Preparation (Critical)
Before lab on April 8th – Read chapters 11 and 12 in textbook and come prepared to discuss.

Rationale for Project

As future movement practitioners (teachers, coaches, clinicians, therapists, researchers), it is important that you not only know the relevant content in the area of motor behavior, but you will be expected to apply the information in learning situations. In class, your ability to know and understand the content information in motor learning and motor control is tested periodically in the exams. In lab, many of the concepts and principles are tested in specific applications. It is the purpose of this group project to now have you apply a number of different principles in a real-life scenario. As noted by the authors of your textbook, in order to accomplish this, “practitioners must know something about the background, abilities and experiences of learners (see chapter 6); the underlying mechanisms of human performance (see chapters 2-5); the learning goal and target context (see chapter 7); and the principles of practice organization (see chapter 8), structure (see chapter 9), and feedback (see chapter 10)” (Schmidt & Wrisberg, 2008, p. 324).

Project Objectives

After completion of this project experience, you should be able to:
1. integrate and apply various motor behavior concepts and principles for effective teaching of a motor skill
2. provide supporting rationale and where possible, research documentation for your decisions
3. work effectively and cooperatively within a group to achieve the desired outcome
4. design and produce a formal visual product in an effective, professional, attractive, organized and meaningful way.
5. accurately document information from a variety of sources in APA format.

Project Scenario

As part of your hypothetical senior project, you have been asked to take one of your major classes (in this case it will be Motor Behavior) and produce a display which includes key information from the course AND specific examples of how you could apply those concepts and principles in real-life applications. Ideally, these poster displays would be presented in a formal venue something like Scholars’ Day or professional state or regional conference. The difference is that the audience will be professionals from the area community. The professionals have indicated that they want to revitalize their careers. Some are teachers, fitness instructors, physical therapists, clinical cardiac exercise specialist, and occupational therapists. So they have been invited to campus to attend this mini-conference and interact with our faculty and current students to acquire new ideas on how to help people learn which is based on sound theoretical and research-based approaches. Therefore, this is an opportunity for you to showcase your practical expertise and professional background knowledge by developing creative solutions to real-world situations.

Final Product

Professional Poster display – either a tri-fold table top display (minimum 48” x 36”) or computer generated color printed poster for display on a cork board. Some useful web sources include: http://www.ncsu.edu/project/posters/NewSite/index.html and http://people.eku.edu/ritchisong/posterpres.html
Each group will have about 8 minutes to explain their poster to the rest of the lab.
Each group will also submit a paper copy of poster content (with two (2) copies of the reference list).
**Project Specifics**

Identify one (1) of the professions from the list below for which you want to focus your applications.

- elementary physical educator (K-3)
- middle school physical educator
- physical therapist
- fitness specialists at a senior center

Consider teaching a person with special needs (e.g., a person with a mental, physical, developmental or emotional disability, and/or a child or a senior citizen). (Sorry, but coaching professions are not allowed for this assignment).

From there, research and prepare a visual display for the conference. Following the procedures outlined in chapter 12, each group of 4, there will be at least 9 sources imbedded in the poster cited source. It is also expected that groups will use the textbook. Therefore, the minimum number of sources used and cited within the poster is equal to: (number of people in the group x 2) plus 1 (your textbook). For example, in a group of 4, there will be at least 9 sources imbedded in the poster and appearing on the reference list in APA format.

**Topic Categories**

Each person in your group selects one topic from the list below. For each topic you will present a concept that you wish to apply. For example, a concept about information processing could be: "at high levels of arousal, perception narrows which results in relevant cues being overlooked". You will explain the concept, and then make a relevant, creative, and unique application(s) of how the movement practitioner can utilize this concept in your scenario.

- external focus
e. massed or distributed practice
- mental practice (or mental imagery)
f. blocked or random practice (or constant or varied practice)
- goal setting
g. modeling (or observational learning)
- transfer (or bilateral transfer)

**Project Time-Line** (4½ weeks overall) – Bring your textbook to all remaining labs.

- **April 8 (lab)** - 2nd half of lab – Introduction to the Project – Begin development of scenario
  Assignment 4/8–4/15: Read about your chosen topic and prepare three (3) written concepts from your topic above that could be viable for project. Bring your written concepts to lab on 4/15.

- **April 15 (lab) In Library** (2nd floor interactive computer area) – Work in groups to finalize scenario and discuss concepts; learn about databases and begin search for sources.
  Assignment 4/15–4/22: Find your 2 sources: 1) a relevant research study (from acceptable research journals like the *Research Quarterly for Exercise & Sport* to support one of your topic concepts, and 2) a relevant applied source (i.e. *JOPERD, Strategies*, and/or training journals, books, web source). You will need to bring these two sources to lab next week with your typed-up reference sheet for each source. Bring to lab on 4/22.

- **April 22 (lab)** – 2nd half of lab – Work in groups to share info, think about your application, and plan overall poster.

- **April 29 (lab)** – 2nd half of lab – Work in groups to design and put poster together.
  Assignment 4/29 – 5/6: Work with group to construct final poster (allow time for printing, if necessary)

**May 6 (lab) - The Mini-Conference (Group Poster Presentations)**

*Minimum number of sources*

Each person in the group is responsible for finding at least one research journal article and one additional application source. It is also expected that groups will use the textbook. Therefore, the minimum number of sources used and cited within the poster is equal to: (number of people in the group x 2) plus 1 (your textbook). For example, in a group of 4, there will be at least 9 sources imbedded in the poster and appearing on the reference list in APA format.
**EXS 297 Group Project Handout**

**Evaluation Criteria**

The following criteria will be used to assess the quality of your project:

**Quality and analysis of content (30%)**
1) how well you addressed and covered all required areas of the assignment
2) how accurately you explained and described the terms and concepts you chose
3) how meaningfully you incorporated the concepts into your real-life scenario
4) how well you defended your concepts by providing supporting rationale and primary sources*

**Quality of application (30%)**
1) how realistically and creatively you developed your scenario
2) how accurate, unique and realistic was the application of each of your concepts
3) how appropriate were the applications for your scenario
4) were detailed specifics provided for how the concept would be applied.

**Quality of poster (30%)**
1) how effectively and efficiently you communicated your scenario (was your poster professional, organized, and appropriate for the specified audience?)
2) how well you organized material into a high quality, easy-to-read poster with minimal or no technical, grammatical or spelling errors.
3) how well you incorporated color graphics and/or other visuals into the poster
4) how attractive your poster is in presenting the information to the audience.

**Quality of Documentation in APA (10%)**
1) how accurately you cited all sources in APA format within your poster (see examples below)
2) how accurately and completely you cited sources in your reference list.
3) how well you developed and accurately presented a comprehensive alphabetized bibliography.

**Note:** any information found to be quoted or copied from a source and NOT referenced is considered plagiarized and will be treated as such according to college policy and will result in a failing grade!

**APA formatting**

Referencing information and citing sources in APA format (version 6) can be found in the APA Manual or from a number of on-line sources. For several useful and accurate websites, go to the APA Information link from the class web site at:  [http://facultyweb.cortland.edu/hendrick/Exs297labinfo.htm](http://facultyweb.cortland.edu/hendrick/Exs297labinfo.htm)  

**ALL sources of information used to create your poster presentation (including research studies, textbooks, activity-based books, web sites, note/handouts from any course, and sources of pictures and graphics) MUST be included as a reference.**

Examples of how to cite references using specific material in APA format include:

1) When referring to a specific study/article/website/book when **paraphrasing**, you should include information on the **author(s) names and the year** on the study (you do not need to announce the name of the book, or the name of the journal). For example, if you want to include the information as part of the sentences, as was done with Smith and Jones (2001) for instance, it will appear like this. You could also just attach it to the end of the sentence as is done here (Smith & Jones, 2001).

2) If you are using a **direct quote** however, be sure to also include the **page number**, especially “… if you are using a short passage from the article word for word” (Smith & Jones, 2001, p. 334). Smith and Jones (2001) could have also been quoted as saying, “be sure to pay attention to the location of commas, quotation marks, parentheses and periods” (p. 335). No footnotes are used in APA.

3) **Be sure to reference pictures** in your poster as well (as if they were direct quotes). If obtained from a web site, include the web address below the picture and the full APA reference of the web site should appear in your reference list.

For a great reference with many examples, refer to the **Publication Manual of the American Psychological Association** which can be found at the reference desk in the library. All references listed in the back of your textbook appear in APA format. This link may also be useful for referencing electronic media,  [http://www.apastyle.org/elecref.html](http://www.apastyle.org/elecref.html)

**References:**
