

**KINESIOLOGY AND HEALTH SCIENCES  
COURSE OUTLINE – Fall 2023**

**PE2170 (A2): Human Growth and Motor Development – 3 (3-0-0) 45 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:** Brendan Shaffick                      **PHONE:** (780) 539-2990  
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**OFFICE HOURS:** By Appointment

**CALENDAR DESCRIPTION:** This course is a study of the sequential changes in physical growth and motor development with emphasis on individual differences.

**PREREQUISITE:** PE1120

**REQUIRED TEXT/RESOURCE MATERIALS:**

Haywood, K. M., & Getchell, N. (2020). *Life span motor development* (7<sup>th</sup> ed.). Human Kinetics.

**DELIVERY MODE:** In person

**LEARNING OUTCOMES:**

- A thorough comprehension of motor development concepts across the entire human lifespan, from infancy to later adulthood.
- Insight into the theoretical frameworks that underpin the study of motor development, enabling the application of these perspectives to real-world scenarios.
- The skills necessary to employ diverse research methods and testing techniques to assess motor development patterns and trends at various life stages.
- Demonstrate the ability to critically analyze and interpret the dynamic changes in motor skills, abilities, and behaviors that occur throughout different life phases.
- Apply acquired knowledge to practical contexts, such as designing effective interventions for optimizing motor development outcomes and addressing challenges faced by individuals of all ages.

**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:

|                          |     |                       |
|--------------------------|-----|-----------------------|
| Discussion Participation | 20% | Continuous Assessment |
| Quizzes                  | 10% | Continuous Assessment |
| Practical Assessment     | 10% | Continuous Assessment |
| Term Project             | 15% | Nov 23                |
| Midterm                  | 20% | Oct 26                |
| Final Exam               | 25% | Dec 14-21             |

### GRADING CRITERIA:

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                | 95-100                | C+          | 2.3                | 67-69                 |
| A           | 4.0                | 85-94                 | 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:

**Lecture:** Tuesday - 11:30am-12:50pm (J204)  
 Thursday - 11:30am-12:50pm (J204)

| Wk        | Date             | Lecture 1  | Lecture 2  | Assessments                      |
|-----------|------------------|--|--|----------------------------------|
| 1         | Sept 5/7         | Course Introduction                              | Introduction to Motor Development                |                                  |
| 2         | Sept 12/14       | Introduction to Motor Development                | Introduction to Motor Development                |                                  |
| 3         | Sept 19/21       | Development of Motor Skills Across the Life Span | Development of Motor Skills Across the Life Span |                                  |
| 4         | Sept 26/28       | Development of Motor Skills Across the Life Span | Development of Motor Skills Across the Life Span |                                  |
| 5         | Oct 3/5          | Physical Growth and Aging                        | Physical Growth and Aging                        |                                  |
| 6         | Oct 10/12        | Physical Growth and Aging                        | Physical Growth and Aging                        | <b>Project Proposal Assigned</b> |
| 7         | Oct 17/19        | Development of Physical Fitness                  | Development of Physical Fitness                  |                                  |
| <b>8</b>  | <b>Oct 24/26</b> | <b>Review - Midterm</b>                          | <b>Midterm</b>                                   |                                  |
| 9         | Oct 31/Nov 2     | Development of Physical Fitness                  | Development of Physical Fitness                  | <b>Project Proposal Due</b>      |
| 10        | Nov 7/9          | Perceptual-Motor Development                     | Perceptual-Motor Development                     |                                  |
| <b>11</b> | <b>Nov 14/16</b> | <b>No Classes: Fall Break</b>                    |  |                                  |
| 12        | Nov 21/23        | Perceptual-Motor Development                     | Perceptual-Motor Development                     | <b>Project Due</b>               |
| 13        | Nov 28/30        | Functional Constraints in Motor Development      | Functional Constraints in Motor Development      |                                  |
| 14        | Dec 5/7          | Functional Constraints in Motor Development      | Functional Constraints in Motor Development      |                                  |
| <b>15</b> | <b>Dec 12</b>    | <b>Review - Final Exam</b>                       |  |                                  |

**STUDENT RESPONSIBILITIES:****1. Participation and Engagement:**

Active participation is key in this experiential course. It's essential to attend and be engaged in all scheduled sessions; unfortunately, we cannot offer make-up labs, however exceptions may be made on a case-by-case basis.

**2. Attendance Protocols:**

Every session has attendance checks. Those present but inactive may be given in-class tasks to ensure they remain engaged. Students arriving up to 15 minutes late should discreetly join the session and may be asked to complete a brief catch-up task after class. If over 15 minutes late, students may be marked as absent, given the significant amount of content missed. If you anticipate being late, please try your best to inform the instructor in advance.

**3. Attendance and Exceptions:**

For medical-related absences or injuries, a note from a doctor or qualified medical professional is mandatory. If you sustain an injury and expect prolonged absences, please liaise with the instructor promptly. Students involved in intercollegiate events should preemptively consult with the instructor about possible scheduling conflicts. Alternate assignments might be offered to accommodate unforeseen situations. Please be aware that exceeding 10% (or 5 sessions) absence could render you ineligible for the final exam.

**4. Late Policy:**

Assignments are due by 12 midnight MST/MDT on the specified due date. Late assignments face a 5% daily deduction, to a maximum of 7 days. Missed exams, barring validated emergencies will result in a grade of zero. Approved alternative assignments will also be subject to the daily penalty.

**5. Dress Code:**

To optimize our Observational Labs and Assessments, please arrive to class dressed in movement-friendly clothing that allows for flexibility and ease. Footwear please wear clean athletic shoes, be it workout shoes or runners. Ensure they are appropriate for physical activities and provide adequate support.

**6. Electronic Devices:**

You're welcome to use electronic devices as long as they don't disrupt the learning environment. If they become a distraction, you may be asked to step out or adjust your usage. Remember, our primary goal is a focused and respectful classroom for everyone. If you have an essential call, please step outside discreetly.

**7. Code of Conduct:**

Let's keep our class environment positive and respectful. Kindly avoid using offensive or inappropriate language. As we navigate through this course, conduct yourself in a manner that reflects leadership and inspires others.

**STATEMENT ON ACADEMIC MISCONDUCT:**

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

\*\*Note: all Academic and Administrative policies are available on the same page.

**ADDITIONAL INFORMATION:**

Your success in this course is a priority. Please know that we are here to support your academic journey. If you encounter challenges or need clarification on any aspect of the course, do not hesitate to reach out. Together, we'll work towards your growth and achievement.