Nebraska Wesleyan University

HHP 185 Motor Learning and Control

Catalog

2011-2012

Course Description

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.)

Course Hours

3 hours

Departments

1. Health and Human Performance