

It does not matter how slowly you go
as long as you do not stop.

- Confucius



PERM 3037

Motor Learning and Development

1st Semester 2018-2019

Course Instructor: Professor Cheung Siu Yin

This course covers fundamental knowledge about motor skills development and human perceptual-motor development throughout the lifespan. It also discusses how learning and performance of motor skill occur as well as the implications and applications of the general principles and concepts of motor learning.

Exercise for Wellness

Without exercise, our bodies lose strength, our energy levels decrease and our motor skills suffer. Simple basic activities like walking will become difficult. Students of this course will apply what they have learned to facilitate motor learning and promote physical exercise. They will design a Wellness Promotion Programme for Hong Kong Baptist Hospital Au Shue Hung Health Centre. The Programme will consist of dance, exercises and games and will target older adults.