

KIN 303: Motor Development and Learning

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Course Description

Motor Development and Learning (KIN 303) provides understanding of motor development from early childhood through adulthood. The focus is on the constraints to development and the interaction between the environment, task, and learner. *Note: to best understand the motor development and learning processes, a basic review of human physical growth and maturation will first be presented as foundational knowledge.* Students interested in pursuing careers in areas such as personal training, physical education, physical therapy, coaching, cardiac rehabilitation, and others will be able to glean information that can enhance their professional practice when working with athletes, exercisers, clients, and patients.

Morrison Bruce Center Service-Learning Experience and Write-Up

This experience is designed to allow students to observe first-hand some of the concepts we will be reviewing in class, demonstrate their comprehension of our course content, as well as give back to the JMU community by providing assistance at one of the Morrison Bruce Center program events. Students will be graded according to the quality of their engagement as a volunteer (as rated by the MBC senior staff) and on the completion of a post-experience reflection. MBC senior staff will rate students on the following criteria: *Professionalism* (punctuality, dress, language, cell phone use), *Engagement* (positive energy, consistent and positive interaction with participants) and *Fulfilling Assigned Duties* as explained by MBC staff.

Brief Post-Experience Reflection (5pts)

Within **THREE DAYS** after the completion of your volunteer experience, you will write a **400+ word** reflection (not including any headings) that covers the following topics:

1. The name of program you attended and date of attendance
2. A brief description of the participant population (age, sex, etc.)
3. An explanation of at least TWO thoughtful observations of the participants' growth, maturation, motor development/skills, and/or the motor learning environment.
 1. Be sure to indicate whether or not your real-world observations match what you would expect to see based on our course information.
 2. Be sure to integrate specific course concepts and terminology from our motor development and/or motor learning content.
4. The rating you would give your volunteer experience (assign a letter grade, A-F) and an explanation for how the experience could be made better for future volunteers.