



# ESSC11003 Skill Acquisition and Movement

## Term 2 - 2021

Profile information current as at 26/04/2024 10:34 am

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 - 2021

- 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

##### Feedback

The tutorial workbook was time consuming and difficult to complete.

##### Recommendation

It is recommended that the tutorial workbook be more succinct and easier for students to complete.

#### Feedback from Have your say survey and self-reflection.

##### Feedback

Some students experienced difficulties in completing interactive activities due to delays in fellow students watching lecture recordings and/or reporting experiences in group tutorial activities.

##### Recommendation

While the tutorial structure was different in 2020 due to COVID-19, it is recommended that time limits are implemented (i.e. 1 week) for students to contribute to interactive components for each tutorial, prior to posting group outcomes. This will ensure proactive students are not disadvantaged from other students who review tutorial activities at a later date.

#### Feedback from Have your say survey

##### Feedback

Online tutorials were interactive which helped to understand key concepts and learning outcomes.

##### Recommendation

It is recommended that the tutorial activities remain highly engaging and interactive.

## 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



### 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**

If you prefer to study with a paper text, you can purchase one at the CQUni Bookshop here:

<http://bookshop.cqu.edu.au> (search on the Unit code).

[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](mailto:n.elsworthy@cqu.edu.au)

## Schedule

### **Week 1: Introduction to motor skills - 12 Jul 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to motor skills	Magill (Chapter 1)	

### **Week 2: Motor performance - 19 Jul 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Measurement of motor performance and motor abilities	Magill (Chapter 2 & 3)	

### **Week 3: Introduction to motor control - 26 Jul 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Neuromotor and sensory components of motor control	Magill (Chapter 4 & 6)	

**Week 4: Motor control theories - 02 Aug 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Motor control theories	Magill (Chapter 5)	

**Week 5: Performance of functional skills - 09 Aug 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Performance and characteristics of functional skills	Magill (Chapter 7)	<b>Portfolio (Part A)</b> Due: Week 5 Friday (13 Aug 2021) 5:00 pm AEST

**Vacation Week - 16 Aug 2021**

Module/Topic	Chapter	Events and Submissions/Topic

**Week 6: Motor skill learning - 23 Aug 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Assessing learning and stages of learning	Magill (Chapter 14, 15)	<b>Online Quiz 1</b> Opens: Week 6 Friday (27 Aug 2021) 9:00 am AEST

**Week 7: Practice conditions I - 30 Aug 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Variable practice and specificity; Mental practice	Magill (Chapter 16 & 19)	<b>Online Quiz 1</b> Due: Week 7 Friday (3 Sep 2021) 5:00 pm AEST

**Week 8: Practice conditions II - 06 Sep 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Distribution of practice and Whole/Part practice	Magill (Chapter 17, 18)	

**Week 9: Attention and Memory - 13 Sep 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Attention and memory	Magill (Chapter 9 & 10)	

**Week 10: Instructions and feedback - 20 Sep 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Instructional approaches and feedback	Magill (Chapter 14 & 15)	<b>On-Campus Activity Workbook</b> Due: Week 10 Friday (24 Sept 2021) 5:00 pm AEST

**Week 11: Maturation - 27 Sep 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Growth and maturation	Online readings	

**Week 12: Review - 04 Oct 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Review		<b>Portfolio (Part B)</b> Due: Week 12 Friday (8 Oct 2021) 5:00 pm AEST <b>Online Quiz 2</b> Opens: Week 12 Friday (8 Oct 2021) 9:00 am AEST

**Review Week - 11 Oct 2021**

Module/Topic	Chapter	Events and Submissions/Topic
		<b>Online Quiz 2</b> Due: Review Week Friday (15 Oct 2021) 5:00 pm AEST

**Exam Week - 18 Oct 2021**

Module/Topic	Chapter	Events and Submissions/Topic

## Term Specific Information

Attendance and active participation in practical activities (on-campus activity) are required for successful completion of this unit. You will be required to attend ONE of the following options, depending on your enrolment type. Please refer to the published CQUniversity Timetable for confirmation of dates, times and locations:

**On-campus enrolments** - Five on-campus activities will take place throughout the term during the weeks specified below. Activities will commence during the weeks listed below, Wednesday's at 9 am, and run for approximately three hours per session.

Rockhampton on-campus students (ROK) - Weeks 2, 4, 5, 8, 10. Activities will take place in Building 81 on the Rockhampton North Campus.

Cairns on-campus students (CNS) - Weeks 2, 4, 5, 8, 10. Activities will take place at the Exercise and Sport Science Laboratories, located at Cairns Basketball (289 Aumuller St, Manunda, QLD 4870).

Mackay on-campus students (MKC) - Weeks 2, 4, 6, 8, 10. Activities will take place at the Exercise and Sport Sciences Laboratories (Building 4/G.21), located on Mackay City Campus (Sydney St).

**Mixed-mode enrolments (MIX)** - A two-day intensive practical session will be held in Rockhampton and Mackay. Activities will commence at approximately 8:00 am to 5:00 pm. Attendance at both days of the laboratory activities is required. The below options are available **ONLY** for mixed-mode enrolments (MIX). For MIX students, you must attend ONE of the following options.

Rockhampton offering - A two day on-campus activity session will be held in Week 7, Tuesday and Wednesday 31 August - 1 September, 2021 at the Rockhampton North Campus, from 8:00 am - 4:30 pm, for MIX enrolled students. Attendance at both days of the residential school is compulsory. All students will be required to meet inside Building 81 on the basketball court (Rockhampton North Campus) at 8:00 am sharp on 31 August.

Mackay offering - A two day on-campus activity session will be held in Week 9, Thursday and Friday 16 - 17 September, 2021 at the Mackay City Campus, from 8:00 am - 4:30 pm, for MIX enrolled students. Attendance at both days of the on-campus activity is compulsory. All students will be required to meet inside the biomechanics laboratory (Building 4/G.21) on the Mackay City Campus at 8:00 am sharp on 16 September.

## Assessment Tasks

### 1 Online Quizzes

#### Assessment Type

Online Quiz(zes)

#### Task Description

You will be required to complete two (2) online quizzes throughout the term. Quiz 1 will assess knowledge on content covered in Weeks 1-6 (inclusive), and Quiz 2 will assess knowledge on content covered in Weeks 7-11 (inclusive). Each quiz will consist of 30 randomly-selected questions from a wider bank of questions. Questions will be equally distributed across all content.

You will have a 60-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

2

#### Frequency of Quizzes

Other

#### Assessment Due Date

Quiz 1: Opens Week 6 Friday (27 Aug 2021) 9:00 am AEST, and Closes Week 7 Friday (3 Sep 2021) 5:00 pm AEST; Quiz 2: Opens Week 12 Friday (8 Oct 2021) 9:00 am AEST, and Closes Review Week Friday (15 Oct 2021) 5:00 pm 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 two (2) online quizzes will comprise of 30% of your overall grade. There will be 30 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. The goal of the program is to teach yourself (or a friend) to perform the three-ball cascade juggling task. The person completing the program must have no prior experience at performing this skill. Therefore, if you can perform the skill, then you must find another person who might be able to complete the program you design. This assessment will be completed in two parts: Part A, and Part B.

**Part A. Due Date: Week 5 Friday (13 Aug 2021) 5:00 pm AEST. Part A is worth 10% of your overall grade.**

For **Part A**, you are required to develop a test to assess performance in the three-ball cascade juggling task. To do so, you must design a valid and reliable test to assess juggling performance. The methods developed will then be used in conjunction with your training program (outlined in Part B below). For the submission of Part A, you must provide a detailed, written overview of the methods of your testing protocol. A template will be provided on Moodle. Marks will be awarded on your ability to develop a test which is valid and reliable for assessing performance of the three-ball cascade juggle.

Part A must be submitted as a Microsoft Word document (.doc or .docx). In the absence of an approved extension, any submissions received after the due date will incur penalties in accordance with university policy. Further information regarding the structure, and formatting requirements will be provided on Moodle.

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**Part B. Due Date. Week 12 Friday (8 Oct 2021) 5:00 pm AEST. Part B is worth 30% of your overall grade.**

For **Part B**, you are required to design a training program to teach yourself (or a friend) to improve performance of a three-ball cascade juggling task. You will have a total of 10 hours to use as part of your training. How you utilise and structure these 10 hours is up to you, however they must be focused on improving skill (i.e., no fitness/conditioning-based sessions).

You are required to assess (and video record) your performance using the test developed in Part A (pre-test), complete

the program, and assess your performance again as a post-test immediately following the completion of the 10 hours, and following a one-week washout period of no training (retention test).

For this submission, you are required to submit the following documents by the due date (Friday 8 Oct 2021, 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 will be provided on Moodle). Video must be recorded in .mp4 or .avi format
- Written report. This report is to be no longer than 1500 words and must include reference to scientific literature to justify the design of your training program. The written report for Part B must be submitted as a Microsoft Word document (.doc or .docx).

In the absence of an approved extension, any submissions received after the due date will incur penalties in accordance with university policy. Further information regarding the structure, and formatting requirements will be provided on Moodle.

### **Assessment Due Date**

Part A. Due Date: Week 5 Friday (13 Aug 2021) 5:00 pm AEST. Part B. Due Date. Week 12 Friday (8 Oct 2021) 5:00 pm AEST.

### **Return Date to Students**

Feedback and marks for Part A will be returned within two weeks of the due date. Feedback and marks for Part B will be released upon certification of grades.

### **Weighting**

40%

### **Assessment Criteria**

The portfolio is designed to evaluate your ability to develop a valid and reliable test to assess skill performance, and design a suitable training program for improving performance, using theories of skill acquisition.

For **Part A**, marks will be awarded according to your ability to design a valid and reliable test to examine three-ball cascade juggling, describe the testing procedures and materials, and writing style. A detailed marking rubric will be available on Moodle.

For **Part B**, marks will be awarded according to your ability to develop a training program using appropriate strategies and theories of skill acquisition, describe the program, communicate the results/outcomes of the training program, and justify the program using scientific literature. A detailed marking rubric will be available on Moodle.

### **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 On-Campus Activity Workbook**

### **Assessment Type**

On-campus Activity

### **Task Description**

When attending the on-campus activity sessions of this unit, you will be required to complete a series of tasks involving measurement and evaluation of skill performance. You will need to complete the tasks by filling out a laboratory workbook document made available via the unit Moodle site. You will be required to complete the laboratory 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. There will be time allocated to each laboratory task for completion of the workbook and discussion of key concepts.

In order to complete this assessment, you MUST attend all activities completed during the on-campus activity sessions. Attendance will be taken at each session. Time will be allocated at the end of each practical session to allow students to complete the required tasks associated with this workbook. If you do not attend, and adequately participate in the on-campus activity session you will not be able to submit this assessment. In the absence of an approved extension, any submissions received after the due date will incur penalties in accordance with university policy.

### **Assessment Due Date**

Week 10 Friday (24 Sept 2021) 5:00 pm AEST

### **Return Date to Students**

Week 12 Friday (8 Oct 2021)

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

### **Weighting**

30%

### **Minimum mark or grade**

50%

### **Assessment Criteria**

The workbook is to be completed during and following the on-campus activity sessions. You will be required to fill in the questions in the 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 workbook template 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 on-campus activity. A marking guide will be made available for students via Moodle.

To complete this assessment item you must:

- Attend your scheduled session according to your enrolment type (see Term Specific Information section for dates)
- Complete the workbook including all data entry tables, and written response questions.
- Submit the completed 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**

Your completed workbook is to be submitted as a Word Document (.doc or .docx) using the provided template. This is to be individual work.

### **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