



ESSC11003 *Skill Acquisition and Movement*

Term 2 - 2018

Profile information current as at 07/05/2024 10:11 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.

Corrections

Unit Profile Correction added on 02-08-18

Please note the Examination for this unit will be Closed Book.

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 - 2018

- Cairns
- 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. **Examination**

Weighting: 40%

4. **On-campus Activity**

Weighting: Pass/Fail

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 Self-reflection.

Feedback

Provide a better balance between rapid return of assessment items and quantity and quality of feedback.

Recommendation

Better management of Unit Coordinator and marker workload around assessment marking periods to ensure timely turnaround but still provide quality feedback.

Feedback from Moodle 'Have your say' survey.

Feedback

Need for additional learning materials such as online videos or lecture summaries to support the lecture content.

Recommendation

Where possible, provide a lecture summary to outline the key points of the weekly content.

Feedback from Peer and student feedback.

Feedback

Continue to leverage off clinical and applied experience to provide examples of how theory links to practice.

Recommendation

Continue to use applied examples in lectures and laboratory sessions.

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 Applications

Edition: 11th (2016)

Authors: Magill , R

McGraw Hill Europe

Maidenhead , Berkshire , UK

ISBN: 9781259823992

Binding: Hardcover

Additional Textbook Information

The CQUni Bookshop is also selling 10th edition copies, at a reduced cost to students. <http://bookshop.cqu.edu.au>

[View textbooks at the CQUniversity Bookshop](#)

IT Resources

You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)
- Adobe Acrobat Reader
- Microsoft Office 2010 (including Word, Excel and Powerpoint)
- Web browser: FireFox, Microsoft Internet Explorer, Chrome, Safari, Opera

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

Nathan Elsworthy Unit Coordinator

n.elsworthy@cqu.edu.au

Schedule

Week 1 - 09 Jul 2018

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

Week 2 - 16 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
Measurement of motor performance and abilities	Chapter 2, 3	

Week 3 - 23 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
Neuromuscular basis for motor control	Chapter 4	

Week 4 - 30 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
Motor control theories	Chapter 5	Quiz 1 Opens: Tuesday (31 Jul 2018) 9:00 am AEST Quiz 1 Closes: Friday (3 Aug 2018) 5:00 pm AEST

Week 5 - 06 Aug 2018

Module/Topic	Chapter	Events and Submissions/Topic
Sensory input and motor performance	Chapter 6	

Vacation Week - 13 Aug 2018

Module/Topic	Chapter	Events and Submissions/Topic
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Week 6 - 20 Aug 2018

Module/Topic	Chapter	Events and Submissions/Topic
Motor performance	Chapter 7, 8	

Week 7 - 27 Aug 2018

Module/Topic	Chapter	Events and Submissions/Topic
Attention and memory	Chapter 9, 10	Quiz 2 Opens: Tuesday (28 Aug 2018) 9:00 am AEST Quiz 2 Closes: Friday (31 Aug 2018) 5:00 pm AEST.

Week 8 - 03 Sep 2018

Module/Topic	Chapter	Events and Submissions/Topic
Motor learning I	Chapter 11, 12	

Week 9 - 10 Sep 2018

Module/Topic	Chapter	Events and Submissions/Topic
Motor learning II	Chapter 13	MIX Students only: Residential School. Monday (10 Sept 2018) and Tuesday (11 Sept 2018) in Rockhampton.

Week 10 - 17 Sep 2018

Module/Topic	Chapter	Events and Submissions/Topic
Feedback	Chapter 14, 15	

Week 11 - 24 Sep 2018

Module/Topic	Chapter	Events and Submissions/Topic
Practice conditions I	Chapter 16,17	Quiz 3 Opens: Tuesday (25 Sept 2018) 9:00 am AEST Quiz 3 Closes: Friday (28 Sept 2018) 5:00 pm AEST.

Week 12 - 01 Oct 2018

Module/Topic	Chapter	Events and Submissions/Topic
Practice conditions II Review	Chapter 18, 19	Practical Assessment (Laboratory Workbook) Due: Week 12 Friday (5 Oct 2018) 5:00 pm AEST

Review/Exam Week - 08 Oct 2018

Module/Topic	Chapter	Events and Submissions/Topic
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Exam Week - 15 Oct 2018

Module/Topic	Chapter	Events and Submissions/Topic
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Term Specific Information

The practical components of this unit differ, according to your specific enrolment. Please refer below for your specific requirements:

On-Campus Students

Rockhampton, Mackay and Cairns

- Practical laboratory sessions will take place on a fortnightly basis in Weeks, 2, 4, 6 and 8 of Term. Please refer to the Timetable for location and time specific information. Attendance and active participation during practical sessions is compulsory and you cannot pass the unit without attending all practical sessions.

Mixed-Mode Students

- You are required to attend a two (2) day residential school which will take place on the Rockhampton North Campus, during Week 9 of Term (September 10-11). Attendance and active participation at the residential school is compulsory and you cannot pass the unit without attending the residential school.

Assessment Tasks

1 Online Quiz(zes)

Assessment Type

Online Quiz(zes)

Task Description

This assessment task consists of three (3) online quizzes, delivered at various stages throughout the Term. Each quiz is worth 10% of your final grade and each quiz is related to unit content from lectures and course readings. Quiz 1 will cover content from Week 1 - 3 (inclusive), Quiz 2 will cover content from Week 4 - 6 (inclusive), and Quiz 3 will cover content from Week 7 - 10 (inclusive).

To complete each quiz, you must log on to Moodle during the time each quiz is available and access the ESSC11003 Moodle page. An assessment link will be available and you must access the quiz within the times listed below. You only have one (1) attempt at each quiz and the quiz must be completed in a single session (you cannot save your answers and return to the online quiz at another time). The allocated time for each quiz is 30 minutes. You must complete the quiz before the due date and time. In the absence of an approved extension, there will be no late submissions allowed for any of the online quizzes. Online quizzes should be completed on a computer, as attempting the quiz on a smartphone or tablet can result in your session being ended in the event of a phone call or notification. It is recommended that the quiz be accessed and completed using Chrome or Firefox web browsers.

Number of Quizzes

3

Frequency of Quizzes

Other

Assessment Due Date

Quiz 1 Opens: Tuesday Week 4 (31 Jul 2018) 9:00am AEST; Quiz 1 Closes: Friday Week 4 (3 Aug 2018) 5:00pm AEST.
Quiz 2 Opens: Tuesday Week 7 (28 Aug 2018) 9:00am AEST; Quiz 2 Closes: Friday Week 7 (31 Aug 2018) 5:00pm AEST.
Quiz 3 Opens: Tuesday Week 11 (25 Sep 2018) 9:00am AEST; Quiz 3 Closes: Friday (28 Sep 2018) 5:00pm AEST.

Return Date to Students

Marks for each quiz will be available upon completion of the quiz via Moodle. Feedback on specific questions will be available once the quiz closes.

Weighting

30%

Assessment Criteria

You will be assessed on your knowledge of key concepts in skill acquisition and movement delivered throughout the term. A selection of 30 randomly-generated questions will be provided in each quiz, with approximately 7-10 questions provided for each weekly topic. Questions will assess knowledge of lecture content and suggested readings. Each question will be worth 1 mark, totalling 30 marks for each quiz and all questions will be in the form of multiple choice or true/false format.

Referencing Style

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

Submission

Online

Submission Instructions

Each quiz will be accessible on the ESSC11003 Moodle page by clicking on the relevant assessment link. It is suggested that each quiz be completed on a computer, using Chrome or Firefox browsers. Attempting the test on a smartphone or tablet can result in your session being ended in the event of a phone call or notification.

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 Assessment (Laboratory Workbook)

Assessment Type

Practical and Written Assessment

Task Description

Attendance at practical laboratory sessions/residential school will involve different learning components, including equipment use, skill demonstration, data acquisition, interpretation of results and theoretical reasoning. The completion of the laboratory workbook is to assess your knowledge and understanding of the basic theories of skill acquisition and movement. The tasks associated with this laboratory workbook include the collection, synthesis and presentation of data from each practical session; justification and explanation of class results/trends compared to individual data; and short answer written responses relating to theoretical and practical content that is delivered throughout the term.

Guidelines:

- A laboratory workbook template will be provided, and you are required to submit the completed workbook template for assessment. This template will guide your responses and outline the required data obtained from each laboratory session.
- Allocation of marks will vary for each question, and this will be clearly outlined within the workbook template.
- Individual and group data must be presented using an appropriate table and/or figure. This will be clearly outlined in the template where required. The unit coordinator will provide assistance via Moodle for the development and inclusion of Tables and Figures for the laboratory workbook.
- Keep formatting consistent (Arial Font, Size 11, single spaced). Only fill in the marked sections for each response. Text outside of these sections will not be marked.
- Laboratory workbook MUST be completed using a word processor (i.e. Microsoft Word). Hand written submissions will not be marked. Figures must be developed using graphical software (i.e. Microsoft Excel), hand developed figures (such as those developed in Paint or similar software) and photos will not be marked.
- You must reference appropriately using APA format where necessary throughout the workbook. A list of references must be included at the end of the workbook.
- Save workbook in Word (.doc or .docx) format

Assessment Due Date

Week 12 Friday (5 Oct 2018) 5:00 pm AEST

Students are to submit workbook via the assessment link on the ESSC11003 Moodle page, in .doc, or .docx format ONLY.

Return Date to Students

Exam Week Friday (19 Oct 2018)

Students will have their laboratory workbook marked and feedback provided via the ESSC11003 Moodle page within two (2) weeks of the due date.

Weighting

30%

Assessment Criteria

Grades for this assessment will be based on data input and presentation from laboratory sessions, as well as written responses based on unit content. For example, the workbook has questions pertaining to the following areas:

- Classification of motor skills
- Decision making components of skill
- Feedback and knowledge of results
- Motor skill performance and sensory input
- Fitt's law
- Proprioception
- Instruction and observational learning
- Practice conditions

Answers and written responses should be correctly referenced where appropriate, and a reference list should be included at the end of the workbook. Specific marks will be allocated for each question. Refer to the workbook for specific allocation for each question.

In the absence of an approved extension, any submissions received after the due date will incur penalties in accordance with CQUniversity Assessment Policy and Procedure (Higher Education Coursework).

Referencing Style

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

Submission

Online

Submission Instructions

You are required to submit the laboratory workbook via the ESSC11003 Moodle page in .doc or .docx format. All answers must be typed, and charts and figures must be developed using appropriate graphical software (i.e. Microsoft Excel). The provided Laboratory Workbook template must be used for the submission of this assessment.

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 Practical session / Residential School Attendance

Assessment Type

On-campus Activity

Task Description

It is compulsory to attend, and actively participate in all laboratory sessions (on-campus students) or the residential school (mixed-mode students) in this unit. Laboratory sessions will be held during specified weeks across term for on-campus students and during a 2-day residential school for mixed-mode students.

Assessment Due Date

Attendance at laboratory sessions will be completed across specified weeks of term (on-campus students) or at the residential school (mixed-mode students).

Return Date to Students

Weighting

Pass/Fail

Assessment Criteria

Attendance at all laboratory sessions (on-campus students), or the residential school (mixed-mode students), with sufficient participation will result in a passing grade for this assessment. Failure to attend and adequately participate may result in a fail grade for this assessment item, and being unable to pass this unit. Attendance at each practical laboratory session and residential school will be facilitated by staff members managing the sessions and you will be required to sign an attendance form for each activity. Failure to sign this form will result in an "absent" being recorded. If you miss a practical session, there will NOT be an opportunity to simply 'catch up' at any time. The Assessment Policy and Procedure (Higher Education Coursework) outlines acceptable reasons for adjusting assessment (Section 5.16 – 5.19). This section of the policy is relevant in cases where you fail to attend a required practical session/residential school within this unit. If you do not attend a practical session/residential school session, and provide a valid reason,

with supporting documentation (see Section 5.26 – 5.29), then an attempt to make alternate arrangements will be made (for example a ‘catch up’ session at a suitable time or an alternative assessment/task) in consultation with the Unit Coordinator.

Referencing Style

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

Submission

Offline

Submission Instructions

Teaching staff will take attendance at laboratory sessions (on-campus students), or the residential school (mixed-mode students).

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

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

No calculators permitted

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