

EXSS 245: MOTOR BEHAVIOR

This course introduces students to concepts of motor performance and motor learning using a psychomotor approach as they apply to skilled human movement. The student should gain an understanding of the stages of learning, skills classification, motivation and attention, effective instructions and demonstrations, practice schedules, and effective feedback. Pre-requisites: Complete BIOL 111 or BIOL 151, and PSYCH 101/111 with a C- or better. PSYCH may be taken concurrently.

Credits: 3

Department: [Exercise Science](#)