



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY.

COURSE OUTLINE – FALL 2015

PA1010 A2: Principles and Concepts of Physical Activity 3 (0-0-3) UT

INSTRUCTOR: Mr. Chris Nicol

PHONE: (780) 539-2838

OFFICE: K220

E-MAIL: cnicol@gprc.ab.ca

OFFICE HOURS: Monday 11:30-12:30, by appointment or drop in.

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

PREREQUISITE(S)/COREQUISITE: none

REQUIRED TEXT/RESOURCE MATERIALS:

Burket, B. (2010). Sport Mechanics for Coaches (3rd ed.) Champaign IL: Human Kinetics
Lecture Notes and Alternate Course Package on Moodle.

Additional Resources as designated by the instructor.

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.

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 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 skill
- 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.
- Student will complete a thorough skill and sport analysis.

COURSE SCHEDULE/TENTATIVE TIMELINE:

T	TOPIC	TH	TOPIC
S2		S4	Introduction to course & Ch1
S8	FOOTBALL SKILLS	S10	FOOTBALL SKILLS
S15	FLAG FOOTBALL	S17	DISC GOLF
S22	Commonalities in Sport	S24	Ch2: Starting with Basics
S29	Ch3: Get a Move On	O1	Ch3: Get a Move On
O6	Ch4: Rocking and Rolling	O8	Ch5: Don't Be a Pushover
O13	MIDTERM EXAM	O15	STABILITY LAB
O20	Targeting Concepts	O22	TARGETING LAB
O27	Space Concepts	O29	SPACE LAB
N3	Aesthetic Concepts	N5	DANCE LAB
N10	Ch 7: Skill Analysis	N12	FALL BREAK
N17	Ch8: Error Correction	N19	SKILL ANALYSIS LAB
N24	STUDENT LED	N26	STUDENT LED
D1	TBA	D3	TBA
D8	PROJECT DUE		FINAL EXAMS Dec 10 - 19

Note: minor schedule changes and adjustments are possible.

EVALUATIONS:

Labs, Activities	30
Midterm Exam	20
Term Project	20
Final Exam	30

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

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:

Refer to the College Student Misconduct: Academic and Non-Academic Policy at www.gprc.ab.ca/d/STUDENTMISCONDUCT

****Note:** all Academic and Administrative policies are available at www.gprc.ab.ca/about/administration/policies/

UNIVERSITY TRANSFER (If applicable):

**** 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.**

Please refer to the Alberta Transfer guide for current transfer agreements: www.transferralberta.ca