



KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Fall 2026

PE2070 (A2): Adapted Sport and Physical Activity for Diverse Populations

3 (3-0-1) 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: Erin Post
OFFICE: K216
OFFICE HOURS: By appointment

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

CALENDAR DESCRIPTION: This is an introduction to current trends in theory and practice in adapted sport and physical activity for diverse populations. The course includes a survey of diverse populations and their implications for service delivery.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

NCCP Coaching Athletes with A Disability and Safe Sport Training eLearning Modules (instructions for access provided in class) – FREE from NCCP only on Thurs, Sept 17

Rise Above Aquatics Manual & Workbook

All other course materials will be posted on MyClass or provided through an Open Educational Resource

DELIVERY MODE(S): This course will provide students with an overview of physical activity and leisure services to special populations, the nature of such groups, models of service delivery, and the role(s) of recreational practitioners and physical

educators in serving the needs of special populations. Course content will be presented through various methods such as lectures, guest lectures, videos, field trips, physical activities, panel discussions, and small group research.

LEARNING OUTCOMES:

After successful completion of this course, students will be able to:

1. Identify, and describe basic information including the cause, symptoms, characteristics and physical considerations, for a variety of disabilities while introducing students to the process of integration within school and community settings.
2. Identify the importance of physical activity for all people.
3. Describe and apply inclusive principles when planning and teaching of motor skills and various sports for individuals with disability.
4. Identify information about the support systems, programming and community resources available to practitioners/educators (locally, provincially and nationally).
5. Express beliefs and values around people who communicate, move, think, and learn in different ways.
6. Observe and practice sport for individuals with disabilities.

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:

Labs & Activities	25%	Throughout semester
Case Study/Guests	25%	Throughout the semester 3 Guest Activity Planning* – 15% total (5% each) Activity planning 1 (Due Sept 23 @ 11:59 pm) Activity planning 2 (Due Oct 21 @ 11:59 pm) Activity planning 3 (Due Nov 18 @ 11:59 pm)

		Reflective Journal# - 5% (Due Nov 25 @ 11:59 pm) Final presentation* - 5% (in-class) Submission due Nov 29 @11:59 pm *One per group : Communication Log, Activity Planning, and Final Presentation #One per person : Reflective Journal
Volunteering or Project	30%	Throughout the semester Due Dec 7 @ 11:59 pm
Final Exam	20%	TBD (Dec 12-19)

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 & Wednesday: 8:30 am – 9:50 am (D208, unless otherwise noted)

Labs: Mondays: 11:30 am – 12:20 pm OR 12:30 – 1:20 pm (GYM) – Please attend your assigned lab time!

This schedule may change based on guests, activities, and facility availability.

	Monday Lecture	Monday Lab (Gym)	Wednesday Lecture
Sept 2	--	--	Course Introduction - 1st Day!
Sept 7-11	No Class - Labour Day	--	PARDS - Evergreen Park <i>(OFF-SITE - 8:15 AM START)</i>
Sept 14-18	Disability & Inclusion	Outdoor Activity	Disability & Inclusion



		Coaches Week NCCP	
Sept 21-25	Bethe Goldie – Resources (45 min) Adapting Physical Activity	Outdoor Activity	Jenn Leo – TSC (Zoom – 45 min) Adapting Physical Activity
Sept 28 - Oct 1	Visual Disabilities	GUESTS	No Class – Truth and Reconciliation Day
Oct 5-9	Jeff Smith – Seated Volleyball	Jeff Smith – Seated Volleyball	Auditory Disabilities
Oct 12-16	No Class – Thanksgiving Day	--	Physical Disabilities
Oct 19-23	Physical Disabilities	Francis Tagarino (ASRAB) – Goalball	Dale & Gaye Williams – Spinal Cord Injury
Oct 26-30	Sailaja Pammidi – AHS Physiotherapist	GUESTS	Behavioral Disabilities
Nov 2-6	Accessibility	Building Assessment	Lauren Mattson – Equality (Zoom – 45 min) Other Topics
Nov 9-13	FALL BREAK – NO CLASSES		
Nov 16-20	Intellectual Disabilities	Francis Tagarino – (ASRAB) – Blind Football	Bethe Goldie – Circuit (GYM)
Nov 23-27	Special Olympics Grande Prairie (45 min) Intellectual Disabilities	GUESTS	Tabitha Dupuis (PCN) – Pregnancy
Nov 30 - Dec 4	Aquatic	Aquatic	RISE ABOVE AQUATICS ACTIVITY – EASTLINK (OFF-SITE – IN POOL SESSION)
Dec 7-11	Older Adults	Guests Presentations	Older Adults & Last Class
	Final Exams: Dec 12-19		

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.

LAB & ACTIVITY ATTENDANCE: The door may be locked by *start time* on any labs, classes with guests, or any other activities. Entry may not be permitted once the door is locked. This will ensure the activity is not disrupted. Late students may email the instructor to indicate they are present and wait quietly outside the door to see if they are permitted entry at a later time. There is no guarantee of late admission.

ATTIRE: You must wear indoor only, non-marking, athletic shoes in the gymnasium. 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. As practical experience is a significant part of the experience of this course, any student who misses 8 or more classes or 3 or more labs without approval may be unable to sit for subsequent assessments. 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 by email

immediately (epost@nwpolytech.ca), preferably one day in advance. Your email should include 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: 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, interaction with guests, determination to achieve first-class work while meeting deadlines, and constructive response to criticism. Ear buds are not to be worn in class.

ASKING FOR HELP: Please talk to me if you have concerns or if you are experiencing difficulties that may have a negative impact on your academic performance. You may 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. With the exception of in-class assignments or where permission is given, cell phone or other electronic use is strictly forbidden in my classes and exams. If a device must be used, students may step outside the room to use the device and return when finished. Notes may be taken with paper and a pen. Those students who have accommodations may use technology as required and approved by Accessibility Services and the instructor.

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.