COURSE OUTLINE MOTOR LEARNING

1. GENERAL					
SCHOOL	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL				
	THERAPY				
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE				
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level				
COURSE CODE	C122	SEMESTER 2nd		d	
COURSE TITLE	MOTOR LEARNING				
TEACHING AC	TIVITIES				
If the ECTS Credits are distributed in distinct parts of the course e.g.		course e.g.	TEACHING		
lectures, labs etc. If the ECTS Credits are awarded to the whole course,		vhole course,	HOURS PEF	ł	ECTS CREDITS
then please indicate the teaching hours per week and the		nd the	WEEK		
corresponding ECTS Credits.					
			3		6
Please, add lines if necessary. Teaching methods and organization of		nization of			
the course are described in section 4.					
COURSE TYPE	Background				
Background, General Knowledge, Scientific					
Area, Skill Development					
PREREQUISITES:	No				
TEACHING & EXAMINATION	Greek				
LANGUAGE:	English for ERASMUS students				
COURSE OFFERED TO ERASMUS	YES				
STUDENTS:					
COURSE URL:	https://eclass.duth.gr/courses/KOM02368/				

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

Upon the completion of this course, students will be able to:

• understand and know the fundamental motor learning concepts and principles

- apply those principles to a wide range of practical issues in the performance and learning of motor skills
- understand the conceptual model of motor performance, considering the basic characteristics of the person / task/ environment, knowing the cognitive strategies, the principles of practice organization, structure and feedback during practice
- optimize human performance and learning in applied settings.

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information,	Project design and management
ICT Use	Equity and Inclusion
Adaptation to new situations	Respect for the natural environment
Decision making	Sustainability
Autonomous work	Demonstration of social, professional and moral responsibility
Teamwork	and sensitivity to gender issues
Working in an international environment	Critical thinking

Working in an interdisciplinary environment

Promoting free, creative and inductive reasoning

Production of new research ideas

- Search, analysis and synthesis of data and information, ICT Use
- Adaptation to new situations
- Decision making
- Autonomous work
- Teamwork
- Production of new research ideas
- Project design and management
- Equity and Inclusion
- Demonstration of social, professional and moral responsibility and sensitivity to gender issues
- Critical thinking
- Promoting free, creative and inductive reasoning

3. COURSE CONTENT

- 1. Introduction to motor learning.
- 2. Skill classification.
- 3. Information processing and decision making.
- 4. Sensory contributions to skilled performance.
- 5. Movement production and motor programs.
- 6. Individual differences and motor abilities.
- 7. Preparing for the learning experience.
- 8. Supplementing the learning experience: preliminary considerations.
- 9. Supplementing the learning experience: forms of practice.
- 10. Structuring the learning experience: random or blocked practice versus varied or constant practice.
- 11. Feedback: classifying feedback, properties of external feedback.
- 12. Feedback: practical considerations when providing external feedback.
- 13. Applying motor learning principles.

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD	Face to face	
Face to face, Distance learning, etc.		
USE OF INFORMATION &	Use of ICT in Teaching	
COMMUNICATIONS TECHNOLOGY	Use of ICT in Communication with students	
(ICT)		
Use of ICT in Teaching, in Laboratory		
Education, in Communication with students		
TEACHING ORGANIZATION		
The ways and methods of teaching are	Activity	Workload/semester
described in detail.	Lectures	30
Lectures, Seminars, Laboratory Exercise, Field	Lectures	35
Exercise, Bibliographic research & analysis,	Study / creation	50
Tutoring, Internship (Placement), Clinical	Bibliographic research &	EQ
Exercise, Art Workshop, Interactive learning,	analysis	38

Study visits, Study / creation, project, creation,	Exams	3
project. Etc.	Total	150
The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.		
STUDENT EVALUATION	Student evaluation languages	5
Description of the evaluation process	Greek	1.)
Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test	Method (Formative or Conclu Formative	iding)
Short Answer Questions, Essay Development	i officiative	
Assignment, Essay / Report, Oral Exam,	Student evaluation methods	Percentage
Presentation in audience, Laboratory Report,	Class assignments	35
Clinical examination of a patient, Artistic	WITTEN EXAMINATION AND	wer questions 65
interpretation, Other/Others		
Please indicate all relevant information about		
the course assessment and now students are informed		

5. SUGGESTED BIBLIOGRAPHY

- Schmidt R. A, & Lee T. D. (2025). Κινητική Μάθηση και Απόδοση. Από τη Θεωρία στην Πράξη, (6^η αγγλική, 3^η ελληνική Έκδοση). Εκδόσεις Κωνσταντάρας, ISBN: 9786188620674.
- Schmidt, R. A., & Wrisberg, C. A. (2009). Κινητική μάθηση και απόδοση, (4^η Έκδοση), Επιστημονική Επιμέλεια: Μιχαλοπούλου, Μ. Αθλότυπο, ISBN: 9789607378873.
- Πολλάτου, Ε. (2021). Κινητική Μάθηση. Μια βιωματική, εικονογραφημένη προσέγγιση εκμάθησης και απόδοσης κινητικών δεξιοτήτων. Επιστημονικές εκδόσεις Νέον. ISBN: 9786188489356
- Rose, D. J. (1998). Κινητική μάθηση και κινητικός έλεγχος. University Studio Press. ISBN: 9601206612.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Maria Michalopoulou
Contact details:	michal@phyed.duth.gr
Supervisors:	YES
Evaluation methods:	Home assignment (35%). Written examination with distance learning methods (65%).
Implementation Instructions:	Home assignment should be submitted through eclass by a specified date.