

# HLTH 2031 MOTOR BEHAVIOUR

**Credit Points** 10

**Coordinator** Kylie Steel ([https://directory.westernsydney.edu.au/search/name/Kylie Steel/](https://directory.westernsydney.edu.au/search/name/Kylie%20Steel/))

**Description** Motor Behaviour is an investigation of the physiological and psychological processes involved in both the control and the learning of movement. As such, it considers the control mechanisms which are innate to the learner, how these mechanisms change by virtue of both maturation and experience, and how the latter type of changes may be facilitated by manipulation of the learning environment.

**School** Health Sciences

**Discipline** Human Movement

**Student Contribution Band** HECS Band 4 10cp

Check your fees via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 2 subject

**Equivalent Subjects** BEHV 3015 Motor Control and Skill Acquisition

## Restrictions

Students must be enrolled in 4791 - Bachelor of Health and Physical Education (Pathway to Teaching Education) or 4792 Bachelor of Health and Physical Education or 6001 Diploma in Health Science/Bachelor of Health Science (Health and Physical Education), or 4656 B Health Science, or 4658 B Sport and Exercise Science or 1939 Bachelor of Education (Secondary).

## Learning Outcomes

After successful completion of this Subject, students will be able to:

1. Utilise the different levels of analysis from which movement control and learning is studied
2. Describe the biomechanical factors, behavioural changes, and neurophysiological bases which contribute to control of movement and learning
3. Analyse how cognitive processes influence learning
4. Evaluate the impact of individual differences on movement behaviour
5. Apply classification taxonomies of the neuromuscular and psychological involvement in skills training and development of specific movement skills
6. Critique experimental literature pertaining to Motor Learning and examine the applied principles which have been generated by this research
7. Explain the reasoning and perform discipline specific laboratory WH&S procedures and systems

## Subject Content

- The field of study and levels of analysis
- The contribution of the skeletal system to movement control
- The contribution of the muscular system to movement control
- The proprioceptors and the spinal reflexes

- The vestibular system, posture and balance
- The visual system and movement control
- Motor control functions of the brain
- The closed-loop model
- The open-loop model
- The concept of motor learning and its measurement
- The learning process
- The principles of practice
- Feedback and motor learning.
- Individual differences and motor behaviour
- Motor development

## Special Requirements

Essential equipment

Calculator or smart device

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Applied Project	2500 words	40	N	Individual	N
Intra-session Exam	2 hours	30	N	Individual	N
Intra-session Exam	2 hours	30	N	Individual	N

Teaching Periods

## Autumn (2025)

### Campbelltown

#### On-site

**Subject Contact** Kylie Steel ([https://directory.westernsydney.edu.au/search/name/Kylie Steel/](https://directory.westernsydney.edu.au/search/name/Kylie%20Steel/))

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=HLTH2031\\_25-AUT\\_CA\\_1#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=HLTH2031_25-AUT_CA_1#subjects))

### Penrith (Kingswood)

#### On-site

**Subject Contact** Kylie Steel ([https://directory.westernsydney.edu.au/search/name/Kylie Steel/](https://directory.westernsydney.edu.au/search/name/Kylie%20Steel/))

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