ESSC11003 *Skill Acquisition and Movement*
Term 2 - 2020

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 provides an introduction to motor control and learning, with a particular focus on the theories and application of skill acquisition. Throughout this unit, you will explore concepts related to the classification and assessment of motor skills, stages of motor learning and concepts related to skill acquisition. A particular focus of this unit will be on motor learning and skill development, relevant to the role of a teacher, coach or exercise and sport scientist.

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 - 2020
- Cairns
- Mackay
- Mixed Mode
- 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. **Portfolio**
Weighting: 40%
3. **On-campus Activity**
Weighting: 30%

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 Have Your Say Survey and Self-reflection

Feedback

Assessment due dates near the end of Term meant a heavy workload for students.

Recommendation

It is recommended that the Unit Coordinator ensures due dates for multiple assessments are not condensed in the final few weeks of Term.

Feedback from Have Your Say Survey

Feedback

Exemplar assessments should be provided to guide students to the required standards of assessments (especially for the Portfolio).

Recommendation

It is recommended that the Unit Coordinator make available exemplar assessments from previous offerings for students.

Feedback from Have Your Say Survey

Feedback

The practical activities during the Residential School and the Portfolio assessment were fun, engaging and helped students understanding of the content

Recommendation

The is recommended that practical activities remain highly engaging and relevant to skill acquisition. The Portfolio assessment should remain practically focused on learning new skills using practical approaches.

Unit Learning Outcomes

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

1. Classify motor skills based on specific characteristics
2. Identify the different stages of skill learning in motor performance and analyse theoretical models which explain changes in motor performance that occur with learning
3. Use appropriate test protocols to evaluate motor skill to imply motor learning outcomes
4. Design learning environments to maximise acquisition, retention and adaptation of motor skills in sport and exercise contexts
5. Demonstrate professional practice and ethical behaviour expected in exercise and sport science settings.

The Unit Learning Outcomes are aligned with Graduate Outcomes published by the external accreditation body (ESSA).

Alignment of Learning Outcomes, Assessment and Graduate Attributes

— N/A Level ∘ Introductory Level ∘ Intermediate Level ● Graduate Level ∘ Professional Level ∘ Advanced Level

Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes				
	1	**2**	**3**	**4**	**5**
1 - Online Quiz(zes) - 30%	●	●			

Assessment Tasks	Learning Outcomes				
	1	2	3	4	5
2 - Portfolio - 40%			●	●	
3 - On-campus Activity - 30%	●	●	●		●

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes				
	1	2	3	4	5
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 - Portfolio - 40%	●	●	●	●		●				
3 - On-campus Activity - 30%	●	●	●	●	●	●		●		

Textbooks and Resources

Textbooks
ESSC11003

Prescribed

Motor Learning and Control: Concepts and Applications
Edition: 11th (2016)
Authors: Magill , R
McGraw Hill
ISBN: 9781259823992
Binding: eBook

Additional Textbook Information
Previous editions of these texts are suitable. This text is available in hardcover or eBook. Both are suitable.

If you prefer to study with a paper copy, they are available at the CQUni Bookshop here: http://bookshop.cqu.edu.au (search on the Unit code). eBooks are available at the publisher's website.

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 Pro
- Microsoft Office (Word, Excel and PowerPoint)
- Video Recording Device (Camcorder, Digital Camera, Smartphone, etc.)

Referencing Style

All submissions for this unit must use the referencing style: American Psychological Association 7th Edition (APA 7th edition)
For further information, see the Assessment Tasks.

Teaching Contacts

Nathan Elsworthy Unit Coordinator
n.elsworthy@cqu.edu.au

Schedule

Week 1: Introduction to motor skills - 13 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
Lecture: Introduction to motor skills Tutorial: Classification of motor skills	Magill (Chapter 1 and 2)	

Week 2: Neural and sensory components of motor skills - 20 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
Lecture: Neural and sensory components of motor skills Tutorial: Measurement of motor performance	Magill (Chapter 4 and 6)	

Week 3: Motor control theory - 27 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
Lecture: Theories of motor control Tutorial: Theories of motor control	Magill (Chapter 5)	

Week 4: Motor control performance - 03 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Lecture: Performance in motor control Tutorial: Fitt's Law	Magill (Chapter 7, 8)	**Online Quiz 1** Open: Week 4 Wednesday (5 Aug. 2020) at 5:00pm AEST

Week 5: Motor skill learning - 10 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Lecture: Defining and assessing learning Tutorial: Stages of learning	Magill (Chapter 11, 12)	**Online Quiz 1** Closes: Week 5 Wednesday (12 Aug. 2020) at 5:00pm AEST

Vacation Week - 17 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic

Week 6: Instructions and augmented feedback - 24 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Lecture: Demonstration, instruction and feedback Tutorial: Augmented feedback	Magill (Chapter 14, 15)	**Tutorial Workbook** Part A Due: Week 6 Friday (28 Aug. 2020) at 5:00pm AEST

Week 7: Practice conditions I - 31 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Lecture: Variable practice and specificity Tutorial: Practice variability	Magill (Chapter 16)	

Week 8: Practice conditions II - 07 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Lecture: Practice II Tutorial: Distributed practice and Whole/Part practice	Magill (Chapter 17, 18)	**Online Quiz 2** Opens: Week 8 Wednesday (9 Sep. 2020) at 5:00pm AEST

Week 9: Attention and memory - 14 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Lecture: Attention and memory Tutoral: Visual search and attention	Magill (Chapter 9, 10)	**Online Quiz 2** Closes: Week 9 Wednesday (16 Sep. 2020) at 5:00pm AEST

Week 10: Growth and maturation - 21 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Lecture: Growth and maturation Tutorial: Growth and maturation	Online Reading	

Week 11: Expertise - 28 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Lecture: Expertise and talent ID	Online Reading	**Tutorial Workbook** Part B due: Week 11 Friday (2 Oct. 2020) at 5:00pm AEST

Week 12: Review - 05 Oct 2020

Module/Topic	Chapter	Events and Submissions/Topic

		Online Quiz 3 Open: Week 12 Wednesday (7 Oct. 2020) 9:00 am AEST
Lecture: Review		
		Skill Training Program Due: Week 12 Friday (9 Oct 2020) 5:00 pm AEST

Review/Exam Week - 12 Oct 2020

Module/Topic	Chapter	Events and Submissions/Topic
		Online Quiz 3 Closes: Review/Exam Week Wednesday (14 Oct. 2020) 5:00pm AEST

Exam Week - 19 Oct 2020

Module/Topic	Chapter	Events and Submissions/Topic

Term Specific Information

The residential school/face-to-face laboratory activities attached to this unit will not occur in Term 2, 2020 due to government COVID-19 travel and social isolation restrictions at the time of preparing this unit profile. In place of the face-to-face laboratory activities, online tutorial activities will be delivered. Students are required to attend these sessions in order to achieve all unit learning outcomes.

Assessment Tasks

1 Online Quizzes

Assessment Type
Online Quiz(zes)

Task Description
You will be required to complete three (3) online quizzes throughout the term. Quiz 1 will assess knowledge on content covered in Weeks 1-4 (inclusive), Quiz 2 will assess knowledge on content covered in Weeks 5-8 (inclusive), and Quiz 3 will assess knowledge on content covered in Weeks 9-12 (inclusive). Each quiz will consist of 20 randomly-selected questions from a wider bank of questions. Questions will be equally distributed across all content.
You will have a 30-minute time limit to complete each online quiz upon commencing. Questions will be multiple choice. You must log onto Moodle when each online quiz is open and complete the quiz before the closing date. You can only attempt each online quiz once and each online quiz must be completed in a single session. Online quizzes should be completed on a computer, as attempting the quiz on a smartphone can result in your session being ended in the event of a phone call or notification. You cannot save your answers and return to the online quiz at a later time. In the absence of an approved extension, there will be no late submissions allowed for any of the online quizzes.

Number of Quizzes
3
Frequency of Quizzes
Other
Assessment Due Date

Quiz 1: Opens Week 4 Wednesday (5 Aug. 2020) at 5:00pm AEST, Closes Week 5 Wednesday (12 Aug. 2020) at 5:00pm AEST. Quiz 2: Opens Week 8 Wednesday (9 Sep. 2020) at 5:00pm AEST, Closes Week 9 Wednesday (16 Sep. 2020) at 5:00pm AEST. Quiz 3: Opens Week 12 Wednesday (7 Oct. 2020) at 5:00pm AEST, Closes Review/Exam Week Wednesday (14 Oct. 2020) at 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
Each quiz will have an equal contribution to your overall unit grade. Together the three (3) online quizzes will comprise of 30% of your overall grade. There will be 20 questions per online quiz, with each question allocated 1 mark. Each question will be graded as correct or incorrect. For multiple choice questions, there will be only 1 correct response.
In the absence of an approved extension, no attempts after the due date will be permitted and a score of zero will be awarded.

Referencing Style

- American Psychological Association 7th Edition (APA 7th edition)

Submission
Online

Submission Instructions
Attempting and submitting each online quiz is performed via the unit Moodle site.

Learning Outcomes Assessed

- Classify motor skills based on specific characteristics
- Identify the different stages of skill learning in motor performance and analyse theoretical models which explain changes in motor performance that occur with learning

Graduate Attributes

- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology Competence

2 Skill Training Program

Assessment Type
Portfolio

Task Description
For this assessment, you will develop a skill training program with the aim to improve skill performance. Firstly, you are required to select a movement-based skill, one of which you have no prior training or experience (a list of suggestions will be provided on Moodle), and examine your performance (pre-test). You will then design and complete a training program in order to train yourself in the performance of the skill. Upon completion of the training program, you will assess your performance again (post-test), and again after a 'wash out' period (retention test). You will summarise your training program and performance changes in the form of a written report.
For the portfolio submission, you are required to submit the following documents by the due date (Week 12 Friday (9 Oct. 2020), at 5:00 pm AEST) to the Moodle assignment submission link:

- Test performance video, at each time point (i.e. pre-test, post-test and retention test). These can be submitted as three separate videos (some basic tips are detailed at the bottom of this section).
- Written report.

Test performance video

- You are required to measure performance prior to the training program (pre-test), following the training program (post-test), and following a wash out period after the completion of the training program (retention test).
- Three (3) video recordings of your skill performance at various stages in relation to your training program are required. These videos will complement the written report.
- As a guide, you should have your pre-test completed by Week 8 to enable completion of the post-test and retention test, and compiling of your written report. Regular reminders will be communicated in lectures and via Moodle regarding this timeline.
- Video should be submitted in any of the following formats: .mp4 (preferred format), .avi, .wmv, or .mov.

Written report

- Upon completion of the training program, you are required to submit a written report detailing critical aspects of

the training program, testing procedures, and scientific justification/discussion of these. Your report must consist of the following sections;

- Introduction. Provide a brief description of the skill, classify using a classification system/taxonomy.
- Testing methods. Provide a methodological outline of the testing methods used to assess the skill performance. You may use a diagram to assist in the explanation if you wish. Use references to support your test selection where possible
- Detailed training program. Provide an overview of the training program. At a minimum, this training program must include at least 10 sessions. Beyond this you can schedule the program as you see fit (according to literature related to skill acquisition theories), provided it can be completed within the allocated time frame during the term. As a guide, this program should be approximately 2 weeks in length. Information included in this section should be detailed so that the training program can be replicated.
- Testing results. Provide a summary of testing results. Present outcomes of your testing results and training success in figures, tables and/or written form. Examples will be provide on Moodle and outlined during lectures.
- Discussion. Summarise the critical features of your training program. Here you are required to justify the schedule of the training program, changes in performance, and link to the related scientific literature. How does your training program reflect motor learning/skill acquisition principles.
- Submission of a Word (.doc or .docx) file is required to be uploaded to the correct Moodle assignment submission link (Skill training project) by the due date.
- The maximum word limit is 1500 words (excluding references, tables and figures).

Further information regarding the requirements of this assessment will be available on Moodle throughout the Term.

Assessment Due Date
Week 12 Friday (9 Oct 2020) 5:00 pm AEST
Assessments submitted after the due date, without an approved extension, will incur late penalties in accordance with CQUniversity's Assessment Policy and Procedure (Higher Education Coursework).

Return Date to Students

Feedback and marks for this assessment will be released upon certification of grades

Weighting
40%

Assessment Criteria
The portfolio is designed to evaluate your ability to assess skill performance, and develop a training program to improve performance of a new skill using theories of motor learning. Marks will be allocated to different sections of the portfolio according to a marking rubric which will be available on Moodle. Generally, this assessment will be marked according to the following criteria:

- Introduction and classification of skill
- Skill performance assessment methods
- Submission of video recordings
- Summary of the training program
- Presentation of results
- Discussion of results, learning and training program, in relation to the scientific literature
- Overall writing skill, presentation and appropriate referencing.

Referencing Style

- American Psychological Association 7th Edition (APA 7th edition)

Submission
Online

Submission Instructions
Please see Task Description section above for specific submission information.

Learning Outcomes Assessed

- Use appropriate test protocols to evaluate motor skill to imply motor learning outcomes
- Design learning environments to maximise acquisition, retention and adaptation of motor skills in sport and exercise contexts

Graduate Attributes

- Communication
- Problem Solving

- Critical Thinking
- Information Literacy
- Information Technology Competence

3 Tutorial Workbook

Assessment Type
On-campus Activity

Task Description
Throughout the term, you will be required to complete various tutorial activities at home (via Zoom sessions, and video recordings). Throughout these sessions, you will complete a series of tasks involving measurement and evaluation of skill performance. Accompanying these sessions will be a tutorial workbook, consisting of instructions to complete specific activities, data entry tables and critical thinking questions. You will be required to complete each activity, enter data into specific data tables (and/or online spreadsheets), and respond to questions in the tutorial workbook. Specific for each task will be outlined in the Tutorial Workbook document available on the ESSC11003 Moodle site.
You will be required to complete the tasks, record data, perform calculations with collected data, interpret and critically analyse your findings. Related questions will also be included which you will need to answer in your workbook.
Submission of the tutorial workbook will be in two parts:
Part A will cover weeks 1-5 (inclusive). Part A will be due Week 6 Friday (28 Aug. 2020) at 5:00pm AEST
Part B will cover Week 6-10 (inclusive). Part B will be due Week 11 Friday (2 Oct. 2020) at 5:00pm AEST
Assessments submitted after the due date, without an approved extension, will incur late penalties in accordance with CQUniversity's Assessment Policy and Procedure (Higher Education Coursework).

Assessment Due Date

Part A: Due Week 6 Friday (28 Aug. 2020) at 5:00pm AEST; Part B: Due Week 11 Friday (2 Oct. 2020) at 5:00pm AEST

Return Date to Students

Assessment feedback will be returned to students within two weeks of the submission date.

Weighting
30%

Minimum mark or grade
50%

Assessment Criteria
The Tutorial Workbook is to be completed during and following the Tutorial sessions. You will be required to fill in the questions in the Tutorial Workbook. Questions in the workbook will be related to definitions and key terms, analysis of individual and group data collected during each activity, and critical thinking questions related to skill acquisition and learning.
A Tutorial Workbook will be provided to students on the ESSC11003 Moodle site prior to Week 1 of Term which contains instructions, questions and data tables pertaining to each tutorial activity.
To complete this assessment item you must:

- Attend the scheduled Zoom session, or watch the recording via Echo360 (attendance tracking will be enforced)
- Complete the Tutorial Workbook during and following each tutorial session.
- Submit the completed Tutorial Workbook as a Microsoft Word (.doc or .docx) document via Moodle using the correct assessment submission link by the due date. All answers must be typed or using graphical software (i.e. Microsoft Excel) where required. Handwritten responses will not be marked.

This assessment has a minimum mark of 50%. Failure to achieve a mark of 50% or higher may result in you failing this unit.

Referencing Style

- American Psychological Association 7th Edition (APA 7th edition)

Submission
Online

Submission Instructions
Submissions with be in Part A (due Week 6) Part B (due Week 11). See Task Description section above. Tutorial Workbook must be submitted in a .doc or .docx format.

Learning Outcomes Assessed

- Classify motor skills based on specific characteristics
- Identify the different stages of skill learning in motor performance and analyse theoretical models which explain changes in motor performance that occur with learning
- Use appropriate test protocols to evaluate motor skill to imply motor learning outcomes
- Demonstrate professional practice and ethical behaviour expected in exercise and sport science settings.

Graduate Attributes

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

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