

# **GRANDE PRAIRIE REGIONAL COLLEGE**

## **Department of Physical Education, Athletics and Kinesiology**

### **PA1010: A Conceptual Approach to Physical Activity**

#### **Course Outline Winter 2010**

#### **I General Information**

**Instructor:** Mr. Chris Nicol; B.Ed, M.ApSc

**Office:** K211 780-539-2838 cnicol@gprc.ab.ca

**Class Time:** Tu,Th 1:00 – 2:20 pm

**Location:** J201, Gymnasium and sites TBA

**Credit:** 3.0 Cr *Equivalent to U of A: PEDS 294 (3cr); U of C Jr KNES option(3 cr); U of L 1 unspecified Educ (3 cr)*

*Note: credits will only be granted for one of PEDS 294 or PAC 101 at the U of A.*

#### **II. Course Objectives**

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.

#### **III Resources**

- Custom Courseware- U of A: PEDS 294 - A1 course text and materials, 2004.
- Seidel, B., Biles, F, Figley, G. & Neaman, B., 1992. Sports Skills: A Conceptual Approach to Meaningful Movement Dubuque, Iowa; WM. C. Brown
- External links posted on Backboard.
- Additional Resources as designated by the instructor

#### **III Evaluation Outline**

a) Assignments	20%
b) Peer Instruction	10%
c) Research Assignment	20%
d) Quizzes	25%
e) Term Exam	25%

- The research assignment is an opportunity to utilize the conceptual approach in a practical application. Details TBA.
- The Peer Instruction presentation will consist of 2-3 students utilizing the common concepts of a "not so common sport" by involving the class in that activity. Arrangements for activities requiring a space other than the gym must be approved/scheduled in advance.
- Note that a 10% per day penalty will be assessed to all late assignments.

#### **IV Class Format**

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.

Drop Date with No Fee Penalty Jan 18. Withdraw Date March 17. Winter Break is March 5-12 (*Arctic Winter Games*)

### **GPRC: Alpha Grading System**

<b>Letter Grade</b>	<b>Grade Point Value</b>	<b>Percentage Range</b>
A+	4.0	90 – 100
A	4.0	85 - 89
A-	3.7	80 – 84
B+	3.3	77 - 79
B	3.0	73 - 76
B-	2.7	70 – 72
C+	2.3	67 - 69
C	2.0	63 – 66
C-	1.7	60 – 62
D+	1.3	55 – 59
D	1.0	50 – 54
F	0.0	Below 50

### **Guidelines on Cell Phones and Other Personal Electronic Devices**

**Department of Physical Education, Athletics and Kinesiology: January, 2010**

- Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. The use of these devices must not disrupt the functions of the College overall and its classrooms and labs. Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.
- Cell phones, PDAs and pagers must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can be turned on and set to silent mode only with the expressed consent of individual instructors. Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes classrooms and computer labs.
- Some instructors may have penalties for violations. If cell phones, pagers, calculators, recorders, digital cameras, PDAs, MP3 players or other personal electronic devices are used inappropriately for the purposes of cheating or academic dishonesty, then students who do so will be penalized appropriately under the Academic Honesty policy of Grande Prairie Regional College.