

Grande Prairie Regional College
Department of Physical Education and Athletics
PE 2020 Leadership and Instruction in Physical Activity
Course Outline, Fall 1998

OCT 22 1998

Purpose and course description:

An introduction to the theory and practice of instruction and leadership in physical activity settings. Instructional techniques are applied to a variety of activities and environments in order to enhance the development of instructional skills which can promote skill learning.

Learning objectives:

1. To discuss various factors that affect the learning and performance of physical skills.
2. To identify the theories relating to instruction and leadership in physical activity settings.
3. To examine a variety of instructional styles used for various physical activities.
4. To examine the relationship between instructional styles and learning styles for a wide range of ages.
5. To compare and experience the use of specific instruction techniques in physical education and recreation.
6. To examine why individuals participate in physical activities and determine implications for leadership.

Instructor:

David Kay Office: K215 Phone: 539-2034
email: kay@gprc.ca.ab

Class/lab. schedules:

Classes: Mondays and Fridays 2:00-2:50 pm., J204
Laboratories: Wednesdays (AL1) 1:00-2:50 pm., Gymnasium (K105)

University transfer:

The transfer credits for PE 2020 are as follows:

1. University of Alberta PEDS 220 (3 credit hours)
2. University of Calgary PHED 249 (3 credit hours)
3. University of Lethbridge Phed 2xxx (3 credit hours)
4. Athabasca University APST 2xx (3 credit hours)

Required texts:

Rink, Judith E. (1998) Teaching Physical Education for Learning, (3rd edition) Mosby
Laboratory log book: packet purchased at the GPRC bookstore

Reference texts:

Siedentop, D. (1991) Developing Teaching Skills in Physical Education (3rd, edition)
Mayfield Pub. Co.
Brookfield, S.D. (1990) The Skillful Teacher, Jossey-Bass Pub

Student evaluation:

Final course grades will be determined as follows:

Lab. Marking:

- * 20 pts. for log book
- * 15 pts. for self analysis of teaching the last 30 minute session
- * 15 pts. instructor grading of teaching the last 30 minute session.

Exams: Five exams, each worth 10 pts for a total of 50 points:

Unit 1, chps 1,2

Unit 2, chp 3

Unit 3, chp. 4,5

Unit 4 chps 6,7

Unit 5 chps 8,9,10



Teaching Formats for labs:

- * 5 min. lesson: 5 min. set up, teach 5 min. in a small group, feedback 5 min.
- * 20 min. lesson: 5 set up, teach 20 min., feedback 5
- * 30 min. lesson: 5 set up, teach 30 min., feedback 5

Lab. Marking:

- * 20 points for your log book
(graded: 10 pts on completeness, 10 pts on identifying the level of teaching skills observed)
- * 15 points for self analysis of teaching last 30 minute session
- * 15 points for D.Kay to grade your last 30 minute teaching session.

Attendance for Labs in PE 2020.

Attendance at labs for PE 2020 is crucial for the development of skills and knowledge necessary to pass this course. Students with more than two absences from the lab portion of PE 2020 will receive a 0 for their lab. log-book mark.

Dress: you will be marked absent if you come to the lab not changed into gymnasium clothing and wearing shoes for activity.