



## **Module Specification**

### **Motor Control and Learning**

Version: 2020-21, v2.0, 03 Dec 2021

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## **Part 1: Information**

**Module title:** Motor Control and Learning

**Module code:** UZYSWY-15-2

**Level:** Level 5

**For implementation from:** 2020-21

**UWE credit rating:** 15

**ECTS credit rating:** 7.5

**Faculty:** Faculty of Health & Applied Sciences

**Department:** HAS Dept of Allied Health Professions

**Partner institutions:** None

**Delivery locations:** Glenside Campus

**Field:** Allied Health Professions

**Module type:** Standard

**Pre-requisites:** Applied Anatomy for Physiotherapy and Sport Rehabilitation 2020-21

**Excluded combinations:** None

**Co-requisites:** None

**Continuing professional development:** No

**Professional, statutory or regulatory body requirements:** None

## **Part 2: Description**

**Overview:** Pre-requisites: students must have UZYSXW-30-1 Exercise and Biomechanics, UZYSXV-30-1 Applied Anatomy for Physiotherapy and Sport Rehabilitation, UZYS1C-15-1 Human Physiology for Sport Rehabilitation.

**Features:** Not applicable

**Educational aims:** See Learning Outcomes

**Outline syllabus:** Motor Control:

Introduction to motor control

Principles of neuromuscular control movement accuracy

Theories of motor control

Motor control – upper quadrant, lower quadrant

Principles of motor control and movement accuracy

Motor Learning:

Introduction to motor learning

Motor relearning and neuromuscular plasticity

Information processing and decision making

Preparing for the learning experience

Supplementing the learning experience

Structuring the learning experience

Providing feedback during the learning experience

Facilitating the learning experience

Applying the principles of skill learning

### **Part 3: Teaching and learning methods**

**Teaching and learning methods:** Scheduled learning:

Up to 36 contact hours to include 2 hour of lectures and 4 hours of seminars/practical per week over 6 weeks.

Lead lectures, small group tutorials, practical classes, seminars and e-learning will be utilized with the emphasis on integrating theory into practice and clinical reasoning, as well as directed individual learning. A practical workbook will form an integral part of the learning process. Visit to specialist centres will be included.

Independent learning includes hours engaged with essential reading, case study preparation, assignment preparation and completion etc. These sessions constitute an average time per level.

Up to 36 contact hours to include 2 hour of lectures and 4 hours of seminars/practical per week over 6 weeks.

**Module Learning outcomes:** On successful completion of this module students will achieve the following learning outcomes.

**MO1** Demonstrate an understanding of the principles of motor control and learning

**MO2** Demonstrate an in-depth knowledge of neural physiology applied to motor control and learning relative to performance and skill acquisition/ reacquisition in sport

**MO3** Demonstrate an awareness of pathology related to disability sports (amputees, spinal cord injury, stroke, paediatrics)

**MO4** Demonstrate an understanding of neuromuscular control with specific reference to upper quadrant, lower quadrant and trunk

**MO5** Apply the principles of motor control and learning in sports performance and skill acquisition/re-acquisition involving the upper limb, lower limb and trunk

**MO6** Critically analyse the literature on motor control and learning to inform evidence based practice in relation to performance and skill acquisition/reacquisition in sport

**MO7** Justify the rationale underpinning the motor control and learning principles

**Hours to be allocated:** 150

**Contact hours:**

Independent study/self-guided study = 114 hours

Face-to-face learning = 36 hours

Total = 150

**Reading list:** The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/uzyswy-15-2.html) via the following link <https://uwe.rl.talis.com/modules/uzyswy-15-2.html>

## **Part 4: Assessment**

**Assessment strategy:** The module outcomes will be assessed through a 2500 word coursework essay.

### **Assessment components:**

#### **Written Assignment - Component A (First Sit)**

Description: Essay (2500 words)

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5, MO6, MO7

#### **Written Assignment - Component A (Resit)**

Description: Essay (2500 words)

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested:

## **Part 5: Contributes towards**

This module contributes towards the following programmes of study:

Sport Rehabilitation {Foundation} [Sep][FT][Glenside][4yrs] BSc (Hons) 2018-19