California State University – Northridge

Kinesiology Department

377 - Motor Control and Learning

Student: <your name here>

# **Introduction**

< Provide a paragraph explaining why you selected the skill of juggling/cup stacking. Add any other information you find appropriate. **This section should end** with a sentence stating the 3 principles selected and underlined. For instance: … the three principles I selected are: 1) name of the principle (Chapter XX); 2) name of the principle (Chapter XX); and 3) name of the principle (Chapter XX).>

# **The stages of learning**

<In this section, you will describe how you moved through the 3 stages of learning as described by Fitts and Posner (Chapter 12). Describe in detail how you moved from stage 1 to stage 2, then from stage 2 to stage 3, and finally how you remained in stage 3 towards the end (just prior you recorded your video). If needed, review chapter 12 as it will help you to develop this section.>

# **Principle 1: <name of the principle here>**

<Describe what the principle 1 is and ensure to cite our textbook. Describe how principle 1 helped you to learn the selected skill. If you feel the principle was not helpful, then talk about it providing possible reasons why.>

# **Principle 2: <name of the principle here>**

<Describe what the principle 2 is and ensure to cite our textbook. Describe how principle 2 helped you to learn the selected skill. If you feel the principle was not helpful, then talk about it providing possible reasons why.>

# **Principle 3: <name of the principle here>**

<Describe what the principle 3 is and ensure to cite our textbook. Describe how principle 3 helped you to learn the selected skill. If you feel the principle was not helpful, then talk about it providing possible reasons why.>

# **Conclusion**

<In this section, you will wrap things up summarizing your learning experience. >

# **References**

Last Name, F. M. (Year). Article Title. *Journal Title*, Pages From - To.

Last Name, F. M. (Year). *Book Title.* City Name: Publisher Name.

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