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## ΘΕ – 235ΥΠ / **MOTOR BEHAVIOR**

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### **General Objectives of the Course**

1. Understanding the neuropsychological concepts that contribute to the control, learning and execution of motor skills.
2. Being informed about research and bibliography on Motor Behavior topics.
3. Understanding the research methods for measuring psychomotor abilities and skills.
4. Familiarity with the design and conduct of research in the field of Motor Behavior.

### **Topics**

- Introduction to motor behavior
- Psychological theory applications to motor behavior
- Scientific research and methods in motor behavior
- Motor skills and abilities
- Nervous system and motor behavior
- Memory and motor behavior
- Perception - Attention and motor behavior
- Information processing
- Feedback: Theory and applications
- Motor learning - Retention - Transfer of learning
- Theories of learning and movement control
- Physical activity, fatigue and mental performance
- Motor learning in children with learning disabilities

### **References**

- Schmidt, R.A., Lee, T.D., Winstein, C.J., Wulf, G., & Zelaznik, H.N. (2019). *Motor control and learning: A behavioral emphasis*. Human Kinetics
- Schmidt, R.A., & Lee, T.D. (2019). *Motor learning and performance: From principles to application*. Human Kinetics.
- Magill, R.A., & Anderson, D. (2024). *Motor learning and control: Concepts and applications*. McGraw Hill.