

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

PE1120 (A2/S1): Introduction to Human Movement – 3 (2-2-0) 60 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
OFFICE: K220
OFFICE HOURS: By Appointment

PHONE: 780-539-2200
E-MAIL: sdeol@nwpolytech.ca

CALENDAR DESCRIPTION: This course will take a multidisciplinary approach to introduce students to fundamental movement skills and factors that impact human movement.

PREREQUISITE/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Assigned readings: Required readings will be freely available and posted on myClass.

DELIVERY MODE(S): In person

LEARNING OUTCOMES:

Upon completion of this course, students will:

- Examine human movement through a multi-disciplinary lens that includes the sciences and the humanities.
- Contrast how experts in the sub-disciplines of human movement differ in their focus of study, knowledge frameworks (epistemology), ways of acquiring new knowledge (methodology), and practical application of knowledge (praxis).
- Contrast how voluntary movement is experienced and described during activities such as recreation, exercise, sport, and daily living.
- Recognize and classify a range of fundamental movement skills.

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:

Seminar Activities	35%
Quiz	15%
In Class Activities	25%
Final Exam	25%

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: Monday / 2:30 – 4:20 @ J202

Readings/Resources will be assigned throughout the course and accessible on MyClass.

Date	Week	Topic Schedule
Sept 7	1	No Class – Labour Day
*Sept 14 – Add/Drop Deadline		
Sept 14	3	Introduction
Sept 21	4	Multidisciplinary Overview
Sept 28	5	Epistemology/Methodology/Praxis
No Classes: Sept 30 – National Day for Truth and Reconciliation Day		
Oct 5	6	Anatomy
*No Class Monday, Oct 12		
Oct 12	7	No Class
Oct 19	8	Recreation, Leisure, Tourism
Oct 26	9	Quiz 1
Nov 2	10	Psychology / Phenomenology
*Nov 9 – Nov 13 – No Classes: Fall Break		
Nov 9	11	No class

Nov 16	12	Physiology
Nov 23	13	Physical Education / Indigenous Games
*Nov 27 – Last Day to Withdraw		
Nov 30	14	Coaching / Exercise
Dec 7	15	Biomechanics
Final Exam scheduled by Registrar's Office – 1.5 Hours		

The instructor reserves the right to alter the pace, scope, and/or breadth of the topics covered to facilitate student learning and to cohere with the natural flow of class discussions.

Seminar: Friday / 8:00-9:50 am @ **Gymnasium**

See dates for room changes on MyClass.

Date	Week	Seminar - Wednesdays
Sept 4	1	Participation
Sept 11	2	Gym Intros
Sept 18	3	Movement Styles
Sept 25	4	Play / Outdoor Education
Oct 2	5	Physical Education Frameworks
Oct 9	6	Psychology
Oct 16	7	Embodiment
Oct 23	8	Coaching
Oct 30	9	Ethics
Nov 6	10	Modifying and Adapting Activities
Nov 13	11	No Lab – Fall Break
Nov 20	12	Physiology
Nov 27	13	Exercise
Dec 4	14	Review (Last Day)

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 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 any 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.