## Unit Learning Outcomes

### On successful completion of this unit, you will be able to:

1. Explain the primary motor theories.
2. Apply the basic theories of motor control (i.e. how senses influence movement).
3. Formulate ideal practice conditions for the learning of motor skills.
4. Describe and differentiate motor disorders that influence motor control.

## Alignment of Learning Outcomes, Assessment and Graduate Attributes



### Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes			
	1	2	3	4
1 - Online Quiz(zes) - 30%	•	•	•	•
2 - Practical and Written Assessment - 30%		•		
3 - Examination - 40%	•	•	•	•

## Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes			
	1	2	3	4
1 - Communication		•	•	
2 - Problem Solving	•	•	•	•
3 - Critical Thinking		•		
4 - Information Literacy		•		•
5 - Team Work		•		
6 - Information Technology Competence	•	•		
7 - Cross Cultural Competence				
8 - Ethical practice				
9 - Social Innovation				
10 - Aboriginal and Torres Strait Islander Cultures				

## Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes									
	1	2	3	4	5	6	7	8	9	10
1 - Online Quiz(zes) - 30%		•		•						
2 - Practical and Written Assessment - 30%	•	•	•	•	•	•				
3 - Examination - 40%	•	•								
4 - On-campus Activity - 0%	•		•		•			•		

## Textbooks and Resources

### Textbooks

ESSC11003

#### Prescribed

#### **Motor Learning and Control: Concepts and Application**

Edition: 11th (2016)

Authors: Richard A Magill and David Anderson

McGraw Hill

USA

ISBN: 9781259823992

Binding: Paperback

[View textbooks at the CQUniversity Bookshop](#)

### IT Resources

**You will need access to the following IT resources:**

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)
- Computer with Microsoft Office and EndNote installed

## Referencing Style

All submissions for this unit must use the referencing style: [American Psychological Association 6th Edition \(APA 6th edition\)](#)

For further information, see the Assessment Tasks.

## Teaching Contacts

**Robert Stanton** Unit Coordinator

[r.stanton@cqu.edu.au](mailto:r.stanton@cqu.edu.au)

## Schedule

### Week 1 - 10 Jul 2017

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to motor skills and abilities	1, 2, 3	

### Week 2 - 17 Jul 2017

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to motor control	3, 4	

### Week 3 - 24 Jul 2017

Module/Topic	Chapter	Events and Submissions/Topic
Motor control theories	5	

### Week 4 - 31 Jul 2017

Module/Topic	Chapter	Events and Submissions/Topic
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Senses and action 6, 7, 8

Online quiz 1: This quiz will assess content from Weeks 1-3, inclusive. The quiz will open at 8:00am AEST Wednesday 2nd August 2017 and close at 11:55pm AEST Sunday 6th August 2017.

#### Week 5 - 07 Aug 2017

Module/Topic	Chapter	Events and Submissions/Topic
Maturation	External readings	

#### Vacation Week - 14 Aug 2017

Module/Topic	Chapter	Events and Submissions/Topic
No Class		

#### Week 6 - 21 Aug 2017

Module/Topic	Chapter	Events and Submissions/Topic
Attention and memory	9, 10	

#### Week 7 - 28 Aug 2017

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to motor skill learning	11, 12, 13	Online quiz 2: This quiz will assess content from Weeks 4-6. The quiz will open at 8:00am AEST Wednesday 30th August 2017 and close at 11:55pm AEST Sunday 3rd September 2017.

#### Week 8 - 04 Sep 2017

Module/Topic	Chapter	Events and Submissions/Topic
Instruction and augmented feedback	14, 15	

#### Week 9 - 11 Sep 2017

Module/Topic	Chapter	Events and Submissions/Topic
Practice conditions	16, 17, 18	

#### Week 10 - 18 Sep 2017

Module/Topic	Chapter	Events and Submissions/Topic
Individual differences in learning	3, 11, 13	<b>Practical and written assessment. Analysis of a sports skill.</b> Due: Week 10 Wednesday (20 Sept 2017) 5:00 pm AEST

#### Week 11 - 25 Sep 2017

Module/Topic	Chapter	Events and Submissions/Topic
Motor dysfunction		Online quiz : This quiz will assess content from Weeks 7-10. The quiz will open at 8:00am AEST Wednesday 27th September 2017 and close at 11:55pm Sunday AEST 1st October 2017.

#### Week 12 - 02 Oct 2017

Module/Topic	Chapter	Events and Submissions/Topic
Exam revision		

#### Review/Exam Week - 09 Oct 2017

Module/Topic	Chapter	Events and Submissions/Topic
No Class		

#### Exam Week - 16 Oct 2017

Module/Topic	Chapter	Events and Submissions/Topic
No Class		

## Assessment Tasks

### 1 Online Quiz(zes)

**Assessment Type**

Online Quiz(zes)

**Task Description****Quiz 1 (10% of final grade)**

This quiz will cover text chapters, unit readings, and unit content for skill acquisition and movement topics covered during Weeks 1-3 (inclusive). It is your responsibility to log onto Moodle and complete the quiz within the given time period.

The quiz must be completed in a single session. You cannot save the quiz and return to it at a later date.

**Quiz 2 (10% of final grade)**

This quiz will cover text chapters, unit readings, and unit content for skill acquisition and movement Weeks 4 - 6 (inclusive). It is your responsibility to log onto Moodle and complete the quiz within the given time period.

The quiz must be completed in a single session. You cannot save the quiz and return to it at a later date.

**Quiz 3 (10% of final grade)**

This quiz will cover text chapters, unit readings, and unit content for skill acquisition and movement topics covered during Weeks 7 - 10 (inclusive). It is your responsibility to log onto Moodle and complete the quiz within the given time period.

The quiz must be completed in a single session. You cannot save the quiz and return to it at a later date.

**Number of Quizzes**

3

**Frequency of Quizzes****Assessment Due Date**

The three (3) online quizzes will be administered at various points across the term. Details on the due dates for each quiz can be found on the unit schedule.

**Return Date to Students**

After all students have completed each online quiz.

**Weighting**

30%

**Assessment Criteria**

There are three (3) scheduled quizzes for this unit; 1 each in Weeks 4, 7, and 11. Each quiz will assess the knowledge gained from the preceding weeks. That is, the Week 4 quiz will assess content from Weeks 1-3 inclusive; the Week 7 quiz will assess content from Week 4-6 inclusive; and quiz 3 will assess content from Weeks 7 - 10 inclusive. Each quiz will contain 20 questions and you will have 30 minutes to attempt each quiz. Each quiz can only be attempted once and you may not save your answers and return to the quiz at a later time. Questions will be taken from the textbook and from material presented in lectures.. Therefore it is strongly recommended you purchase the textbook, and attend or review the lecture recording in order to access all the relevant learning materials. Each quiz contributes 10% of your overall grade for this unit. Combined, the quizzes contribute 30% of your overall grade.

**Referencing Style**

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

**Submission**

Online

**Learning Outcomes Assessed**

- Explain the primary motor theories.
- Apply the basic theories of motor control (i.e. how senses influence movement).
- Formulate ideal practice conditions for the learning of motor skills.
- Describe and differentiate motor disorders that influence motor control.

**Graduate Attributes**

- Problem Solving
- Information Literacy

## 2 Practical and written assessment. Analysis of a sports skill.

### Assessment Type

Practical and Written Assessment

### Task Description

Analysis of sports skills is a critical aspect of exercise science. In this assignment, you will pick a skill from any sport, describe the skill in detail, including the type of skill, the senses which contribute to the skill, the type of practice best suited to the development of the skill. More detail, including an assignment template and marking rubric will be available on Moodle.

Your submission will be via Moodle only and will be prefaced by page which states the following:

1. Your name and student number.
2. Title of the assignment
3. Word count

Each student will complete a manuscript which is their own work and not a group assignment and not a collaboration with other students. Please see [CQUniversity's Academic Misconduct Policy](#) for additional information. The report will be submitted in the following format:

### General format

Word processing program: Microsoft Word

Font: Arial 12 point 'Normal' for ALL sections of the manuscript

Spacing: Double spaced throughout

Alignment: Left aligned

Language: English (Australian)

Word count: Not more than 1200 words

Referencing: References are essential. A minimum of six (6) references is required, and must be formatted in APA style. You MAY use EndNote to format your references but it is NOT ESSENTIAL. This software is available to both on-campus and flex students and is available for Windows and Mac users. Consult ITD for instructions on how to download this software.

### Assessment Due Date

Week 10 Wednesday (20 Sept 2017) 5:00 pm AEST

### Return Date to Students

Week 12 Friday (6 Oct 2017)

### Weighting

30%

### Assessment Criteria

This assessment item will be graded using an assessment Rubric. This outlines in detail, the grade achieved for each section of the assessment task. The complete Rubric is available on Moodle and a detailed explanation will be given in lectures and on Moodle.

### Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

### Submission

Online

### Learning Outcomes Assessed

- Apply the basic theories of motor control (i.e. how senses influence movement).

### Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Team Work
- Information Technology Competence

## 3 Attendance at residential school / laboratory sessions

### Assessment Type

On-campus Activity



**Task Description**

You will attend compulsory weekly laboratory sessions (Rockhampton - on campus students), block practicals (Mackay - on campus students), or residential school (all other students) as part of this unit. Scheduling of the weekly laboratory sessions for Rockhampton students and block practicals for Mackay students will be available via timetabling. The residential school for all other students will be held in Term 1, 2018, at a date yet to be finalised. Laboratory sessions will allow you to observe and explore a number of the theoretical concepts proposed during the unit, and attendance at all laboratories is compulsory.

**Assessment Due Date**

Attendance at residential school / laboratory sessions is compulsory and assigned a Pass / Fail grade based on attendance.

**Return Date to Students**

Attendance at residential school / laboratory sessions is compulsory and assigned a Pass / Fail grade based on attendance.

**Weighting**

Pass/Fail

**Minimum mark or grade**

Attended

**Assessment Criteria**

Attendance at residential school / laboratory sessions is compulsory and assigned a Pass / Fail grade based on attendance. You cannot pass the unit without attendance at the block practical or residential school, or attendance at all weekly laboratory sessions.

**Referencing Style**

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

**Submission**

Offline

**Submission Instructions**

Students must attend all laboratory sessions and complete the attendance record sheet for each laboratory

**Graduate Attributes**

- Communication
- Critical Thinking
- Team Work
- Ethical practice

## Examination

**Outline**

Complete an invigilated examination.

**Date**

During the examination period at a CQUniversity examination centre.

**Weighting**

40%

**Length**

120 minutes

**Exam Conditions**

Closed Book.

**Materials**

No calculators permitted

Dictionary - non-electronic, concise, direct translation only (dictionary must not contain any notes or comments).

## Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the [Student Academic Integrity Policy and Procedure](#). This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

### What is a breach of academic integrity?

A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

### Why is academic integrity important?

A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

### Where can I get assistance?

For academic advice and guidance, the [Academic Learning Centre \(ALC\)](#) can support you in becoming confident in completing assessments with integrity and of high standard.

### What can you do to act with integrity?



#### Be Honest

If your assessment task is done by someone else, it would be dishonest of you to claim it as your own



#### Seek Help

If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)



#### Produce Original Work

Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem