

# NASPSPA Motor Learning & Control Online Research Seminar Series

## ANNUAL REPORT 2020-2021

### **Overview of the Motor Learning and Control Online Research Seminar Series (MLC-ORSS)**

The MLC Online Research Seminar Series will support the Society's function to advance scientific study, improve research quality, and facilitate research information dissemination in the area of motor learning and control. This Series aims to be an accessible platform for our international motor learning and control research community to present and discuss historical and emerging research topics in the months between the annual NASPSPA Conference.

### **Objectives**

The organizing committee will deliver an annual Motor Learning & Control Online Research Seminar Series as a NASPSPA-affiliated activity to facilitate the development, advancement, and dissemination of high-quality research in the area of motor learning and control. This will meet the following four needs for our membership:

- Research engagement opportunities in between annual NASPSPA Conferences for scholars and students with interests in motor learning and control
- Increase NASPSPA profile and membership offerings across the year
- A platform to bring together the motor learning and control international research community across geographic locations to discuss historical and emerging topics
- A forum to develop awareness and promote ideas relevant to motor learning and control research in the lead up to the annual NASPSPA Conference (e.g., developing themes for Conference symposia)

### **2020-2021 Organizing Committee**

Maarten Immink, Flinders University (Chair, maarten.immink@flinders.edu.au)

David I. Anderson, San Francisco State University

Keith R. Lohse, Washington University in St Louis

Harjiv Singh, University of Nevada, Las Vegas (Student Representative)

Diane Ste-Marie, University of Ottawa

Howard N. Zelaznik, Purdue University

### **Message from the MLC-ORSS Chair**

The idea for an online seminar series for motor learning and control research was born out of the 2020 NASPSPA Virtual Conference, in one of the final day break-out discussion rooms hosted by Diane Ste-Marie and Nicola Hodges. We all had a very positive experience within the virtual conference format, particularly the way that Zoom allowed us to get together and share research despite pandemic lockdowns and the distance between us. This inspired a vision of using the online meeting format to come together more regularly. If it wasn't for the 2020 NASPSPA Virtual Conference, it would be unlikely that there would have been an MLC-ORSS any time soon. So, firstly I want to thank the 2020 NASPSPA Executive Committee and the Virtual Conference Organizing Committees for their tremendous efforts which allowed the Virtual Conference to happen. This initiative arose as a direct result of your efforts.

I want to thank Diane, Keith, David, Howie and Harjiv for accepting my invitation to join the inaugural MLC-ORSS Organizing Committee. Moreover, thank you for your time, effort and ideas, which allowed us to turn the vision into a reality. In addition to your work in getting the proposal accepted and planning our seminar program, you have all contributed excellently to the seminars as presenters and hosts.

To the NASPSPA Executive Committee, thank you for providing valuable advice, accepting our proposal and overall, allowing us to run with the idea for an online research seminar series. I want to especially thank Penny McCullagh for being our liaison with the Executive Committee and helping us program seminars within the overall NASPSPA calendar. Also, a special thanks to Chris Rhea, who set time aside from his busy Communications Director role to help us with email announcements, creating a space for us on the NASPSPA site and uploading our documentation and resources.

Matt Miller, Mike Carter, Rob Gray, Jane Clark and Carolee Winstein, thank you for accepting our invites, trusting our initiative, and sharing your valuable time and insights as presenters in our inaugural research seminar season. Along with the hosts, it is the presenters who offer the membership a valuable experience and raise the profile of this initiative.

Finally, and most importantly, thank you members for joining us in the online seminars from your homes (maybe offices) either in N America, Europe, The UK or Australasia. You are the *raison d'être* for this initiative. Thank you for your input towards planning the seminars, insightful questions and for your post-seminar feedback. Please accept our invitation to joins us for the second season seminars!

Maarten A Immink  
Flinders University, Australia

## Overview of Achievements in 2020-2021

Milestone	Comment	Completion
Form an Organizing Committee		August 2020
MLC-ORSS Proposal Approved by NASPSPA Executive Committee	<a href="#">Proposal</a> posted on NASPSPA members website	September 2020
Obtain input from NASPSPA membership to inform MLC-ORSS structure, topics and presenters	<a href="#">MLC Research Topics Suggestion Survey</a> results posted on NASPSPA members website	March 2021
Deliver four online seminars	<p>Membership survey responses indicated a preference of two online seminars per MLC-ORSS season. Accordingly, the seminar schedule was revised to two online seminars.</p> <p>Two seminars delivered:            Open and reproducible research in a productivity demanding academic world with Diane Ste-Marie, Keith Lohse, Matt Miller and Mike Carter, November 20, 2020. <a href="#">Recorded seminar</a> on NASPSPA member site</p> <p>Grand Challenges for Motor Learning, Control, and Development Research with Carolee Winstein, Jane Clark, Rob Gray, and Howard Zelaznik, April 20, 2021. <a href="#">Recorded seminar</a> on NASPSPA member site</p>	April 2021
Form Organizing Committee for 2021-2022 MLC-ORSS season	<p>Organizing Committee Members for 2021-2022</p> <p>Returning Professional Members: Maarten Immink (Chair), David I. Anderson, Keith R. Lohse, Diane Ste-Marie, Howard N. Zelaznik</p> <p>Incoming Professional Member: Harjiv Singh</p> <p>Incoming Student member: TBA</p>	Membership finalized August 2022
Submit MLC-ORSS Annual Report to NASPSPA Executive Committee		May 2021

### A “by members for members” NASPSPA activity

The Organizing Committee aimed to deliver an MLC-ORSS program that was relevant to NASPSPA members with interests in motor learning and control, and more general, research topics. With the MLC Research Topics Suggestion Survey at the end of 2020, we were able to gather input from the membership related to preferred seminar numbers, format, topics and presenters.

This input was valuable in informing our seminar planning for 2021 and subsequent seasons. For example, with 23.3% of survey responses (30), the most preferred number of seminars per season was two. Based on this input, the Organizing Committee revised the planned number of seminars from four to two. The most preferred format for online seminars was a discussion panel with 66.7% of the responses. The April 20, 2021 seminar, *Grand Challenges for Motor Learning, Control, and Development Research*, reflects the Organizing Committee’s response to this input as the seminar was a discussion panel with Carolee Winstein, Jane Clark, Rob Gray, and Howard Zelaznik. Moreover, the topic for this seminar arose from written suggestions from the membership including, “The future of motor control/learning research practices,” “Finding ways to integrate research into applied settings,” and “Conducting applied research in practical, meaningful, and productive ways.” Members nominated 21 potential seminar presenters. The November 2020 and April 2021 seminars included 5 of the presenters nominated by the membership.

The Organizing Committee will continue to listen to the membership through post-seminar feedback surveys, for example, and work at ongoing development and refining the seminar program to best align with membership needs and interests related to motor learning and control research, and more broadly, the research interests of all members. If you have any suggestions or comments that you would like to share regarding the MLC-ORSS program, please feel free to contact the Organizing Committee Chair or the NASPSPA Communications Officer.

### Contributions to the NASPSPA Society

In the inaugural 2020-2021 MLC-ORSS season, we delivered two online seminars for a total of 128 members. Attendees represented all membership categories. We particularly wanted to ensure a good level of engagement from student members, the next generation of researchers. In the November 2020 seminar, 39.2% of the registered members reported as being students. The Organizing Committee was very encouraged by this level of participation amongst our students. The Organizing Committee acknowledges the contribution from the Committee’s Student Representation, (soon to be Dr) Harjiv Singh to ensure our plans aligned with interests of the students. We look forward to working with our incoming MLC-ORSS Organizing Committee Student Representative to continue to deliver student-relevant content.

While the MLC-ORSS is aligned with the motor learning and control research area, the Organizing Committee has placed some effort in ensuring the program is inclusive for members with a range of research interests or interests in other research areas. For example,

the November 2020 seminar topic, *Open and reproducible research*, was relevant across the three NASPSPA research areas. The April 2021 discussion panel topic on research *Grand Challenges* addressed challenges in motor learning and development. Aligning with this aim of inclusivity, registration for the *Open and reproducible research* included members who indicated research interests in motor development (25.5%), sport and exercise psychology (51%), and motor learning and control (64.7%, Note: members could indicate more than one area).

In summary, in the inaugural season of the MLC-ORSS, we delivered two online seminars to the NASPSPA membership, which address two pertinent research topics, open and reproducible research and grand challenges for future motor learning and control and motor development research. Importantly, these online seminars have supported the Society's research culture in the months that intervene the NASPSPA Conference. More generally, the online seminars have leveraged online meeting technology to bring together members who are geographically dispersed and potentially isolated due to the COVID pandemic. As such, 100% of the respondents to our post-seminar feedback surveys have indicated agreement with the view that the online research seminars are a valuable part of their membership. These online seminars continue to be a valuable resource for the Society as they have been recorded and made available to members on the NASPSPA website.

### High Quality Seminars

The Organizing Committee wanted to ensure that the Society receives high quality online seminars. To this end, the Committee has met regularly throughout the season to consider and decide upon seminar details including selection of topics, seminar formats and presenters. To evaluate the quality of our seminars, we have implemented post-seminar feedback surveys and taken the quality metrics and written comments on board as we transition into the second MLC-ORSS season. Survey responses are consistent with delivery of high-quality seminars. Over 97% of the survey respondents have agreed with the statements that the seminars were informative, well organized, and provided useful research information and that the seminar presenters were knowledgeable. We look forward to delivering another season of high-quality online research seminars next year!

