

DEPARTMENT OF KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Fall 2023

PE1120 (A2): Introduction to Human Movement – 3 (2-2-0) 60 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR:	Dr. Alexander Villafranca	PHONE:	780-539-2971
OFFICE:	K220	E-MAIL:	avillafranca@nwpolytech.ca
OFFICE HOURS:	By appointment		

CALENDAR DESCRIPTION: This course will take a multidisciplinary approach to introduce students to fundamental movement skills and factors that impact human movement.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Assigned readings: Required readings will be freely available and posted on D2L.

DELIVERY MODE(S): This course will be delivered through a variety of lecture-based strategies including discussions, group work, in-class physical activities, seminars, and individual student work.

LEARNING OUTCOMES:

Through completion of this course, students will have the opportunity to:

1. Examine human movement through a multi-disciplinary lens that includes the sciences and the humanities.
2. Contrast how experts in the sub-disciplines of human movement differ in their focus of study, knowledge frameworks (epistemology), ways of acquiring new knowledge (methodology), and practical application of knowledge (praxis).
3. Contrast how voluntary movement is experienced and described during activities such as recreation, exercise, sport, and daily living.

4. Recognize and classify a range fundamental movement skills.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page

<http://www.transferalberta.ca>

** 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:

Seminar activities	30%
Class and seminar participation	10%
Test 1	15%
Test 2	15%
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:

Lectures

T R 11:30-12:20

Seminars

W 08:00-09:50

The instructor reserves the right to alter the pace, scope, and/or breadth of the topics covered to facilitate student learning and to cohere with the natural flow of class discussions.

Wk	A3	Topic
W1	T Sept 5	Why human movement matters
W1	Th Sept 7	Human movement from an anatomical perspective 1- How anatomists study and understand human movement
W2	T Sept 12	Human movement from an anatomical perspective 2: Describing human movement anatomically
W2	Th Sept 14	Human movement from a biomechanical perspective 1: How biomechanists study and understand human movement
W3	T Sept 19	Human movement from a biomechanical perspective 2: Key biomechanical principles applied to human movement
W3	Th Sept 21	Human movement from a physiological perspective 1: How physiologists study and understand human movement
W4	T Sept 26	Human movement from a physiological perspective 2: Key physiological concepts applied to human movement
W4	Th Sept 28	Human movement from a motor control perspective 1: How motor control scientists study and understand human movement
W5	T Oct 3	Test 1
W5	Th Oct 5	Human movement from a motor control perspective 2: Models of motor control
W6	T Oct 10	Human movement from a neuroscience perspective 1: How neuroscientists study and understand human movement
W6	Th Oct 12	Human movement from a neuroscience perspective 2: Motor control disorders and neuro-prosthetics
W7	T Oct 17	Human movement from a philosophical perspective 1: How philosophers study and understand human movement
W7	Th Oct 19	Human movement from a philosophical perspective 2
W8	T Oct 24	Human movement from an ethical perspective 1: How ethicists study and understand human movement
W8	Th Oct 26	Human movement from an ethical perspective 2
W9	T Oct 31	Human movement from a futuristic perspective 1: How futurists study and understand human movement

W9	Th Nov 2	Human movement from a futuristic perspective 2
W10	T Nov 7	Human movement from a historical perspective 2: How historians study and understand human movement
W10	Th Nov 9	Human movement from a historical perspective 2
W11	T Nov 14	Fall break
W11	Th Nov 16	Fall break
W12	T Nov 21	Test 2
W6	Th Nov 23	Human movement from a phenomenological perspective 1: How phenomenologists study and understand human movement
W6	T Nov 28	Human movement from a phenomenological perspective 2
W7	Th Nov 30	Human movement from an epidemiological perspective 1: How epidemiologists study and understand human movement
W7	T Dec 5	Human movement from an epidemiological perspective 2
W8	Th Dec 7	Human movement from a sports analytics perspective 1: How sport analysts study and understand human movement
W8	T Dec 12	Human movement from a sports analytics perspective 2

Week	Date	Seminar
W1	Wed Sept 6	Seminar 1: Experiencing fundamental movement skills (gym)
W2	Wed Sept 13	Seminar 2: Conducting a qualitative anatomical analysis of a human movement
W3	Wed Sept 20	Seminar 3: Conducting a quantitative biomechanical analysis of a human movement
W4	Wed Sept 27	Seminar 4: Evaluating physiological demands and risks during aviation sports
W5	Wed Oct 4	No lab, midterm week
W6	Wed Oct 11	Seminar 5: Mock neurological exam walk-through
W7	Wed Oct 18	Seminar 6: Conceptual analysis of a philosophical issue related to human movement
W8	Wed Oct 25	Seminar 7: Ethical analysis of a topic related to human movement

W9	Wed Nov 1	Seminar 8: Evaluating a technology related to human movement
W10	Wed Nov 8	Seminar 9: Historiometric analysis of historical figures related to human movement
W11	Wed Nov 15	No lab – Fall Break
W12	Wed Nov 22	No lab, midterm week
W13	Wed Nov 29	Seminar 10: Developing a risk profile of a human movement
W14	Wed Dec 6	Take home seminar activity: Phenomenological analyses of different forms of human movement

STUDENT RESPONSIBILITIES:

- Students are required to come to class prepared
- Regular attendance is critical to succeed in this class. Students should contact the instructor in advance if they are unable to attend.
- **Any student who misses 8 or more classes or 3 or more labs without approval will be unable to sit for subsequent assessments.**
- If a student misses tests for medical reasons, a doctor's note must be provided
- Late quizzes or worksheets will be deducted 10% per day submitted past the deadline
- Assignment details will be provided on D2L

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

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

POLICY ON RECORDING TEACHING ACTIVITIES:

Students may not record classroom activities (such as lectures, group activities, group presentations delivered in class, etc.) without the advance written permission of the instructor. This policy is set to protect the privacy and reputation of students, to uphold the copyrights of the instructor and other content creators, and to facilitate free and open discussion of ideas. The classroom is meant to be a psychologically safe environment, where students are free to explore and think through new and controversial ideas without fear of public repercussions. Recording lectures can undermine this goal. If permission to record an activity is granted, the recorded material can only be used for the student's own private use and is not to be posted online or otherwise distributed. In the case of student presentations, the recording student must show proof that the presenting student(s) have agreed to be recorded before the instructor grants permission.

COPYRIGHT NOTIFICATION:

Any course material created by your instructor is his intellectual property and is provided to you based upon your registration for this class. As such, the material is for your private use only. It is not to be distributed, publicly exhibited, or sold without the permission of the instructor. Third party materials (such as assigned readings) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.