DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

Motor learning

COURSE CODE: **E.C.T.S. CREDITS**

N128		5

RESPONSIBLE FOR THE COURSE:

NAME	Maria Michalopoulou
POSITION	Associate Professor
SECTOR	Sport Management, School Physical Education & Recreation
OFFICE	B1 - 9
TEL. / E-MAIL	25310 - 39679 michal@phyed.duth.gr
CO-INSTRUCTORS	Thomas Kourtessis, Associate Professor Eleni Zetou, Assistant Professor

SEMESTER: 1st [ ] 2nd [X] 3rd [ ] 4th [ ]
                               5th [ ] 6th [ ] 7th [ ] 8th [ ]

COURSE TYPE: Obligatory   [X]
                                Direction   [ ]
                                Specialization   [ ]
                                Prerequisite for specialization   [ ]
                                Elective (*open*)   [ ]

HOURS (*per week*)**:**

2

DIRECTION (*only for 3rd & 4th year courses*):

SPECIALIZATION (*only for 3rd & 4th year courses*):

LANGUAGE OF TEACHING: GREEK [X]   ENGLISH [ ]

AIM OF THE COURSE *(content and acquired skills):*

Upon the completion of this course students will be able to apply all basic motor learning principles concerning the perceptual models of human action, the cognitive strategies and feedback provision during teaching motor skills in order to guide humans to higher levels of performance - and learning in real life situations.

COURSE CONTENTS *(outline – titles of lectures):*

1. Introduction to motor learning principles.
2. Motor skills categorization and human abilities.
3. Information processing.
4. Theories of motor learning – Motor control.
5. Scientific measurement in motor learning.
6. Stages of learning and transfer of learning.
7. Duration and distribution of practice.
8. Scheduling practice.
9. Memory and learning.
10. Organizing the learning environment.
11. Feedback and learning motor skills.
12. Attention and human performance.
13. From theory to practice.

TEACHING METHOD *(lectures – labs – practice etc.):*

1. Lectures.
2. Assessments of understanding.
3. Applications.
4. Problem solving.

ASSESSMENT METHOD(S):

1. Comprehension exercises.
2. Mid-term exams.
3. Final (written) exams.

LEARNING OUTCOMES

Upon the completion of this course the students will be able to:
1. Understand the basic principles of motor learning theory.
2. Demonstrate and apply the basic methods of motor skill and learning environment analysis.
3. Combine and employ the methods of practice and feedback provision during the learning of motor skills.
4. Design and guide the increase of athletic performance and motor learning through practice.

LEARNING OUTCOMES – CONTINUED:

Learning Outcomes	Educational Activities	Assessment	Students Work Load (hours)
Understanding of the basic principles of motor learning theory.	Lectures, understanding project, home study.	Mid term exams.	30
Ability to demonstrate and apply the basic methods of motor skill and learning environment analysis.	Lectures, understanding project, problem solving projects, home study.	Mid term exams.	30
Ability to combine and employ the methods of practice and feedback provision during the learning of motor skills.	Lectures, understanding project, problem solving projects, home study.	Mid term exams, problem solving project.	45
Ability to design and guide the increase athletic performance and motor learning through practice.	Lectures, understanding project, problem solving projects, and study.	Mid term exams, problem solving project, final exams.	45
		TOTAL	**150**

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Schmidt, R.A. & Wrisberg, C.A, (2009). Κινητική μάθηση και απόδοση. (4$^\eta$ Έκδοση), Επιστημονική επιμέλεια: Μιχαλοπούλου, Μ., Αθήνα: Αθλότυπο.
2. Rose, D.J. (1998). Κινητική μάθηση και κινητικός έλεγχος. Θεσσαλονίκη: University Studio Press.
3. Magill, R A. (1998). Motor learning concepts and applications. (5th ed), Boston: McGraw-Hill.