

UNIVERSITY OF CUMBRIA
COURSEWORK REASSESSMENT REQUIREMENT

<p>Module Code: SNOL4205</p>
<p>Module Title: Outdoor Adventure Skills and Learning (Land)</p>
<p>Tutor: Mark Lawton</p>
<p>Title of the item of work: Motor Skills Project.</p>
<p>Wordage: 2000</p>
<p>Details and Criteria:</p> <p>Motor Skill Learning Project</p> <p>Word counts are for guidance only.</p> <p>Choose a land skill that you wish to realistically acquire (given your current, knowledge, experience and understanding).</p> <p>Part 1 (500-750 words)</p> <ul style="list-style-type: none"> In terms of motor skills learning, compare and contrast an information processing approach with that of a “constraints led” (Ecological psychology). Present arguments for both approaches for skills’ learners. Suggest an example, ideally an in an outdoor adventurous activity, where each approach could be effective for its learners. You can choose any outdoor skill you wish to illustrate your answer. In this section you will use several authoritative citations to support your analysis. LO 2 <p>Part 2 (150-500 words)</p> <ul style="list-style-type: none"> Chose a specific land skill that you would like to achieve (if it is not possible to undertake it due to COVID restrictions you can plan to undertake the program in the future). Articulate your skill level (to date) using evidence and justify your choice. Articulate your own mind set towards acquiring this skill. (Evidence could be any form of accredited prior learning, eg a qualification, experience in a logbook, video, reference from another person who could vouch for you). LO 3 <p>Part 3 (1000-1250 words)</p> <ul style="list-style-type: none"> Apply several concepts of skill acquisition to the development of your chosen land skill. Explain how these concepts and your mind set are integral in the development of your skill. LO 2 & 3

- Demonstrate your thinking by creating a skill training program with at least six sessions explaining the underlying thinking of your program. This might be due to a progression (session 1 leads to session 2 etc) or it might be due to a diversity of tasks that develop your skill.
- Ensure that you use citations to skill acquisition theories throughout this section.

Some examples of skills that you may choose,

Rock climbing movement skills

Placing gear while leading

Bouldering / dry tooling

Walking / scrambling movement skills

Slack lining - motor skills

Mountain biking and any form of cycling motor skills

Running - motor skills

There is scope to be creative

walking blind folded, smelling your way, Listening

These are the learning outcomes:

2. Describe contrasting approaches to motor skill development and comment on their appropriateness for learners;
3. Explore the role of prior knowledge and existing understanding in the experience of outdoor activities, and how this relates to mind-set

If in your original submission you didn't achieve, you can make alterations to the original submission and resubmit that. **Please highlight all changes and additions though using a highlighter.**

Please submit this assignment as a written theoretical essay to Turnitin

**SUBMISSION DATE AS PER STUDENT PORTAL AND ACADEMIC
TRANSCRIPT**

To be submitted by **4.00pm** on **12/08/2022** through Turnitin