

SPORTS STUDIES (SPST)

SPST-209 MOTOR LEARNING (3 Credits)

This course is designed to provide a basic introduction to the field of motor learning. Primary consideration given to the acquisition of motor skills, factors that influence skill learning, and the effectiveness of various instructional strategies. This course shall be directed toward individuals preparing for a career in which motor skill instruction is an important part of the job, as is the case of physical education teachers, coaches, dance instructors, physical and occupational therapists, athletic trainers, and instructors in military and industrial training settings.

SPST-415 PSYCHOSOCIAL ASPECTS OF HUMAN MOVEMENT AND PHYSICAL ACTIVITY (3 Credits)

The class will focus on a multitude of factors influencing sport, leisure, and motor behavior. Questions of how social psychological variables influence motor behavior and how physical activity affects the psychological make up of an individual will be explored.

Restrictions: RGC.105