

KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Winter 2026

PE2930 (A3): Introduction to the Movement Activities of Children

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: Erin Post
OFFICE: K216
OFFICE HOURS: By appointment

PHONE: 780-539-2785
E-MAIL: epost@nwpolytech.ca

CALENDAR DESCRIPTION: This is a study of the free play and organized physical activities of school aged children in recreational, educational, and sport environments with an emphasis on physical literacy. Students will engage in practical physical activity and the observation of children.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Fitness Alberta (2024). Ever Active Kids Leader Manual. Fitness Alberta
Additional resources/readings may be provided on myClass

DELIVERY MODE(S):

This course will be delivered via lectures, class discussions, group work, in-class activities, off-site sessions, field trips, and individual student work that includes various delivery methods.

LEARNING OUTCOMES:

1. Exploration of free play and organized physical activities tailored for school-aged children in various settings.

2. Explain the growth, development, and unique needs of children, with an emphasis on their cognitive, affective, and psychomotor dimensions.
3. Define physical literacy, its definition, stems, and its application in movement activities.
4. Engage in practical physical activity and detailed methodologies for observing and assessing children's movement skills and proficiency.
5. Examination of suitable environments, equipment, and structured/free play settings to enhance children's understanding and value of physical activity

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.alberta.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:

Dance Assignment [#]	7.5%	Sun, Jan 25, 11:59 pm
FMS Assignment [#]	7.5%	Sun, Feb 1, 11:59 pm
Midterm Exam	15%	Thurs, Feb 26, in-class
School Observation & Reflection	15%	Sun, Feb 15, 11:59 pm
Gymnastics Assignment [#]	10%	Sun, Mar 15, 11:59 pm
Peer Teaching	5%	Various dates
School Presentation & Reflection [#]	20%	Sun, Apr 5, 11:59 pm
Final Exam	20%	TBD (Apr 16 – 23)
TOTAL	100%	

#Work is done in groups.

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: Tuesdays 2:30 – 3:50 pm (Gym)* & Thursdays 2:30 – 3:50 pm (A210)*

**Locations noted are the typical location for this class, unless otherwise noted on myClass.
Check your announcements in myClass prior to class each day!*

This is a tentative schedule and may change based on class progression and facility availability

Jan 6 & 8	Course Intro (A210)	Ch 1 – Child & Adolescent Development	
Jan 13 & 15	Dance (Gym)	Child & Adolescent Development	
Jan 20 & 22	Dance (Gym)	FMS	<i>Dance Assignment Due Sun, Jan 25</i>
Jan 27 & 29	OPEN (Gym)	FMS & Prep	<i>FMS Assignment Due Sun, Feb 1</i>
Feb 3 & 5	Kinders – FMS (Gym)	Ch 4 – Movement Concepts & Reflective Activity	
Feb 10 & 12	SCHOOL OBSERVATIONS PARKSIDE – FMS	OBSERVATIONS PARKSIDE	<i>School Observation & Reflection Assignment Due Sun, Feb 15</i>

READING WEEK – NO CLASSES (Feb 16–20)			
Feb 24 & 26	Isabelle Campbell School Gymnastics Observation **No gym at NWP**	Midterm	
Mar 3 & 5	TGFU (Gym)	Teaching Games for Understanding (TGFU) & Prep	
Mar 10 & 12	Kinders – Gymnastics/TGFU	Activity Cards & Games Prep (J204)	<i>Gymnastics Assignment Due</i> <i>Peer Teaching Due</i> <i>Sun, Mar 15</i>
Mar 17 & 19	Ch 6 – Leadership	PEER TEACHING @ NWP – GROUP B	
Mar 24 & 26	PEER TEACHING @ NWP – GROUP A	Ch 5 – Spectrum of Physical Activity & Prep **No gym**	School Presentation bookings Mar 25 – 31 (book a date after your peer teaching)
Mar 31 & Apr 2	NO CLASS SCHOOL PRESENTATIONS <i>Book with Monty</i>	Shared Experiences Ch 2 – Motivation Theories & Research	<i>School Presentation Project</i> <i>Due Sun, Apr 5</i>
Apr 7 & 9	Ch 7 – Organizing & Managing **No gym**	Ch 8 & 9 – Program Planning & Maintenance	(GPPSD School Break)
APR 16–23: FINAL EXAM (2-hour exam scheduled by Registrar's Office)			

STUDENT RESPONSIBILITIES:

BE PREPARED: Each class's assigned readings and exercises should be completed before attending that class. As this course includes discussion and practice exercises, attendance at all sessions is required and is critical to the student's success in the course. If you have difficulty in this course, please contact me immediately for assistance.



ATTIRE: On any days we are in the gymnasium, you must wear indoor only, non-marking, athletic shoes. Crocs, Birkenstocks, boots, and other non-athletic or outdoor footwear is not permitted for your safety and to protect our gymnasium floors.

ILLNESS/EMERGENCY: Notify the instructor as soon as possible in writing, prior to class.

MISSED CLASSES: Lectures will not always cover all the assigned reading materials. Lectures may cover topics and include information that is not covered by your reading materials. Therefore, it is imperative that you attend every class as your exams may include materials from the lectures that are not covered by the reading materials. You are accountable for delivered lectures, assigned readings, and any announcements that will be made in class. If you are unable to attend a particular class, it is your responsibility to find out what was missed by approaching a classmate first, then if you have further questions you may follow up with the instructor. It would be unfair for students who miss lectures to be advantaged by getting the instructor's notes. You are expected to attend class regularly. **Past records show that class attendance is highly correlated with the final grade in a course.**

LATE ASSIGNMENTS: Late assignments will be deducted 10% per day (including weekends) up to 4 days late. After 4 days late, assignments will not be accepted. Some evaluations will occur partially or all in class and cannot be made up if missed. See guidelines for each evaluation on myClass for specific details. Exceptions may be made for extenuating circumstances, discuss any concerns with the instructor as soon as possible.

EXAMS: If you foresee that you will be unable to write a test or exam at the scheduled time due to illness or emergency, you should notify me immediately, preferably one day in advance. A message may be left on my voice mail (780-539-2785) or **e-mail** (**epost@nwpolytech.ca**) together with a phone number where you may be reached to arrange for an alternative date to write the test, if feasible. Failure to notify the instructor will result in a grade of zero for the missed tests. Extenuating circumstances may be assessed on a case-by-case basis; documentation may be required. Instructors reserve the right to administer exams using screen monitoring software, such as AB Tutor.

PROFESSIONALISM & ETTIQUETTE: All students are expected to display a professional attitude and behaviour in the classroom. This includes reliability, respect for and cooperation with fellow students and the instructor, attention to fellow students' questions and the instructor's response, determination to achieve first-class work while meeting deadlines, and constructive response to criticism. Professionalism and etiquette are also evident in your use of technology in the classroom. Please ensure your devices are not a source of distraction or detracting in the classroom. Earbuds should not be worn during class unless there is supporting documentation from Accessibility Services.

ASKING FOR HELP: Talk to me if you have concerns or if you are experiencing difficulties that may have a negative impact on your academic performance. Please see me after class or email me to set up an appointment.

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>.

If consent to use AI is not specified in the assignment instructions, assume it is not permitted in any form. Proper use of AI will be discussed on a per-assignment basis. If you are unsure what is appropriate, it is your responsibility to consult with your instructor prior to submitting your work. Your work may be challenged verbally by the instructor to confirm knowledge and understanding of the material submitted in an assignment or exam.

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

IMPORTANT ADDITIONAL INFORMATION:

PLAGIARISM AND AI: Instructors reserve the right to use electronic plagiarism detection services and software on written assignments and essays. Uncritically copying and pasting the outputs of AI demonstrates a lack of independent thought and fails to show your mastery of the course content. It is your responsibility to identify the source of the ideas, by doing your own independent research and verification. Without exception, the source of the ideas must be cited.

USE OF ELECTRONIC DEVICES: Instructors reserve the right to ban the use of any form of electronics (cell phones, iPods, tablets, laptops, etc.) during class and exams – at any time. Those students who have accommodations may use technology as required and approved by Accessibility Service and the instructor. With the exception of in-class assignments or where permission is given, cell phones use is strictly forbidden in my classes and exams.

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.