



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY.

COURSE OUTLINE – FALL 2016

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

INSTRUCTOR: Mr. Chris Nicol

PHONE: (780) 539-2838

OFFICE: K219

E-MAIL: cnicol@gprc.ab.ca

OFFICE HOURS: Monday 11:00-12:00, by appointment or drop in.

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.

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.

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

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
A30		S1	Introduction to course & Ch1
S6	FOOTBALL SKILLS	S8	FOOTBALL SKILLS
S13	FLAG FOOTBALL	S15	DISC GOLF
S20	Commonalities in Sport	S22	Ch2: Starting with Basics
S27	Ch3: Get a Move On	S29	Ch. 3 & 4
O4	Ch4: Rocking and Rolling	O6	Ch5: Don't Be a Pushover
O11	STABILITY LAB	O13	MIDTERM EXAM
O18	Targeting Concepts	O20	TARGETING LAB
O25	Space Concepts	O27	SPACE LAB
N1	Aesthetic Concepts	N3	DANCE LAB
N8	Ch7: Skill Analysis Ch8: Error Correction	N10	FALL BREAK
N15	<i>PEAK Student for a Day & TBA</i>	N17	SKILL ANALYSIS LAB
N22	STUDENT LED	N24	STUDENT LED
N29	STUDENT LED	D1	PROJECT DUE
D6	<i>Last day of classes is Dec 5</i>		FINAL EXAMS Dec 7 - 16

Note: minor schedule changes and adjustments are possible.

EVALUATIONS:

Coursework, Quizzes, Labs, Activities	25
Midterm Exam	20
Term Project	25
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.**

Athabasca APST 2xx(3) UofC KNES201(3) UofA PAC 101(3) OR AUPED1xx(3) UofL PHAC 2xxx (1.5)

Note: UofA will grant credit for only one of PA1010 or PE2940

Please refer to the Alberta Transfer guide for current transfer agreements:

www.transferralberta.ca