



Florida State University
College of Education
Sport Management Program

PET 5235 Motor Learning for Coaches (3 credit hours)

This course is to teach coaches the processes underlying the learning and performance of all kinds of movements. The course will teach the student how humans learn skilled actions and how the principles of motor performance and learning can be useful in coaching their particular sport. It will cover theories and principles explaining motor behavior; psychological factors related to and/or affecting motor skill acquisition and performance.

COURSE OBJECTIVES:

After completing this course students will be able to:

- Explain the relationship between motor performance and motor learning;
- Discuss the situation-based approach to motor performance and learning;
- Demonstrate the concept of reaction time and the factors that affect it;
- Identify the primary information-processing demands of various tasks;
- Interpret how arousal and attention influence performance;
- Communicate how components of human memory affect people's motor performance;
- Explain the closed-loop and open-loop model of movement control
- Discuss the various roles of vision in movement control;
- Analyze how sensory contribution to movements are part of a conceptual model of motor performance;
- Apply the principles of motor programming to practical performance situations;
- Explain how the speed and amplitude of a movement can influence movement accuracy;
- Discuss the difficulties inherent in predicting a person's future performance success based on assessments of that person's abilities;
- Assist an athlete in developing a blueprint for a motor learning experience;
- Differentiate in balancing practice and rest periods during and between learning sessions;
- Describe the differences between blocked and random practice schedules, constant and varied practice schedules, consistent and varied mapping to assist learners;
- Contrast the principles involved in giving instructional feedback – what type, how much, how precise and how often;
- Integrate the conceptual model of motor performance and the various principles and be able to apply them when coaching;
- Provide supporting research documentation when making decisions on motor performance while coaching.