



## DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY

### COURSE OUTLINE – WINTER 2011

#### PA1010 PRINCIPLES AND CONCEPTS OF PHYSICAL ACTIVITY - 3(1-2-0) 45 HOURS

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

**OFFICE HOURS:** Mon-Thurs 10:00am-11:30am

**PREREQUISITE(S)/COREQUISITE:** none

#### REQUIRED TEXT/RESOURCE MATERIALS:

- Course Notes Package, 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:** A study of the fundamental movement concepts

**CREDIT/CONTACT HOURS:** 3(1-2-0) 45 HOURS

**DELIVERY MODE(S):** Lecture, Lab Activities

#### 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.

#### 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**

## GRADING CRITERIA:

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-Pt	% Guidelines	Designation
A <sup>+</sup>	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A <sup>-</sup>	3.7	80 – 84	FIRST CLASS STANDING
B <sup>+</sup>	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B <sup>-</sup>	2.7	70 – 72	
C <sup>+</sup>	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C <sup>-</sup>	1.7	60 – 62	
D <sup>+</sup>	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

## EXAMINATIONS: Term Exam 30%

**Coursework: 30%      Major Assignment: 20%      Quizzes 20%**

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:

Please refer to pages 49-50 of the College calendar regarding plagiarism, cheating and the resultant penalties. These are serious issues and will be dealt with severely.