

Grande Prairie Regional College
Department of Physical Education, Athletics and Kinesiology
PE 2020 Leadership and Instruction in Physical Activity
Course Outline, Fall 1999

1.0 Instructor

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2.0 Course Description

This is 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.

3.0 Learning Objectives:

- 3.1 To discuss various factors that affect the learning and performance of physical skills.
- 3.2 To identify the theories relating to instruction and leadership in physical activity settings.
- 3.3 To examine a variety of instructional styles used for various physical activities.
- 3.4 To examine the relationship between instructional styles and learning styles for a wide range of ages.
- 3.5 To compare and experience the use of specific instruction techniques in physical education and recreation.
- 3.6 To examine why individuals participate in physical activities and determine implications for leadership.

4.0 Class/lab. Schedule

Classes: Tuesdays and Thursdays 8:30 - 9:50, J204
Laboratories: Wednesdays (AL1) 10:00 - 11:20, Gymnasium (K105)

5.0 University Transfer:

The transfer credits for PE 2020 are as follows:

1. University of Alberta PEDS 202 (3)
2. University of Calgary Jr. KNES (3)
3. University of Lethbridge KNES 2xxx (3)
4. Athabasca University APST 2xx (3)

6.0 Required text:

Rink, Judith E. (1998) Teaching Physical Education for Learning. (3rd edition)
WCB/McGraw-Hill

Laboratory log book: please pick up this packet from the GPRC bookstore for the first lab meeting of this class.

Other 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

7.0 Student evaluation:

7.1 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.

7.2 Five unit exams: 10 pts each 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: teach 5 min. in a small group, feedback 5 min.
- * 20 min. lesson: teach 20 min., feedback 5
- * 30 min. lesson: 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/Condition 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 gym clothing and wearing running shoes for activities in the gym.