



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**

**COURSE OUTLINE – FALL 2021**

**PE2930 (A2): Introduction to the Movement Activities of Children Aged 5 to 12  
3 (0-0-3) UT 45 hrs. 15 wks.**

*Grande Prairie Regional College respectfully acknowledges that we are located on Treaty 8 territory, the traditional homeland and gathering place for many diverse Indigenous peoples. We are honoured to be on the ancestral lands of the Cree, Dene/Beaver and Métis, whose histories, languages, and cultures continue to influence our vibrant community. We are grateful to have the opportunity to work, learn, and live on this land.*

**INSTRUCTOR:** Coach Zuko  
**OFFICE:** K221

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**OFFICE HOURS:** Email for appointment

**CALENDAR DESCRIPTION:** This is the study of the free play and organized physical activities of school-aged children in recreational, educational and sport environments. Class members will engage in practical physical activity and the observation of children.

**PREREQUISITE(S)/COREQUISITE:** None

**REQUIRED TEXT/RESOURCE MATERIALS:**

Alberta Fitness Leadership Certification Association. (2012). *Ever Active Kids: Leader's Manual*. Edmonton, Canada: Author.

Be Fit for Life. (2015). *Move and Play: Through Physical Literacy*. Edmonton, AB: Author.

Additional Resources & Readings as designated by the instructor.

**DELIVERY MODE(S):** Blended learning including lecture; guided physical activity, practical leading of activities, video, group discussion, midterm, written assignments and final exam.

**COURSE OBJECTIVES:**

1. A study of movement activities engaged in by children 5 to 12 years of age.
  - a.) types of functional and expressive activities
  - b.) content of activities
  - c.) suitability of activities for children within this age group
  - d.) the organization and progressive development of activities.
2. An introduction of the characteristics and needs of children 5 to 12 years of age.
  - a.) growth and development: cognitive, affective, and psychomotor aspects
  - b.) age characteristics

- c.) The needs of children for physical activity
- d.) skill acquisition.
- 3. Movement analysis
  - a.) basic kinesiological principles as well as Physical Literacy definition and stems
  - b.) the application of these principles for observation, activity analysis, and task setting.
- 4. Observation of children in activity settings.
  - a.) observation techniques
  - b.) identification of levels of skill proficiency
  - c.) analysis of child's use of movement concepts.
- 5. The provision of suitable environments and activities for children 5 to 12 years of age.
  - a.) suitable equipment and environments for the promotion of activity
  - b.) ways of helping children learn more about themselves and the values of physical activity in their lives
  - c.) free play and structured activity settings, their values and limitations.
- 6. A study of the content of Physical Education programs:
  - a.) gymnastics, dance, and games, physical literacy, Teaching Games for Understanding & Free Play
  - b.) the contribution of each to the total program
  - c.) methods of presenting and organizing experiences
  - d.) practical ways of dealing with individual differences within the physical education program.

#### **LEARNING OUTCOMES:**

- 1.) Knowledge of the types of movement activities in which children 5 to 12 years of age engage.
- 2.) An understanding of the characteristics and needs of children participating in movement activities.
- 3.) A knowledge and understanding of movement concepts with emphasis on their application to a variety of movement activities.
- 4.) Observation skills for assessment and understanding of how children develop movement skills.
- 5.) Knowledge of suitable environments for children to learn movement activities.

#### **TRANSFERABILITY:**

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

**\*\* Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

#### **EVALUATIONS:**

<u>Coursework</u>	50 %
Online Articles, Discussion Forums	
Activities, Assignments, other	
<u>Midterm Exam</u>	20 %

**GRADING CRITERIA: (The following criteria may be changed to suit the particular course/instructor)**

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN C- IF YOU ARE PLANNING TO TRANSFER TO UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100	C+	2.3	67-69
A	4.0	85-89	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

**COURSE SCHEDULE/TENTATIVE TIMELINE:**

**Lectures: Wednesday/Friday**

**1:00 – 2:20 pm**

**Room E311**

M		W	
S8	<b>Labour Day</b>	S10	Introduction to course
S15	Child, Youth Development (Ch1)	S17	<i>Outdoor Activity (remote)</i>
S22	Dev App to Physical Activity (Ch2)	S24	<i>FMS, Video, Activity (remote)</i>
S28	Physical Activity Adoption (Ch3)	S30	Fundamental Movement Sk (Ch 4)
O6	Movement Concepts (Ch5)	O8	<i>Sport for Life Video</i>
O13	<b>Fall Break</b>	O15	<b>Fall Break</b>
O20	<b>MIDTERM EXAM</b>	O22	Spectrum of Physical Activity (Ch6)
O27	Spectrum of Physical Activity (Ch6)	O29	Leadership, Effective Instruction (Ch7)
N3	<i>Video Activity (remote)</i>	N5	Organization, Management (Ch8)
N10	Aesthetic Movements	N12	<i>Activity Session</i>
N16	<i>Dance Activity Session (remote)</i>	N18	Indigenous Physical Education
N23	<i>Indigenous Games Session (remote)</i>	N25	Inclusion, Gender, Special Populations
N30	Games App to Teaching PE	D2	<i>Remote Activity</i>

D7	Q&A w PE Specialists	D9	<i>Outdoor Activity</i>
<b>Dec 11 - Dec 19 EXAMS</b>			

**STUDENT RESPONSIBILITIES:**

Refer to the College Policy on Student Rights and Responsibilities at

[www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES](http://www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES)

- Students must complete all activity leading assignments and examinations in order to receive a passing grade in this course. Failure to do so will result in an incomplete (IN) grade which may result in a failing (F) grade.
- Assignments are due on the dates established by the instructor. Extensions may be offered in lieu of SIGNIFICANT student issues and concerns as determined by the instructor. ALL extensions requests MUST be submitted to the instructor prior to the due dates. Percentage penalties will be applied up to 100 % of the assignment grade if assignments are submitted late.
- Regular attendance is a key to success in this and every other course. Please contact the instructor if you must miss class. It is the student’s responsibility to acquire any materials and content missed due to absence.

**STATEMENT ON PLAGIARISM AND CHEATING:**

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at [www.gprc.ab.ca/about/administration/policies/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

\*\*Note: all Academic and Administrative policies are available on the same page.