

DEPARTMENT of Kinesiology and Health Sciences

COURSE OUTLINE – Fall 2022

PE1410 (A2): Introduction to Individual Movement Skills – 3 (3-0-0) 45 Hours/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: Gary Zuko **PHONE:** 780-539-2978 **OFFICE:** K215

E-MAIL: gzuko@nwpolytech.ca

OFFICE HOURS: Available upon email request (myClass).

CALENDAR DESCRIPTION: This course is an introduction to movement skills in an individual sport and physical activity context.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS: Reading materials or links will be made available on D2L as necessary. ○ Fundamental Movement Skills: An Educator's Guide to Teaching Fundamental Movement Skills by PHE Canada.

○ ISBN: 9781718211223

DELIVERY MODE(S): Lectures, in-class discussions, group work, in class exercise and lab activities.

COURSE OBJECTIVES:

Upon successful completion of this course, students will be able to:

1. Identify the key factors contributing to success in individual sports
 - a. Examples of sports, games and activities may include:

Golf	Aquatics	Climbing
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Track	Racquet Sport	Orienteering
Combat Sports	Billiards	Cycling
Cross Fit	Bowling (Lawn, Bocce, 10 pin)	Games

2. Define the components that influence participants game play
3. Understand and use the commonalities in each sport
4. Students will coach aspects of their chosen sport for their peers.
5. Students will utilize the knowledge gained to create their own sport or practice plan.

LEARNING OUTCOMES:

Through completion of this course, students will be able to:

1. practice for their sports, athletes in individual sports will gauge their own output and limitations.
2. Demonstrate/coach training which can improve cardiovascular health, motor skills, and general health. In addition, the benefits of individual sports extend to improving your mental acuity for additional success.
3. Formulate practice or training for success
4. Apply knowledge to teach/coach peers to personal involvement in a variety of individual sports and games.

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:

Contribution, leadership for teaching and participation in group work	10%
Demonstrate Principle of Skill Acquisition for the individual sports selected <ul style="list-style-type: none"> • This is a performance assessment with growth as the primary contribution. 	25%
Contribute to discussion post <ul style="list-style-type: none"> • Topics pertain to the sports selected 	15%

Midterm practice plan (format is decided by each group)	20%
Final Exam/Assignment • Coach a 30-minute training or practice for the class.	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:

Tuesday & Thursday (J202/Gym)

Tuesday & Thursday 4:00 – 5:20 (Room J202/Gym)		
September 1	Intro to PE1410	
Sept. 6 - 9	Individual Sports with Equipment bas	<i>Golf</i>
12 – 15	Skill acquisition	<i>Golf</i>
19 – 23	Stages of Motor Learning/Physical Literacy	<i>Outdoor Activity 2 (TBD)</i>

26 – 30	Movement Concepts/Physical Literacy	<i>Outdoor Activity 2</i>
October 3 – 7	Game Based Education	Indoor Activity 3
Fall Break		
17 – 21	MIDTERM ASSIGNMENT submitted	
24 – 28	Sport Psychology	Indoor Activity 3
Oct. 31 November 4	<i>Individual Based Games</i>	Indoor Activity 4
7 - 10	<i>Indigenous Games Session</i>	Indoor Activity 4
14 - 18	Individual Fitness	Individual Fitness
21 – 25	Peer Coaching Sessions	Peer Coaching Sessions
Nov. 28	Peer Coaching Sessions	Peer Coaching Sessions
Dec. 2		
5 - 9	Peer Coaching Sessions	Peer Coaching Sessions

STUDENT RESPONSIBILITIES:

- All assignments must be submitted in typed format adhering to ALL APA format and referencing requirements.
- All assignments are expected to be submitted on time. Late assignments will be deducted 10% if handed in late on the due date and an additional 10% for each additional day late.
- Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class, prior to the start of class. It is the student's responsibility to acquire any materials and content missed due to absence.
- Most classes will have required materials to review on myClass before class. It is expected that the student reviews materials in advance so they can fully participate in class activities and discussions. If students are not prepared for class, pop quizzes may be given to ensure adequate preparation. Many activities in class will require active participation so be prepared to get involved!

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.