

**GRANDE PRAIRIE REGIONAL COLLEGE  
DEPARTMENT OF PHYSICAL EDUCATION & ATHLETICS**

**PA 1010  
Principles and Concepts of Physical Activity  
Course Outline  
Winter 2008**

**I. General Information**

**Instructor:** Harry Stevens  
**Office:** K219  
**Phone:** 539-2974  
**Class Time:** Wed 1300 – 1420 J204/Gym  
Fri 1300 – 1420 J204/Gym

**Credit:** 3.0 Credits  
Equivalent to PAC 101 (3 credits)--U of A: KNES 201 (3) U of C.  
Note: credits will only be granted for one of PAC 101  
or PEDS 294 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 develop a conceptual approach to understanding movement and enhance skill development.
4. To create a safe learning environment.

**III. Resources**

**Required Text:** Seidel, B., Biles, F, Figley, G. & Neaman, B., 1992. Sports Skills: A Conceptual Approach to Meaningful Movement Dubuque, Iowa; WM. C. Brown  
**Custom Courseware- U of A: PAC 101- course text and materials, 2002. (See instructor)**

## IV Class Format

1. **Attendance in courses** and class participation are important components of courses. Students serve their interests best by regular attendance. Those who choose not to attend must assume whatever risks are involved. Students who miss class due to medical reasons **MUST** present medical verification to their instructor. Last day to withdraw with permission is March 7, 2008.

2. **Course Evaluation**

a) Learning Behavior	10%
b) Research Assignment	10%
c) Teaching Presentation	20%
d) Test (s)	60%

The research assignment is an opportunity to utilize the conceptual approach in a practical application. Details TBA.

The Teaching presentation will consist of a team of 3-4 students utilizing the common concepts of a “not so common sports” by involving the class in that activity. Arrangements for activities requiring a space other than the gym must be approved and scheduled in advance.

The final test may be scheduled in the final exam period (April 14-24)

Please note all late assignments and papers will receive a 10% deduction for each day late. This rule will be strictly adhered to on any work submitted after 4:30 p.m. on the due date.

Finally the student seeking the excellent rating should be able to illustrate **good learning behavior**, by being appropriately dressed, punctual, good attendance, considerate towards others, have a good work ethic, and help to create a good learning environment for the course. This will be determined from the student attendance records, and in-class observation of each student. (10%)

Notify instructor if you have any allergies or medical conditions.