

Grande Prairie Regional College
Department of Physical Education, Athletics and Kinesiology

P.A. 1010 Principles and Concepts of Physical Activity

Instructor: Ali Wilson

Term: Winter 2004

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Office: M103

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Class Schedule: Tues & Thurs 2:30-3:50pm

Textbook: Rutledge M. PAC 101 Course Text and Materials. University of Alberta.

Method of Instruction:

- A Conceptual and Theoretical Exploration of movement in various activities.
- Skill acquisition, development and analysis through active learning and exploration.

Purpose of the Course:

- Examine various concepts of movement as relevant to the physical and psychological domains.
- Examine and utilization of various methodologies to analyze various types of human movement.

Evaluation:

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| • Participation | 10 % |
| • Individual Presentation | 15 % |
| • Research Paper | 15 % |
| • Mid-term Examinations (15 X 2) | 30 % |
| • Final Exam | 30 % |

Attendance and Due Dates

- Attendance will not be taken on a regular basis; however, absences will be considered either excused or unexcused. Excused absences must be cleared with the professor in advance, unless a doctor's note is provided after an unexpected illness. Students participating in university-sponsored extracurricular activities (including intercollegiate athletics) must bring notification of class days to be missed at least one week in advance of the event in order for the absence to be excused. Make-up exams will be provided for excused absences only. Regular participation is expected for this course by all students. Students with unexcused absences of more than 3 classes maybe asked to withdraw from the course or maybe debarred from the final exam (see GPRC calendar).

Grading Scheme:

A+	4.0	90 - 100	<i>Excellent</i>
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A	4.0	85 - 89	
A-	3.7	80 - 84	<i>First Class Standing</i>
B+	3.3	76 - 79	
B	3.0	73 - 75	<i>Good</i>
B-	2.7	70 - 72	
C+	2.3	67 - 69	<i>Satisfactory</i>
C	2.0	64 - 66	
C-	1.7	60 - 63	
D+	1.3	55 - 59	<i>Minimal Pass</i>
D	1.0	50 - 54	
F	0.0	0 - 49	<i>Fail</i>

Tentative Schedule:

Week	Content	Reading
Jan 6	Introduction, Mechanical Principles of Movement	Chapter 1
Jan 8	Mechanical Principles of Movement Lab 1	
Jan 13	Lab Activity	
Jan 15	Mechanical Principles of Movement Lab 2	
Jan 20	Body Through Space	P. 69-75, 519-539
Jan 22	Body Through Space Lab 1	
Jan 27	Body Through Space	
Jan 29	Body Through Space Lab 2	
Feb 3	Object Through Space	P. 75-81, 502-518
Feb 5	Object Through Space Lab	
Feb 10	Midterm 1	
Feb 12	Object Through Space Lab 2	
Feb 17	Winter Break	
Feb 19	Winter Break	
Feb 24	Body and Object Through Space	P. 81-83, 540-547, 563-568
Feb 26	Body and Object Through Space Lab 1	
Mar 2	Spatial Principles	Handout
Mar 4	Spatial Principles Lab	
Mar 9	Strategy	P. 83-89
Mar 11	Strategy Lab 2	
Mar 16	Midterm 2	
Mar 18	Strategy Lab 2	
Mar 23	Safety	P. 89-90
Mar 25	Individual Presentations	
Mar 30	Individual Presentations	
Apr 1	Individual Presentations	
Apr 6	Individual Presentations	
Apr 8	Individual Presentations	

Apr 13
Apr 15

Individual Presentations
Review & Cleanup