

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

**PA 1010
Principles and Concepts of Physical Activity
Course Outline
Winter 2009**

I. General Information

Instructor: Harry Stevens
Office: K219
Phone: 539-2974
Class Time: Wed 1300 – 1420 J229/Gym
Fri 1300 – 1420 J229/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 package in bookstore required)

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 16, 2009.
2. Course Evaluation

a) Learning Behavior	10%
b) Research Assignment	10%
c) Teaching Presentation	20%
d) Tests, Jan 30, Mar 6, April 3	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 2- 4 students or individually, 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.

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, considerate towards others, having good work ethic and good attendance, and help to create a good learning environment for all students. 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.