

Liverpool John Moores University

Title: Motor Learning & Skill Acquisition for Coaching
Status: Definitive
Code: **4504SSLNEF** (127085)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Everton Football College

Team	Leader
Cath Walker	Y

Academic Level: FHEQ4
Credit Value: 20
Total Delivered Hours: 40
Total Learning Hours: 200
Private Study: 160

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	14
Off Site	3
Practical	10
Tutorial	1
Workshop	12

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1 2 3 4	Planning, practical delivery & reflection of a sport development event (4500 word equivalent)	100	

Aims

This module will provide students with knowledge on motor skill development and performance, specifically related to sport and exercise. This will enable students to deliver coaching, exercise and training sessions in a variety of settings and to a

variety of clients; as well as the confidence to be able to justify why the sessions are being implemented.

Learning Outcomes

After completing the module the student should be able to:

- 1 Identify and evaluate theories on the development of motor skills and apply ideas to a sporting context
- 2 Provide evidence of a breadth and depth of understanding of the individual, task and environmental constraints which influence sport performance
- 3 Identify, retrieve, collate and analyse relevant information supported by relevant evidence/use of sources for the practical application of motor skill development in sport
- 4 Clearly communicate information and ideas in an appropriate academic writing style, referencing a range of different types of sources

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Portfolio	1	2	3	4
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Outline Syllabus

This module considers information processing, changes in skill levels and the measurement of these skills, constraining factors and abilities on skill performance, motor development and motor control theories. Delivery of motor skill development techniques, learning styles, feedback techniques, as well as the ability of athletes to retain information and transfer it into their performance are also considered.

Learning Activities

This module will be delivered by means of lectures, guest speakers, educational visits, and student-centred learning. Lectures will be used to convey the underlying principles of motor learning and performance. The module will also develop the ability to work independently through a range of practical activities.

Notes

This is both a classroom and practical module requiring students to undertake work related learning. Students will be assessed by a written report and a portfolio.