



DEPARTMENT OF PHYSICAL EDUCATION and kinesiology
COURSE OUTLINE – FALL 2013

PA1010 PRINCIPLES AND CONCEPTS OF PHYSICAL ACTIVITY

INSTRUCTOR: Mr. Chris Nicol **PHONE:** 780-539-2838
B.Ed, M.ApSc 780-933-2838 cell
OFFICE: K220 **E-MAIL:** cnicol@gprc.ab.ca

OFFICE HOURS: Mon, Wed 10:00am -11:00am

PREREQUISITE(S)/COREQUISITE: none

REQUIRED TEXT/RESOURCE MATERIALS: course package

- 2 Course Notes Packages, Additional Resources as designated by the instructor
- External links posted on Moodle.
- Seidel, B., Biles, F, Figley, G. & Neaman, B., 1992. Sports Skills: A Conceptual Approach to Meaningful Movement Dubuque, Iowa; WM. C. Brown

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.

CREDIT/CONTACT HOURS: 3(3-0-0) 45 HOURS

DELIVERY MODE(S): Lecture, Lab Activities

OBJECTIVES (OPTIONAL):

1. To study the common concepts of movement with emphasis on practical application in a variety of physical education activities.
2. To provide students with practical opportunities for movement analysis.
3. To experience a variety of teaching styles.
4. To develop a conceptual approach to teaching sport skills that attend to learning in the cognitive, affective, and psychomotor domains.
5. To create a safe learning environment.

TRANSFERABILITY:

**** 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. Students not enrolled in Physical Education programs will require consent of Department. University of Alberta will grant credit for only one of PA1010 or PE2940.

Transfers to University of Alberta, University of Calgary, University of Lethbridge, , Augustana Faculty, University of Alberta

Copyright © 2009, Grande Prairie Regional College and its licensors.

GRADING CRITERIA:

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A ⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A ⁻	3.7	80 – 84	FIRST CLASS STANDING
B ⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B ⁻	2.7	70 – 72	
C ⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C ⁻	1.7	60 – 62	
D ⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

EVALUATIONS:

Final Exam: 30% Coursework: 20% Major Assignment: 25% Quizzes: 25%

The major assignment is an opportunity to utilize the conceptual approach in a practical application.

Details TBA. *Note that a 10% per day penalty will be assessed to all late assignments.*

STUDENT RESPONSIBILITIES:

Regular attendance and participation are 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.

STATEMENT ON PLAGIARISM AND CHEATING:

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.