



## IDENTIFYING DATA

### Education: Motor control and learning in physical education and sport

Subject	Education: Motor control and learning in physical education and sport			
Code	P02G050V01102			
Study programme	(*)Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1st	1st
Teaching language	Spanish Galician			
Department				
Coordinator	Romo Pérez, Vicente			
Lecturers	Romo Pérez, Vicente			
E-mail	vicente@uvigo.es			
Web				
General description	(*)A materia de Aprendizaxe e Control Motor na Educación Física y o Deporte analiza os procesos de aprendizaxe das condutas motoras, así como todos os aspectos relacionados cos procesos de recepción da información e o seu procesamento, os mecanismos de execución e decisión, e o programa motor.			

## Competencies

Code	
B1	Conceptualization and identification of the object of study of the Sciences of the Physical Activity and the Sport.
B2	Knowledge and comprehension of the scientific literature of the area of the physical activity and the sport.
B5	Knowledge and comprehension of the effects of the practice of the physical exercise on the structure and function of the human body.
B7	Knowledge and comprehension of the foundations, structures and functions of the skills and bosses of the motricity humanizes.
B12	Application of the technologies of the information and communication (TIC) to the area of the Sciences of the Physical Activity and of the Sport.
B13	Habits of excellence and quality in the professional exercise.
B14	Managing of the scientific basic information applied to the physical activity and to the sport in his different manifestations.
B24	Action inside the ethical beginning necessary for the correct professional exercise.
B25	Skill of leadership, capacity of interpersonal relation and teamwork.
B26	Adjustment to new situations, the resolution of problems and the autonomous learning.
C1	Aptitude to design, to develop and evaluate the processes of education - learning relative to the physical activity and the sport with attention to the individual and contextual characteristics of the persons.
C3	Aptitude to apply the physiological and biomechanical skills, comportamentales and social, in the offer of tasks in the processes of education - learning across the physical activity and sport.
C8	Aptitude to apply the physiological biomechanical, comportamental and social principles, during the process of the sports training
C16	Aptitude to apply the physiological, biomechanical, comportamental and social principles to the field of the physical activity and the health

## Learning outcomes

Expected results from this subject	Training and Learning Results
------------------------------------	-------------------------------

Knowledge and understanding of the foundations, characteristic and structure of the learning and motor control in the Physical Education.	B1	C3
	B2	C8
	B5	C16
	B7	
	B13	
	B14	
	B24	
	B25	
Knowledge and understanding of the the practical motriz and of the mechanisms in the motor learning. Kknowledge and understanding of the processes of acquisition of the motor skill	B1	C1
	B2	C3
	B5	C8
	B7	C16
	B12	
	B13	
	B14	
	B24	
	B25	
	B26	
Knowledge and understanding of the evaluation of the motor learning and of the structure of the motor program	B1	C1
	B2	C3
	B5	C8
	B7	C16
	B12	
	B13	
	B14	
	B24	
	B25	
	B26	

## Contents

Topic	
1. Ability and motor skills	1.1. Ability and motor skills: characteristics and classification. 1.2. Measured of motor performance
2. Motor control.	2.1. Fundamentals of motor control. 2.1. Motor control theories. 2.3. Receptors movement. 2.4. Performance and motor control. 2.4. Preparation of movement.
3. Attention and memory	3.1. Characteristics of Attention. 3.2. Components of the motor memory.
4. The motor skills learning.	4.1. Definition and assessing of motor learning. 4.2. Stages of motor learning. 4.3. The transfer motor learning.
5. Mechanisms of feedback	5.1 The mechanisms of "feedback" 5.2. Demonstration and verbal instructions. 5.2. Feedback classification.
6. The motor practice.	6.1. Classification of motor practice 6.2. The variability in practice. 6.3. Distribution of motor practice.
(*)7. El programa motor.	(*)7.1. Estructura del programación motora. 7.2. Programa motor y patrón neuromuscular. 7.3. La complejidad motora. 7.4. Tipos de programa motor.

## Planning

	Class hours	Hours outside the classroom	Total hours
Seminars	7.5	15	22.5
Laboratory practises	15	22.5	37.5
Master Session	30	60	90

\*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

## Methodologies

Description
-------------

Seminars	They will realise seminars to deepen in the analysis of the mechanisms of feedback, types of practice and the control engine. The students will have to realise works on the subjects treated.
Laboratory practises	Analysis of videos. Practices where analyse the mechanisms of learning. Practices on perception and decision.
Master Session	The professor will expose the contents of the matter, clearing concepts, classifications, technicians of application, foundations, etc.

### Personalized attention

Methodologies	Description
Seminars	The professor will orient to the student in the work proposed, resolving doubts and realising explanations.
Laboratory practises	The professor will orient to the student in the work proposed, resolving doubts and realising explanations.

### Assessment

Description		Qualification	Training and Learning Results	
Seminars	It will evaluate : The quality of the works The active participation	15	B1 B2 B5 B7 B12 B13 B14 B24 B25 B26	C1 C3 C8 C16
Laboratory practises	It will evaluate the active participation in the practical sessions by means of a control. The students will have to surpass an examination of questions type test and/or short questions.	10	B1 B2 B5 B7 B12 B13 B14 B24 B25 B26	C1 C3 C8 C16
Master Session	It will evaluate with an examination type test and/or short question. To approve, the student will have to reach in this section a minimum qualification of five points on 10	75	B1 B2 B5 B7 B12 B13 B14 B24 B25 B26	C1 C3 C8 C16

### Other comments on the Evaluation

It saved the qualification of each of the previous parts in the second announcement.

### Sources of information

Anne Shumway-Cook, Marjorie H. Woollacott, **Controle Motor: teoria e aplicações**, Manole,  
 Richard A. Schmidt; Craig A. Wrisberg, **Aprendizagem e Performance Motora**, Artmed editora,  
 James R. Morrow, Jr., **Measurement and Evaluation in Human Performance**, HK,  
 Fonseca, Vitor da, **Desenvolvimento psicomotor e aprendizagem**, Artmed,  
 Shumway-Cook, **Controle motor**, Manole,  
 Latash, **Neurophysiological Basis of movement**, HK,  
 Schmidt & Lee, **Motor Control and Learning**, HK,  
 Vickers, **Perception Cognition and Decision training**, HK,

### Recommendations

