

HHP 185 Motor Learning and Control

3 hours

Majors, Minors & Degrees:

Majors

Exercise Science (B.S.)

Health and Fitness Studies (B.S.)

Health and Physical Education (B.S.)

Physical Education (B.S.)

Minors

Exercise Science

Health and Fitness Studies

Departments/Programs:

Health and Human Performance

A course that will introduce students to current understandings of how complex motor skills are initially learned, and how they are controlled and refined with practice, from a behavioral point of view. A variety of activities will provide students with practical examples to deepen understanding. This course has applications to general exercise science, physical therapy, and coaching.

Prerequisite(s): Sophomore standing.

(Normally offered each fall semester.)