



**Health and Sports Science Module Handbook**  
**Faculty of Sports Science Universitas Negeri Makassar**

<b>Module designation</b>		<b>Motor Learning and Development</b>				
Semester(s) in which the module is taught		2				
Person responsible for the module		Dr. Saharullah, M.Pd Etno Setyagraha, S.Or, M.Or Sulaeman, S.Pd, M.Pd				
Language		Bilingual (Bahasa and English)				
Relation to curriculum		Compulsory				
Teaching methods		3 parallel classes consist of 35 students/class: 1) Lecture (Face to face lecture): 3 hours x 14 weeks 2) Practical class: -				
Workload	Total workload	130 hours				
		Face to face teaching	Structured activities	Independent study	Exam	Total
	Lecture	42	42	42	4	130
	Practical class	-	-	-	-	-
	Total					130
Credit points		3 credits				
Required and recommended prerequisites for joining the module		None				



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<p>Module objectives / intended learning outcomes</p>	<p>This course is designed to provide students an overview of theory, research, and practice in motor learning. Students develop an understanding of the cognitive, behavioral, neurophysiological, and biomechanical approaches to motor skill learning.</p> <p>As a result of taking this module, students should be able to:</p> <ul style="list-style-type: none"><li>• knowledge about characteristics that distinguish the various types of motor skills.</li><li>• knowledge about motor control features that influence motor skill performance and learning.</li><li>• knowledge about the assessment of motor skill learning and characteristics of the various stages of skill learning.</li><li>• knowledge of motor skill learning principles and their applications to motor skill learning and rehabilitation contexts.</li></ul>
<p>Content</p>	<ul style="list-style-type: none"><li>• Introduction to Motor Skills and Abilities (Classification of motor skills, measurement of motor performance, motor abilities).</li><li>• Introduction to Motor Control (Neuromotor basis for motor control, motor control theories, sensory components of motor control, performance and motor characteristics of functional skills).</li><li>• Attention and Memory (Attention as limited capacity resource, memory components, forgetting, and strategies).</li><li>• Introduction to Motor Skill Learning (Defining and assessing learning, the stages of learning, transfer of learning).</li><li>• Demonstration and Verbal Instruction in Motor Learning.</li></ul>



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<p>Exams and assessment formats</p>	<p><b>Assignment (Quizzes)</b>  There will be quizzes for each major topic covered in the course. The quizzes will be based entirely on the lectures, reading assignments and class activities.</p> <p><b>Weight: 15%</b></p> <p><b>Project-based Assessment</b>  Students, working in peers, will be required to complete a class project applying the course concepts in their selected sport or activity. Each project will be composed of three (3) distinct components: a technical skill analysis paper, a practice scheduling paper, and a video analysis and presentation. Grading for these activities will be based on the quality of the content and presentation.</p> <p><b>Weight: 35%</b></p> <p><b>Final Exam</b>  There will be a final exam in the end of the course. The exam will be composed of essay and/or short answer questions.</p> <p><b>Weight: 50%</b></p>
<p>Study and examination requirements</p>	<p>Students are expected to attend all meetings because there will be quizzes in some meetings, unless circumstances prevent them from attending. Final grade will be based on student attendance, their participation in quizzes, group project, and their score in the final exam.</p>
<p>Reading list</p>	<p><b>Required Text</b>  Magill, R.A., Anderson, D. I. (2017). <i>Motor Learning and Control: Concepts and Applications</i> (11<sup>th</sup> Edition). McGraw-Hill.</p> <p><b>Suggested Text</b>  Schmidt, R. A., Lee, T. D. (2019). <i>Motor Control and Learning: A Behavioral Emphasis</i>. 6<sup>th</sup> Edition. Human Kinetics.</p> <p>Rohendi, A., Seba, L., &amp; Sutisna, N. (2017). <i>Perkembangan Motorik, Pengantar Teori dan Implikasinya Dalam Belajar</i>. Alfabeta.</p>