

**KINESIOLOGY AND HEALTH SCIENCES
COURSE OUTLINE – Winter 2026**

PE2940 (A3): A Conceptual Approach to Physical Activity – 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:	Sim Kaur	PHONE:	780-539-2200
OFFICE:	K220	E-MAIL:	sdeol@nwpolytech.ca
OFFICE HOURS:	By Appointment		

CALENDAR DESCRIPTION: A study of the fundamental movement concepts that underlie the physical activities engaged in by youth of secondary school age.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS: Material required will be posted on MyClass.

DELIVERY MODE(S): This is an in-person course. This course will be delivered via lectures, class discussions, group work, in-class activities, and individual student work that includes various delivery methods.

LEARNING OUTCOMES:

1. Explore various teaching methodologies, understanding shared principles among sports, exercise, and testing.
2. Analyze the physical principles underpinning movement patterns, focusing on linear and angular motion in sports.
3. Emphasize hands-on learning, with opportunities to apply theory through activity labs, analyze sport skills, and master foundational movement principles.
4. Develop teaching competencies, offer constructive feedback, and immerse in diverse coaching techniques.
5. Engage in comprehensive assessments, including practical applications, projects, and examinations.

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:

Group Lab Presentations	30%
Ongoing Lab Participation	30%
Midterm	20%
Final	20%

All evaluation due dates and details will be provided in class and online.

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 from 2:30 – 3: 50 @ J204

Date	Week	Lecture Topic
Jan 6	1	Course Introduction
Jan 13	2	Physical Literacy
**Jan 15 – Add/Drop Deadline		
Jan 20	3	Athletic Development
Jan 27	4	Developmental Domains
Feb 3	5	Fundamental Movement Skills
Feb 10	6	Movement Concepts
*No Classes : Feb 16 – Feb 20		
Feb 17	7	No Class
Feb 24	8	Midterm
March 3	9	Meaningful Physical Activity
March 10	10	Youth Activity Research
March 17	11	Outdoor Physical Education
March 24	12	Recreational Frameworks
March 31	13	Media Day
*March 31 – Last Day to Withdraw		
April 7	14	Holistic Approaches
Final Exam scheduled by Registrar's Office – 1.5 Hours		

This schedule is subject to change based on how we progress as a class. Changes will be announced in class and on MyClass

Lab: Thursday from 2:30 – 3: 50 Meet at the Fitness Desk

Date	Week	Lab Topic
Jan 8	1	Introduction
Jan 15	2	Afternoon Activities
		**Jan 15 – Add/Drop Deadline
Jan 22	3	Facilitation
Jan 29	4	Gym Games
Feb 5	5	Sport Stations
Feb 12	6	Embodiment
		*No Classes : Feb 16 – Feb 20
Feb 19	7	No Class
Feb 26	8	No Gym, Different Activity
March 5	9	Presentations
March 12	10	Presentations
March 19	11	Presentations
March 26	12	No Gym, Different Activity
*March 31 – Last Day to Withdraw		
April 2	13	Presentations
April 9	14	Movement Review

STUDENT RESPONSIBILITIES:

Participation and Engagement:

Active participation is key in this experiential course. Please arrive to seminars dressed in movement-friendly clothing, and clean indoor shoes that are rubber soled for the gym. Shoes that create marks on the floor will need to be removed/replaced. It's essential to attend and be engaged in all scheduled sessions. Unfortunately, we cannot offer make-up seminars, however exceptions may be made on a case-by-case basis. See Attendance and Exceptions below.

Late Policy:

Assignments are due by 12 midnight MST/MDT on the specified due date. Late assignments face a 5% daily deduction. Missed quizzes and exams, barring validated emergencies will result in a grade of zero. In class marks, such as quizzes and worksheets cannot be made up, except for case by case basis following in line with attendance and expectations.

Attendance and Exceptions:

For ongoing in class assessment, it is not possible to make up missed marks. Alternate options might be offered to accommodate case by case situations, however documentation may be required, such as a note from a doctor.

Electronic Devices:

You're welcome to use electronic devices as long as they don't disrupt the learning environment, and they serve a purpose for the class. If they become a distraction, you may be asked to step out or adjust your usage. Electronic devices should be used for class purposes only. If a personal reason comes up, please remove yourself from the space to use your device. Under no circumstances can a student record classroom activities (such as lectures, group activities, group presentations delivered in class, etc.). There may be case by case situations where allowances are made, but will require permission from the instructor.

Communication:

Note that communication regarding the course should be in direct conversation between the student enrolled and instructor. Exceptions may be made with the instructor's permission. Please do follow the proper email protocols. Students can expect to receive replies within three business days.

Copy Right Notification:

The course will have available student versions for the ongoing material. However, students are expected to come to class and create their own notes through engagement. All of my teaching material is my own intellectual property, and I reserve the right to distribute at my discretion. As such, the material is for your private use only. It is not to be distributed, publicly exhibited, or sold without the permission of the instructor.

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.

There will be ongoing articulations regarding the use of AI throughout the course and how it pertains to each assessment criteria.

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.

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.