

**Eastern Oregon University**  
**College of Education**  
**School of Physical Activity and Health**  
**EXS 440 Motor Development**

Catalog Description - A study, critique, and analysis of human motor growth and development, and skill acquisition in regular populations. Topics include performance assessment and remediation, and adaptation of activities for individuals throughout the lifespan of development, with an emphasis on early childhood and older adults.

Class Format – MW 11:00 to 12:20  
Credit Hours - Three

Objectives and Competencies - Students will demonstrate competence by completing the following objectives

1. Explain the importance of motor development as a pursuit of study within the sport sciences.
2. Describe the relationship between motor development and-
  - a. Cognitive development
  - b. Social development
  - c. Perceptual-motor development
  - d. Motor learning
3. List and discuss the early factors that affect development.
4. Explain the influence of growth and maturation in motor development.
5. Describe the physiological changes that occur in development when influenced by health related fitness.
6. Discuss how the development of visual senses impact motor performance and development.
7. List and discuss the common infant reflexes and stereotypies and their relationship to motor development.
8. Analyze the effects of voluntary movements in infants on the growth process.
9. Describe fine motor development and its impact on related skills.
10. Identify the fundamental movements of childhood.
11. Classify fundamental movements into appropriate stages of development.
12. Observe children and identify their current motor development stages.
13. Analyze the implications of youth sport programs on growth and development.
14. Describe the implication for motor development across the lifespan.
15. Identify the components of assessment in motor development.
16. Participate in a motor development program.
17. Describe the Neurological Basis of Movement.
18. Identify ecological and environmental influences in children's motor development.

## Required Materials -

Payne and Issacs, Human Motor Development: A Lifespan Approach. Mayfield, Sixth Edition, 2005

## Course Requirements and Methods of Evaluation

1. Assignments - 200 points
2. Exploratory Activities - 100 points
3. Discussion/Projects - 100 points

96%-100% = A	90%-95% = A-	
85%- 89% = B+	80%-84% = B	75%-79% = B-
70%- 74% = C+	65%-69% = C	60%-64% = C-
55%- 59% = D		
0%- 54% = F		

## Instructor.

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## Homework Assignments

Assignments begin on Monday (Fall TERM 2006 starts on September 25, 2006). The assignment is due (received by the instructor) before the following Monday when a new week begins. Assignments received on or after the Monday they are due will receive a maximum grade of 70%. All course work is due by the September 5, 2006).

## Week One

**Assignment #1** - Introduction to the Course: Introduction to motor development, control and learning. Chapter 1 in Payne and Issacs;

Payne - Complete "Questions for Reflection" on page 25.

## Week Two

**Assignment #2** - Fundamental locomotor movements of childhood. Chapter 13 in Payne and Isaacs. and Fundamental object control movements of childhood. Chapter 14 in Payne and Issacs. Also the Test of Gross Motor Development : <http://www.pef.uni-lj.si/strani/oddelki/tgm.pdf>

Visit the above web site and provide a brief summary comparing the various developmental sequences discussed in Chapters 13 and 14 with those described in the Test of Gross Motor Development.

Payne - Complete "Questions for Reflection" pages 338, and 373

**Assignment #4** - Cognitive and motor development. Chapter 2 in Payne and Isaacs.

Payne - Complete "Questions for Reflection" page 45

### **Week Three**

**Assignment #5** - Social and motor development. Chapter 3 in Payne and Isaacs.

Payne - Complete "Questions for Reflection" pages 70-71

**Assignment #6** - Perceptual-motor development. Chapter 4 in Payne and Isaacs and Chapter 2 in Coker.

Payne - Complete "Questions for Reflection" page 86

### **Week Four**

**Assignment #7** - Prenatal development concerns. Chapter 5 in Payne and Isaacs; and Effects of early stimulation and deprivation. Chapter 6 in Payne and Isaacs.

Payne - Complete "Questions for Reflection" pages 116 and 143

**Assignment #8** - Growth and maturation. Chapter 7 in Payne and Isaacs.

Payne - Complete "Questions for Reflection" pages 180-181

### **Week Five**

**Assignment #9** - Physiological Changes: Health related fitness and Motor Fitness. Chapter 8 and Mielke handout. Include references to the MIELKE article as it applies to the reflection questions.

Payne - Complete "Questions for Reflection" page 218

The Mielke Handout is listed in the Documents section of the course. Or you can read it online by following these instructions:

Go to: [www.eric.ed.gov](http://www.eric.ed.gov)

Use the search feature; select ERIC#; enter ED352357

You will now be at a page that lists

"Healthy From The Start: New Perspectives on Childhood Fitness; Teacher Education Monograph No. 15

Select the PDF Full-Text option at the bottom - you'll get the whole document - the assignment covers my chapter (10) "Motor Fitness: A Precursor to Physical Fitness.

This assignment requires that you incorporate significant discussion from Dr. Mielke's article as you respond to the chapter questions.

**Assignment #10** - Neural Mechanisms and Vision. Chapter 9 in Payne and

Payne - Complete "Questions for Reflection" pages 243-244

### **Week Six**

**Assignment #11** - Infant reflexes and stereotypies. Chapter 10 in Payne and Isaacs; and Voluntary movements of infancy. Chapter 11 in Payne and Isaacs.

Payne - Complete "Questions for Reflection" pages 266 and 284

### **Week Seven**

**Assignment #12** - Fine motor development. Chapter 12.

Payne - Complete "Questions for Reflection" on page 308

### **Week Eight**

**Assignment #13** - Youth Sports. Chapter 15.

Payne - Complete "Questions for Reflection" on page 404

### **Week Nine**

**Assignment #14** - Movement in adulthood: a regression? Chapter 16.

Payne - Complete "Questions for Reflection" on page 442

### **Week Ten**

**Assignment #15** - Motor Assessment. Chapter 17 (Payne and Isaacs) and the AHEMD; and Planning and Conducting Developmental Movement Programs. Ch. 18 (Payne and Isaacs). (BROCHURE)

Payne - Complete "Questions for Reflection" pages 476 and 496