For the final project, you are asked to develop an eight to 12 minute video where you demonstrate how you would apply two of the following concepts from the field of Motor Learning to the teaching of a movement skill. You must include demonstration by yourself and/or another "actor", not just a lecture. Choose two of the following topics: 1. Feedback for a specific skill a. Knowledge of Results b. Knowledge of Performance c. Proprioception 2. Freezing the degrees of freedom – take one skill and show us how you would teach it to a novice. Show which joints are frozen and why and then the order of release. 3. General Motor Program – choose one GMP and show it in action during two different motor skills. How do the following parameters change: a. Muscles used (will be very similar) b. Order of activation of muscles and de-activation c. Force of muscle contraction d. Duration of muscle contraction 4. Practice session for: a. Specific population b. Specific motor skill c. Transfer 5. Information Processing: a. Skill display and filter issues b. Short-term memory processes c. Long-term memory and retrieval 6. Reinforcement/motivation a. Key internal reinforcers b. Key external reinforcers c. Advantages vs disadvantages of negative reinforcement and punishment • Your video must include an introduction of your skill choice and main teaching objectives. • Demonstration of how you apply the Motor Learning concepts • Take note of the environment in which you video for appropriate background, sound and lighting • FYI, the cell phones you all now have are likely well suited for quality video • In summary, please practice your delivery, clear articulation, voice volume and eye contact are key features in which you must use in your own professional preparation and work settings Along with the video, you must submit a five-page executive summary of your presentation, with at least eight scholarly APA references and documentation. The reference page is in addition to the five-page executive summary. Remember, APA in-text documentation and referencing are required. Please review the assignment irubric Instructions: Your submission must be attached here as a WORD document. All references and citations must be in APA format. Include a title page and a reference page with your submission. The video must be uploaded to the assignments.