

KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Fall 2025

PE2170 (A2): Human Growth and Motor Development – 3 (3-0-0) 45 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Brendan Shaffick

OFFICE: K217

OFFICE HOURS: By Appointment

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CALENDAR DESCRIPTION: This course is a study of the sequential changes in physical growth and motor development with emphasis on individual differences.

PREREQUISITE: PE1120

REQUIRED TEXT/RESOURCE MATERIALS:

HRiser, D., Spielman, R., & Biek, D. (2024, October 16). *Lifespan Development*. Houston, TX: OpenStax. Retrieved from <https://openstax.org/books/lifespan-development>

DELIVERY MODE: In person

LEARNING OUTCOMES:

- A thorough comprehension of motor development concepts across the entire human lifespan, from infancy to later adulthood.
- Insight into the theoretical frameworks that underpin the study of motor development, enabling the application of these perspectives to real-world scenarios.
- The skills necessary to employ diverse research methods and testing techniques to assess motor development patterns and trends at various life stages.
- Demonstrate the ability to critically analyze and interpret the dynamic changes in motor skills, abilities, and behaviors that occur throughout different life phases.
- Apply acquired knowledge to practical contexts, such as designing effective interventions for optimizing motor development outcomes and addressing challenges faced by individuals of all ages.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**** 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:

Lab Participation	10%	Continuous Assessment
Coursework	10%	Continuous Assessment
Coaching Demonstration I	10%	Week 5
Coaching Demonstration II	10%	Week 8
Coaching Demonstration III	10%	Week 12
Term Project	20%	Week 14
Final Exam	30%	Exam Week TBD

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	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:

Lecture: Tuesday & Thursday - 10:00am-11:20am (A208)

Wk	Date	Lecture 1	Lecture 2	Assessments
1	Sept 2/4	No Classes	Course Introduction & Perspectives of Motor Development	
2	Sept 9/11	Physical & Cognitive Development (Birth to Age 3)	Movement Analysis & Intervention Design (Birth to Age 3)	
3	Sept 16/18	Physical & Cognitive Development (Ages 3 to 6)	Movement Analysis & Intervention Design (Ages 3 to 6)	
4	Sept 23/25	Physical & Cognitive Development (Ages 7 to 12)	Movement Analysis & Intervention Design (Ages 7 to 12)	
5	Sept 30 /Oct 2	Truth & Reconciliation Day	Case Analysis & Defense I	
6	Oct 7/9	Physical & Cognitive Development (Ages 12 to 18)	Movement Analysis & Intervention Design (Ages 12 to 18)	
7	Oct 14/16	Physical & Cognitive Development (Ages 18 to 29)	Movement Analysis & Intervention Design (Ages 18 to 29)	
8	Oct 21/23	Lifespan in Context: Contemporary Issues and Debates I	Case Analysis & Defense II	
9	Oct 28/30	Physical & Cognitive Development (Ages 30 to 59)	Movement Analysis & Intervention Design (Ages 30 to 59)	Term Project Assigned
10	Nov 4/6	Physical & Cognitive Development (Ages 60 & Beyond)	Movement Analysis & Intervention Design (Ages 60 & Beyond)	
11	Nov 11/13	No Classes: Fall Break		
12	Nov 18/20	Lifespan in Context: Contemporary Issues and Debates II	Case Analysis & Defense III	
13	Nov 25/27	Sociocultural Determinants of Human Movement	Overview of LifeSpan Development	Term Project Due
14	Dec 2/4	Presentations		
15	Dec 9/11	Review Physical & Cognitive Development - Final Exam	Review Movement Analysis & Interventional Design - Final Exam	
Final Exam				

STUDENT RESPONSIBILITIES:

1. Participation and Engagement:

Active participation is key in this experiential course. It's essential to attend and be engaged in all scheduled sessions; unfortunately, we cannot offer make-up classes, however exceptions may be made on a case-by-case basis. , see Attendance and Exceptions below.

2. Assignment Submissions

Some assignments will require you to submit a video or audio recording of your work. These assignments are designed to assess your practical understanding and application of the course material. When submitting a video ensure that your video clearly demonstrates the required skills or concepts outlined in the assignment instructions. The video should be well-lit, with clear audio and visuals, so your assignment is easily understood.

3. Attendance Protocols:

Attendance is noted during each session. Those present but inactive may be given in-class tasks to ensure they remain engaged. Students arriving up to 15 minutes late should discreetly join the session and may be asked to complete a brief catch-up task after class. If over 15 minutes late, students may be marked as absent or asked to leave, given the significant amount of content missed. If you anticipate being late, please try your best to inform the instructor in advance.

4. Attendance and Exceptions:

For medical-related absences or injuries, a note from a doctor or qualified medical professional may be required. If you sustain an injury and expect prolonged absences, please liaise with the instructor promptly. Students involved in intercollegiate events should preemptively consult with the instructor about possible scheduling conflicts. Alternate assignments might be offered to accommodate unforeseen situations. Please be aware that exceeding 10% (or 5 sessions) absence could render you ineligible for the final exam.

5. Late Policy:

Assignments are due by 12 midnight MST/MDT on the specified due date. Late assignments face a 5% daily deduction, to a maximum of 7 days. Missed exams, barring validated emergencies will result in a grade of zero. Approved alternative assignments will also be subject to the daily penalty.

6. Electronic Devices:

You're welcome to use electronic devices as long as they don't disrupt the learning environment. If they become a distraction, you may be asked to step out or adjust your usage. Remember, our primary goal is a focused and respectful classroom for everyone. If you have an essential call, please step outside discreetly.

7. Code of Conduct:

Let's keep our class environment positive and respectful. Kindly avoid using offensive, inappropriate language or being disruptive to the learning of others during class. As we navigate through this course, conduct yourself in a manner that reflects leadership and inspires others. Students violating this policy may be asked to leave the class.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

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

INFORMED CONSENT FOR PARTICIPATION IN PHYSICAL ACTIVITY

This course includes physical activity, exercise, and/or fitness assessments as part of its learning and evaluation components. By enrolling in this course, you acknowledge and accept the following:

- You may be asked to participate in physical activity sessions, which include aerobics and/or musculoskeletal training.
- While the risk is minimal, physical activity may involve potential adverse effects such as episodes of transient lightheadedness, loss of consciousness, abnormal heart rate and/or blood pressure, chest discomfort, leg cramps, nausea).
- You voluntarily assume these risks. You are responsible for promptly informing your instructor(s) of any pain, discomfort, fatigue, or other symptoms experienced during or within 48 hours of the course session.
- You must disclose any health conditions that could be affected by physical activity. The instructor(s) will make reasonable modifications, where appropriate, and may request documentation from a qualified health professional.

ADDITIONAL INFORMATION:

Your success in this course is a priority. Please know that we are here to support your academic journey. If you encounter challenges or need clarification on any aspect of the course, do not hesitate to reach out. Together, we'll work towards your growth and achievement.