

**Course:**

**HHP 3120 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.)

**Majors (Adult)**

Health Science (B.S.)

**Minors**

Exercise Science

**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. (Normally offered each fall semester.)