



## **DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY.**

### **COURSE OUTLINE – WINTER 2017**

#### **PA1010 A3: 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:** 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 (3<sup>rd</sup> 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 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

**\*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:

Coursework, Quizzes, Labs, Activities	25
Midterm Exam	20
Term Project	25
Final Exam	30

**GRADING CRITERIA:**

<b>GRANDE PRAIRIE REGIONAL COLLEGE</b>			
<b>GRADING CONVERSION CHART</b>			
<b>Alpha Grade</b>	<b>4-point Equivalent</b>	<b>Percentage Guidelines</b>	<b>Designation</b>
<b>A<sup>+</sup></b>	<b>4.0</b>	<b>90 – 100</b>	<b>EXCELLENT</b>
<b>A</b>	<b>4.0</b>	<b>85 – 89</b>	
<b>A<sup>-</sup></b>	<b>3.7</b>	<b>80 – 84</b>	<b>FIRST CLASS STANDING</b>
<b>B<sup>+</sup></b>	<b>3.3</b>	<b>77 – 79</b>	
<b>B</b>	<b>3.0</b>	<b>73 – 76</b>	<b>GOOD</b>
<b>B<sup>-</sup></b>	<b>2.7</b>	<b>70 – 72</b>	
<b>C<sup>+</sup></b>	<b>2.3</b>	<b>67 – 69</b>	<b>SATISFACTORY</b>
<b>C</b>	<b>2.0</b>	<b>63 – 66</b>	
<b>C<sup>-</sup></b>	<b>1.7</b>	<b>60 – 62</b>	
<b>D<sup>+</sup></b>	<b>1.3</b>	<b>55 – 59</b>	<b>MINIMAL PASS</b>
<b>D</b>	<b>1.0</b>	<b>50 – 54</b>	
<b>F</b>	<b>0.0</b>	<b>0 – 49</b>	<b>FAIL</b>
<b>WF</b>	<b>0.0</b>	<b>0</b>	<b>FAIL, withdrawal after the deadline</b>

**COURSE SCHEDULE/TENTATIVE TIMELINE:**

<b>PA1010 W17</b>			
<b>T</b>	<b>TOPIC</b>	<b>TH</b>	<b>TOPIC</b>
S2		J5	Introduction to course & Ch1
J10	FOOTBALL SKILLS	J12	FOOTBALL SKILLS
J17	FLAG FOOTBALL	J19	FLAG FOOTBALL
J24	Commonalities in Sport	J26	Ch2: Starting with Basics
J31	FB Quiz & Ch3: Get a Move On	F2	Ch3: Get a Move On
F7	Ch4: Rocking and Rolling	F9	Ch5: Don't Be a Pushover
F14	<b>STABILITY LAB</b>	F16	<b>MIDTERM EXAM</b>
F21	<i>Winter Break</i>	F23	<i>Winter Break</i>
F28	Targeting Concepts	M2	<b>TARGETING LAB</b>
M7	Space Concepts	M9	<b>SPACE LAB</b>
M14	Aesthetic Concepts		<b>DANCE LAB</b>
M21	Ch7,8: Skill Analysis, Error Correction	M23	<b>SKILL ANALYSIS LAB</b>
M28	<b>STUDENT LED - TBA</b>	M30	<b>STUDENT LED</b>
A4	<b>STUDENT LED</b>	A6	<b>STUDENT LED -TBA</b>
A11	<b>TBA</b>		<b>FINAL EXAMS April 17 - 27</b>

**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](http://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](http://www.gprc.ab.ca/d/STUDENTMISCONDUCT)

**\*\*Note:** all Academic and Administrative policies are available at  
[www.gprc.ab.ca/about/administration/policies/](http://www.gprc.ab.ca/about/administration/policies/)