



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY.

COURSE OUTLINE – FALL 2021

PA1010 A2: Principles and Concepts of Physical Activity 3(0-0-3) UT 45 Hrs 15 Wks

Grande Prairie Regional College respectfully acknowledges that we are located on Treaty 8 territory, the traditional homeland and gathering place for many diverse Indigenous peoples. We are honoured to be on the ancestral lands of the Cree, Dene/Beaver and Métis, whose histories, languages, and cultures continue to influence our vibrant community. We are grateful to have the opportunity to work, learn, and live on this land.

INSTRUCTOR: Coach Zuko

PHONE: (780) 539-2990

OFFICE: K221

E-MAIL: gzuko@gprc.ab.ca

OFFICE HOURS: Email for appointment.

CALENDAR DESCRIPTION: This course is an exploration of the principles and concepts that underlie movement of individuals and groups in a variety of settings. The focus of the course is on the development of a conceptual understanding of movement; therefore, a wide range of activities and their contexts will be examined and experienced.

PREREQUISITE(S)/COREQUISITE: none

REQUIRED TEXT/RESOURCE MATERIALS:

Burket, B. (2019). Applied Sport Mechanics (4th ed.) Champaign IL: Human Kinetics

Lecture Notes and Alternate Course Package on Learning Platform.

Additional Resources as designated by the instructor.

DELIVERY MODE(S): A variety of methodologies will be employed including lecture, discussion, sport skill acquisition and application, lab activities, games, group/ individual work.

COURSE OBJECTIVES:

- Students will be exposed to a variety of teaching methodologies.
- Students will study the physical principles and concepts that underlie movement patterns.
- Students will understand the commonalities that exist between sports and activities.

- Students will be provided with an opportunity for application of theory through activity.
- Students will develop an understanding of the importance and practical application of the conceptual approach and how this can assist the physical educator in providing quality instruction and assessment.

LEARNING OUTCOMES:

- Students will complete a number of activity labs that employ the conceptual approach.
- Students will demonstrate the ability to teach and analyze skills.
- Students will provide appropriate feedback for skill improvement.
- Students will demonstrate competency and understanding of the principles of body and object management and manipulation.
- Students will demonstrate competency and understanding of the use of space, time and force in sport.
- Students will complete a thorough skill and sport analysis.

TRANSFERABILITY: *UA, UC, *UL, AU, AF, GMU

UA will grant credit for only one of PA1010 or PE2940

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlinesearch.html?SearchMode=S&step=2>)

**** 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:

Coursework: <i>Activities, Quizzes, Assignments</i>	30
Midterm Exam	20
Term Project	20
Final Exam	30

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100	C+	2.3	67-69
A	4.0	85-89	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:

Lectures: Tuesdays/Thursdays 1:00 – 2:20 pm Room B208

M		W	
S7	Labour Day	S9	Introduction to course
S14	Commonalities in Sport	S16	Commonalities in Sport
S21	Applied Sport Mechanics	S23	Sport Anatomy & Fundamentals
S28	Linear Motion & Kinetics in Sport	S30	Angular Motion in Sport
O5	Angular Kinetics in Sport	O7	Stability in Sport
O12	Fall Break	O14	Fall Break
O19	Stability in Sport	O21	MIDTERM EXAM
O26	Long Term Athlete Dev	O28	Long Term Athlete Dev
N2	Targeting in Sport	N4	Aesthetic Concepts
N9	Skill Analysis, Error Correction	N11	Remembrance Day
N16	Skill Analysis, Error Correction	N18	Analysis Activity (classroom)
N23	Teaching through Games	N25	Teaching through Games
N30	Games	D2	Games
D7	Games	D9	Term Paper Due
Dec 11 - Dec 20 EXAMS			

STUDENT RESPONSIBILITIES: Regular attendance and participation is expected at ALL sessions as much of the information provided cannot be obtained in any other way. Students who miss more than 10% of the total number of classes may NOT be granted permission to write the final exam, and/or asked to withdraw from the course. Students who miss class due to medical reasons MUST present medical verification to their instructor. Notify the instructor of any allergies or medical conditions. Dress in appropriate clothing and footwear for all gymnasium sessions.

Refer to the College Policy on Student Rights and Responsibilities at

www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

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