

DEPARTMENT OF KINESIOLOGY AND HEALTH SCIENCES
COURSE OUTLINE – Winter 2023

PE1120 (A3/B3): 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
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OFFICE HOURS: By appointment

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

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Primary text: Abertnethy, B., Kippers, V., Hanrahan, S. J., Pnady, M. G., McManus, A. M., & MacKinnon, L. (2013). *Biophysical foundations of human movement (3rd ed.)*. Human Kinetics.

Assigned readings: Other 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.

COURSE OBJECTIVES:

In this course students will:

1. Explain how the sub-disciplines of kinesiology present a multi-model approach to understanding and engaging with the topic of human movement.
2. Gain an appreciation for human movement from cognitive (thinking), affective (feeling/valuing), and psychomotor (experiencing) perspectives
3. Compare and contrast how voluntary movement is experienced and understood during activities such as recreation, exercise, sport, and daily living.

LEARNING OUTCOMES:

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

1. Understand human movement through a multidisciplinary lens that includes the sciences and humanities
2. Recognize the unique contribution made by each kinesiology sub-discipline to a wholistic understanding of human movement
3. Use this wholistic understanding of human movement to improve the control and execution of motor performances in the context of sport, exercise, and physical activity.

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%
In-class 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

Section A3 Room J228 M: 13:00-13:50 F: 11:30-12:20
 Section B3 Room E303 M&W: 08:30-09:20

Labs

Seminar 1 GYM /classroom T 08:30-10:20
 Seminar 2 GYM /classroom T 14:30-16:20

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	B3	Topic	Assigned reading
W1	Wed Jan 4	Friday Jan 6	Why human movement matters	Introduction to Kinesiology Studying Physical activity Shirl J. Hoffman, Ch.1- Introduction to kinesiology and physical activity
W2	Mon Jan 9	Mon Jan 9	Human Movement from a philosophical perspective	Writing philosophy: A student's guide to writing philosophical essays, Lewis Vaughn, Ch. 2- How to read an argument Doing philosophy, Theodore Schick, Lewis Vaughn, Ch. 3- The laboratory of the mind- thought experiments
W2	Wed Jan 11	Fri Jan 13	Application: Conceptual analysis (prep for seminar 2)	Thinking with concepts, John Wilson, Ch. 1- The business of analysis
W3	Mon Jan 16	Mon Jan 16	Human Movement from an ethical perspective (Ethical theory and reasoning)	Bioethics: the basics, Alistair Campbell, Ch. 2- Moral theories
W3	Wed Jan 18	Fri Jan 20	Application: Evaluating the ethics of enhancement in sport (prep for seminar 3)	The ethics of sport: What everyone needs to know, Robert L. Simon, Ch. 4- Enhancement, technology, and fairness in competitive sport

W4	Mon Jan 23	Mon Jan 23	Human movement from a technological perspective	21st Century Sports: How Technologies Will Change Sports in the Digital Age (Future of Business and Finance), Sasha L Schmidt- Excerpts from Ch.1, Ch.2
W4	Wed Jan 25	Fri Jan 27	Application: Evaluating the merits of a new technology related to human movement (prep for seminar 4)	Explaining the future, Sunny Bains, Ch.1- Key questions
W5	Mon Jan 30	Mon Jan 30	Human movement from an anatomical perspective 1	Primary text, Ch.3 Basic Concepts of the Musculoskeletal System
W5	Wed Feb 1	Fri Feb 3	Application: Conducting a qualitative anatomical analysis of a human movement (prep for seminar 5)	Biomechanics of sport and exercise, Peter McGinnis, Ch. 14- Qualitative biomechanics to improve training (anatomical analysis)
W6	Mon Feb 6	Mon Feb 6	Human movement from an anatomical perspective 2	Primary text, Ch.4 Basic Concepts of Anthropometry
W6	Wed Feb 8	Fri Feb 10	Application: conducting a broad anthropomorphic analysis of a person (prep for seminar 6)	Basic biomechanics, Susan J Hall, Appendix D: Anthropometric parameters of the human body
W7	Mon Feb 13	Mon Feb 13	Human Movement from a motor control perspective	Primary text, Ch. 16- Basic Concepts of Motor Control: Cognitive Science Perspectives.
W7	Wed Feb 15	Fri Feb 17	Test 1	N/A
W8	Mon Feb 20	Mon Feb 20	No Classes – Break	N/A
W8	Wed Feb 22	Fri Feb 24	No Classes – Break	N/A
W9	Mon Feb 27	Mon Feb 27	Human Movement from a biomechanical perspective	Primary text, Ch. 7 Basic concepts of kinematics and kinetics
W9	Wed Mar 1	Fri Mar 3	Application: Conducting a quantitative biomechanical analysis of a human movement (prep for seminar 7)	Biomechanics of sport and exercise, Peter McGinnis, Ch. 13- Qualitative biomechanics to improve technique.

W10	Mon Mar 6	Mon Mar 6	Human Movement from a physiological perspective	Primary text, Ch.11 Basic concepts of exercise metabolism
W10	Wed Mar 8	Fri Mar 10	Application: Conducting a physiological analysis of a human movement (prep for seminar 8)	TBA
W11	Mon Mar 13	Mon Mar 13	Human Movement from a motor control perspective 2	Primary text, Ch. 15 Basic Concepts of Motor Control: Neuroscience Perspectives
W11	Wed Mar 15	Fri Mar 17	Test 2	N/A
W12	Mon Mar 20	Mon Mar 20	Human Movement from a psychological perspective	Primary text, Ch. 20-Basic Concepts in Exercise Psychology
W12	Wed Mar 22	Fri Mar 24	Application: Exercise psychology (prep for seminar 9)	Instant Notes Sport and Exercise Psychology, Birch, K. et al, Section 1- Motivation for physical activity: Descriptive approaches, Section J— Theories and models of exercise behavior
W13	Mon Mar 27	Mon Mar 27	Human Movement from an epidemiological perspective	Basic Statistics and Epidemiology: A Practical Guide, Fourth Edition, Excerpts from: What is epidemiology; Measuring disease frequency; Measuring association in epidemiology
W13	Wed Mar 29	Fri Mar 31	Application: Developing a risk profile of a human movement (prep for seminar 10)	Epidemiology of Injury in Olympic Sports, Cain, D. et al. Ch. 25- Wrestling
W14	Mon April 3	Mon April 3	Human movement from a phenomenological perspective	Routledge handbook of the philosophy of sport, Irena Martínková, Ch.12- Phenomenology and sport
W14	Wed April 5	Mon April 10 (no class on the 7 th)	Human movement from a historical perspective (section B3 must review content on their own due to Good Friday)	Introduction to Kinesiology Studying Physical activity Shirl J. Hoffman, EdD, Ch.6- History of Physical Activity

W15	Mon April 10	Mon April 10	Human movement from a sociological perspective	Introduction to Kinesiology Studying Physical activity Shirl J. Hoffman, EdD, Ch.7- Sociology of Physical Activity
W15	Wed April 12	Fri April 14 (exam period)	No class (to keep sections even in terms of content)	N/A

Week	Date	Seminar
W1	Tues Jan 3	No seminar
W2	Tues Jan 10	Seminar 1: Experiencing fundamental movement skills (gym)
W3	Tues Jan 17	Seminar 2: Conceptual analysis of a philosophical issue related to human movement
W4	Tues Jan 24	Seminar 3: Team debate regarding an ethical issue related to human movement
W5	Tues Jan 31	Seminar 4: Evaluation of the merits of a new technology intended to influence human movement
W6	Wed Feb 7	Seminar 5: Conducting a qualitative anatomical analysis of a human movement
W7	Tues Feb 14	No lab, midterm week
W8	Tues Feb 21	No Classes – Break
W9	Tues Feb 28	Seminar 6: Conducting an anthropomorphic analysis of a person
W10	Tues Mar 7	Seminar 7: Conducting a quantitative biomechanical analysis of a human movement
W11	Tues Mar 14	No lab, midterm week
W12	Tues Mar 21	Seminar 8: Conducting a physiological analysis of a human movement
W13	Tues Mar 28	Seminar 9: Enhancing adherence to an exercise program
W14	Tues April 4	Seminar 10: Developing a risk profile of a human movement
W15	Tues April 11	Seminar 11: Guest seminar- Julia Dutove, on conducting a historical analysis and a sociological analysis related to 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 required to withdraw from the class due to truancy**
- 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 PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found 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 will grant 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.