



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – WINTER 2016

PA1010 A3: Principles and Concepts of Physical Activity 3 (0-0-3) UT

INSTRUCTOR: Mr. Chris Nicol
OFFICE: K220

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OFFICE HOURS: Monday 10:30-11:30, 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.

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.

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

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.

TRANSFERABILITY:

- [Athabasca University: APST 2xx \(3\)](#)
- [MacEwan University: PACT 101 \(3\)](#)
- [University of Alberta: PAC 101 \(3\) OR AUPED 1xx \(3\)](#)
- [University of Calgary: KNES 201 \(3\)](#)
- [University of Lethbridge, The: PHAC 2xxx \(1.5\)](#)

***Warning:** Although we strive to make the transferability information in this document up-to-date and accurate, **the student has the final responsibility for ensuring the transferability of this course to Alberta Colleges and Universities.** Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at Alberta Transfer Guide main page <http://www.transferralberta.ca> or, if you do not want to navigate through few links, at <http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>

**** 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**

EVALUATIONS:

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

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

PA1010 W16 Tentative SCHEDULE			
T	TOPIC	TH	TOPIC
J5		J7	Introduction to course & Ch1
J12	Commonalities in Sport	J14	FOOTBALL SKILLS
J19	FOOTBALL SKILLS	J21	FLAG FOOTBALL Game
J26	Ch2: Starting with Basics	J28	Ch3: Get a Move On
S29	Ch3: Get a Move On	F4	Ch4: Rocking and Rolling
F9	Ch5: Don't Be a Pushover	F11	STABILITY LAB
F16	BREAK	F18	BREAK
F23	TBA Activity	F25	MIDTERM EXAM
M1	Targeting Concepts	M3	TARGETING LAB
M8	Space Concepts	M10	SPACE LAB
M15	Aesthetic Concepts	M17	DANCE LAB
M22	Ch 7: Skill Analysis	M24	Ch 8: Error Correction
M29	SKILL ANALYSIS LAB	M31	STUDENT LED
A5	STUDENT LED	A7	STUDENT LED
A12	TBA Activity	D3	FINAL EXAMS April 15-26

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:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, 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 <http://www.gprc.ab.ca/about/administration/policies/>

****Note:** all Academic and Administrative policies are available on the same page.