



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY (PEAK)**

**COURSE OUTLINE- FALL 2014**

**PA1010: Principles and Concepts of Physical Activity**

**INSTRUCTOR:** Matthew Bain

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**OFFICE HOURS:** By appointment, drop in, or as necessary.

**PREREQUISITE(S)/COREQUISITE:** NA

**REQUIRED TEXT/RESOURCE MATERIALS:** Burkett, B. (2010). Sport mechanics for coaches (3<sup>rd</sup> ed.). Champaign, IL: Human Kinetics & Other assigned materials (Moodle).

**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.

**COURSE OVERVIEW:** This course focuses on understanding the principles and concepts that underlie movement patterns, skill execution and strategy in sport and activity. Understanding the commonalities that exist between sports can assist the physical educator in providing quality instruction and assessment. A wide variety of activities will be incorporated throughout the semester however one sport will be utilized as the primary vehicle for delivery. The focus of the course is on the development of a conceptual understanding of movement.

**Students will develop competency and understanding of the**

- a) Principles of body and object management and manipulation in both individual and group context.**
- b) Use of space, time and force for effective movement in both individual and group**
- c) Strategic use of space, time and force in both individual and group context.**

**CREDIT/CONTACT HOURS: 3 (3-0-0). PE 2420 includes two (2), Eighty (80) minute classes per week: Tuesday & Thursday, 10:00 am- 11:20 am.**

**DELIVERY MODE(S): This course work will be delivered in a blended format using a variety of teaching methods including lecture, lab activities, in-class worksheets, exams, and practical applications.**

**OBJECTIVES:**

1. To study principles and concepts of movement as they apply to different physical activities, using a variety of settings and equipment
2. To develop an understanding of the commonalities in the concepts of movement, skills and strategies with emphasis on practical application in a variety of physical education activities.
3. To develop an understanding of and appreciation for the conceptual approach to movement.
4. To provide students with opportunities to apply the principles and concepts of movement to a variety of physical activities.
5. To provide students with practical opportunities for movement and skill analysis.
6. To provide students with practical opportunities for learning skills and strategies within a conceptual framework.
7. To experience a variety of teaching and learning styles.
8. To develop a conceptual approach to teaching sport skills that address learning in the cognitive, affective, and psychomotor domains.
9. To examine sport strategies from a conceptual viewpoint.
10. To foster a safe learning environment.

**TRANSFERABILITY:**

KNES 201 (3 credits)-- U of C
APST 2xx (3 credits)—Athabasca
PAC 101 or AUPED 1xx (3 credits)—U of A*
PACT 101 (3-credits)-- MacEwan

**\*Please consult ALIS for specific rules associated rules regarding transfer**

**\*\* 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:**

### **Participation, Course Work, Reflection, and Application: 30%**

There will be a total of six unit opportunities throughout the semester. Assignments will be handed out in class so attendance is assumed. If a student does not attend and has not communicated an absence PRIOR to class, or does not provide a valid (i.e., medical) reason, the student will not receive the assignment

### **Major Assignment: 35%**

The major assignment is an opportunity for students to demonstrate a working knowledge of the conceptual approach as it relates to sport. The student's ability to illustrate the depth of their understanding of the material and its relation to the concepts will be evaluated.

The major assignment is comprised of four sections

- Sport Examination: The student is to research a particular sport and include an examination of the rules, changes in rules, objectives, basic strategies and skills.
- Skill Analysis: The purpose of this portion of the assignment is to allow the student an opportunity to demonstrate an understanding of mechanical concepts as they relate to skill execution.
- Strategy-Play Analysis: The purpose of this portion of the assignment is to allow the student an opportunity to demonstrate an understanding of spatial concepts.
- Instructional Package: The student is to demonstrate an understanding of the application of concepts by developing an instructional package for either a teaching or coaching situation for the designated age level (12 -15 yrs.)

### **Final Exam: 35%**

The final exam is cumulative and as such will include material from the entire semester

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage 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

#### STUDENT RESPONSIBILITIES:

- All assignments must be submitted in typed format adhering to ALL APA format requirements.
- Assignments are due on the dates established by the instructor. Extensions may be offered in lieu of SIGNIFICANT student issues and concerns as determined by the instructor. ALL extensions requests MUST be submitted to the instructor prior to the due dates. Percentage penalties will be applied up to 100 % of the assignment grade if assignments are submitted late.
- 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

- Any absences due to medical reasons MUST present medical verification to their instructor. Notify the instructor of any allergies or medical conditions.
- Appropriate attire (active clothing and footwear) is required for all gymnasium sessions.

#### **STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:**

- Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. The use of these devices must not disrupt the functions of the College overall and its classrooms and labs. Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.
- Cell phones, PDAs and pagers must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can be turned on and set to silent mode only with the expressed consent of individual instructors. Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes classrooms and computer labs.
- If cell phones, pagers, calculators, recorders, digital cameras, PDAs, MP3 players or other personal electronic devices are used inappropriately for the purposes of cheating or academic dishonesty, then students who do so will be penalized appropriately under the Academic Honesty policy of Grande Prairie Regional College.

#### **STATEMENT ON PLAGIARISM AND CHEATING:**

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 [www.gprc.ab.ca/about/administration/policies/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

## TENATIVE COURSE SCHEDULE/TIMELINE:

WEEK	TOPIC	ASSIGNED READINGS	EXAMINATION DATES	LOCATION
September 4	Introduction to Course			E 311
September 9 & 11	Introduction to Movement Concepts & Movement Sense	Chapter 1 & Position Paper (Moodle)		E 311 (9) Gym (11)
September 16 & 18	Introduction to Football & Football	Chapter 2 & Physical Literacy Checklist		E 311 (16) Gym (18)
September 23 & 25	Football	Chapter 3		Gym (23 & 25)
September 30 & October 2	Football	Chapter 4		Gym (30 & 2)
October 7 & 9	Football Game (7) & Mechanical Principles (Rev)	Chapter 5		Gym (7) E 311 (9)
October 14 & 16	Mechanical Principles (App) & Badminton			E 311 (14) Gym (16)
October 21 & 23	Mechanical Principles & Swimming (Eastlink)	Chapter 6		E 311 (21) Pool (16)
November 28 & 30	Categories, Strategies & Use of Space			E 311 (28) Gym (30)
November 4 & 6	Categories, Strategies & Use of Space and Analyzing Sport Skills	Chapter 7		Gym (4) E 311 (6)
November 11 (off) & 13	Identifying and Correcting Errors	Chapter 8		E 311 (13)
November 18 & 20	Applied Games (Students)			Gym (18 & 20)

November 25 & 27	Applied Games (Students)			<b>Gym (25 &amp; 27)</b>
December 2 & 4	Applied Games (Students)			<b>Gym (2 &amp; 4)</b>