

GRANDE PRAIRIE REGIONAL COLLEGE
Department of Physical Education and Athletics
PE 2020 Instruction in Physical Activity
Course Outline Fall 1996

Purpose and Course Description

An introduction to the theory and practice of instruction 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.

Instructor

Lee Carter Office: K215 Phone 539 - 2034

Class and Lab Schedule

Classes:

Mondays and Fridays 2:00 - 2:50 J204

Labs:

Wednesday 1:00 - 3:00 Gymnasium

University Transfer

1. University of Alberta PEDS 202 (3)
2. University of Calgary PHED 249 (3)
3. University of Lethbridge PHED 2xx (3)

COURSE OBJECTIVES:

1. To identify the theories relating to instruction in physical activity settings.
2. To examine why individuals participate in physical activities.
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 study various factors that affect the learning and/or the performance of physical skills.
6. To study and experience the use of specific instruction techniques in physical education and recreation.

Evaluation:

Log books	20
Self analysis of teaching	15
Instructor grading of teaching	15
Mid term exam	25
Final exam	25

Attendance:

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

Important Dates

November 20	Evaluation of lesson
November 27	Written evaluation of lesson due
December 2	log books due
December 8-13	Final as scheduled