

Course Title: **Applied Skill Acquisition in Sport**

Course Code: **SPSC805**

Descriptor Start Date: **02/01/2026**

POINTS: **15.00**

LEVEL: **8**

PREREQUISITE/S:

COREQUISITE/S:

RESTRICTION/S:

LEARNING HOURS

Hours may include lectures, tutorials, online forums, laboratories. Refer to your timetable and course information in Canvas for detailed information.

Total learning hours: 150

PRESCRIPTOR

Develops and extends advanced expertise for learner-focussed skill acquisition through the application of contemporary theory in the field of practice.

LEARNING OUTCOMES

1. Compare and contrast contemporary skill acquisition research with historical approaches.
2. Critique and recommend changes to skill acquisition sessions according to pedagogies informed by contemporary scholarly evidence.
3. Critically reflect on and implement current practice using contemporary theoretical understandings.

CONTENT

- Historical approaches to skill
- Constraints-led approaches to skill
- The perception-action problem in skill acquisition
- Concept of ecological dynamics
- Variability in skill
- Physical, emotional, developmental, social and environmental dimensions of skill acquisition
- Affective states of emotion as constraints to learning
- Focuses on a holistic, learner-driven model of skill acquisition theory, contextualised for the multiple needs of the learner. Explores contextual constraints on the acquisition of optimal skills

Disclaimer: Course descriptors may be amended between teaching periods/semesters

LEARNING & TEACHING STRATEGIES

A range of blended learning and teaching strategies will be used in this course. This may include online and face-to-face learning, interactive tutorials, group discussions and recorded lectures. The course revolves around 2 themes: Understanding of modern approaches and application in context.

ASSESSMENT PLAN

Assessment Event	Weighting %	Learning Outcomes
Written Assessment	30.00	LO1,
Written Assessment	30.00	LO2, LO3
Interactive Oral Assessment	40.00	LO1, LO2, LO3

Grade Map

MAP1

A+ A A- Pass with Distinction
B+ B B- Pass with Merit
C+ C C- Pass
D Fail

Overall requirement/s to pass the course:

Students must achieve an overall average grade of at least C- across all summative assessments to pass this course.

LEARNING RESOURCES

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For further information, contact: Te Ara Hauora A Putaiao - Faculty of Health & Environmental Science

Principal Programme: AK3910, Master of Sport and Exercise

Related Programme/s: AK3485 Master of Health Science
AK3487 Postgraduate Diploma in Health Science
AK3910 Master of Sport and Exercise
AK3911 Postgraduate Diploma in Sport and Exercise
AK3912 Postgraduate Certificate in Sport, Exercise and Health
AK3913 Bachelor of Sport and Recreation (Honours)
AK3914 Master of Sport, Exercise and Health

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