

ID	2069
Curricular Unit	Motor Control and Learning
Regent	João Manuel Pardal Barreiros
Learning Outcomes	<ul style="list-style-type: none"> - To know and to be able to interpret the main explanation references of motor control and learning. - To know the processes, operations and main mechanisms of performance. - To know and to distinguish the main theories of motor control and learning. - To identify and to frame theoretically the main factors influencing motor control and learning. - To understand the inter relationships among concepts. - To know the typical evolution of an individual in the process of learning and the inherent processes.
Syllabus	Motor control and learning approaches the issue of modification of behavior and of the inherent intrinsic mechanisms. The most plausible theories about motor control and learning are presented, as well as the determining variables resulting from the interaction of the biological individual with the environment.
Evaluation	The discipline has a total of 13 theoretical and 13 laboratory classes. The main contents are organized in a sequence of theoretical classes that are also available in the book (the authors are professors of Motor control and learning from FMH). The lab classes also follow a book that was designed to provide all the information, guidelines and even documents that will be used in the practical classes. Evaluation includes one final exam and the regular presentation of lab exercises during the semester. Students are also invited to develop a research work in a topic of their choice.
Bibliography	<p>Godinho, M., Mendes, R., Melo, F., & Barreiros, J. (2007). Controlo Motor e Aprendizagem: fundamentos e aplicações (3ª ed.). Lisboa: Edições FMH.</p> <p>Godinho, M., Mendes, R., Melo, F., Matos, R., & Barreiros, J. (2005). Controlo Motor e Aprendizagem: Trabalhos Práticos (2ª ed.). Lisboa: Edições FMH.</p> <p>Schmidt, R.A. (2011). Motor control and learning: a behavioral emphasis. Champaign, Ill.: Human Kinetics.</p>