

Department of Kinesiology and Health Sciences  
COURSE OUTLINE – Winter 2023

PE 2930 (A3) - Introduction to the Movement Activities of Children 3 (0-3-0) UT 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.

<b>INSTRUCTORS:</b>	Julia Dutove, Ph.D.	Erin Post
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<b>OFFICE:</b>	K218	Off-Campus
<b>OFFICE HOURS:</b>	By appointment	

**CALENDAR DESCRIPTION:** This is the study of the free play and organized physical activities of school-aged children in recreational, educational and sport environments. Class members will engage in practical physical activity and the observation of children.

**PREREQUISITE/COREQUISITE:** None

**REQUIRED TEXT/RESOURCE MATERIALS:** Materials will be available on myClass

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

**COURSE OBJECTIVES:**

1. A study of movement activities engaged in by children 5 to 12 years of age, including:
  - a. types of functional and expressive activities
  - b. content of activities
  - c. suitability of activities for children within this age group
  - d. the organization and progressive development of activities
2. An introduction of the characteristics and needs of children 5 to 12 years of age, including:
  - a. growth and development: cognitive, affective, and psychomotor aspects
  - b. age characteristics
  - c. the needs of children for physical activity
  - d. skill acquisition
3. Movement analysis, including:
  - a. basic kinesiological principles as well as Physical Literacy definition and stems
  - b. the application of these principles for observation, activity analysis, and task setting
4. Observation of children in activity settings, including:
  - a. observation techniques
  - b. identification of levels of skill proficiency

- c. analysis of child's use of movement concepts.
- 5. The provision of suitable environments and activities for children 5 to 12 years of age, including:
  - a. suitable equipment and environments for the promotion of activity
  - b. ways of helping children learn more about themselves and the values of physical activity in their lives
  - c. free play and structured activity settings, their values and limitations
- 6. A study of the content of Physical Education programs, including:
  - a. gymnastics, dance, and games, physical literacy, Teaching Games for Understanding, and free play
  - b. the contribution of each to the total program
  - c. methods of presenting and organizing experiences
  - d. practical ways of dealing with individual differences within the physical education program

**LEARNING OUTCOMES:**

1. Knowledge of the types of movement activities in which children 5 to 12 years of age engage.
2. An understanding of the characteristics and needs of children participating in movement activities.
3. A knowledge and understanding of movement concepts with emphasis on their application to a variety of movement activities.
4. Observation skills for assessment and understanding of how children develop movement skills.
5. Knowledge of suitable environments for children to learn movement activities.

**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:**

Observation Part 1	Tue Feb 28	10%
Midterm Assignment	Thu Mar 23	20%
Observation Part 2	Tue Apr 11	15%
Peer Teaching	Thu Apr 6/Tue Apr 11	15%
Participation	Ongoing/Tue Apr 11	10%
Final Exam	Wed Apr 19	30%
<b>Total</b>		100%

**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	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

## STUDENT RESPONSIBILITIES:

- More information about Evaluations will be posted on myClass and reviewed in class.
- All work must be submitted on myClass unless otherwise specified.
- All assignments are expected to be submitted on time. Late assignments will be deducted 10% per day late. If you have extenuating circumstances, contact the instructor as soon as possible.
- Regular attendance is a key to success in this and every other course. Please contact the instructor if you must miss class, prior to the start of class. It is the student's responsibility to acquire any materials and content missed due to absence.
- Many activities in class will require active participation so be prepared to get involved, including appropriate clothing and footwear for the gym (no outdoor shoes permitted in gym)!

## 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.

## COURSE SCHEDULE/TENTATIVE TIMELINE:

Tuesdays & Thursdays: 2:30-3:50pm (J201 or Gym)

Date	Tuesday		Thursday	
Jan 31/Feb 2	Rhythmic & Dance Activities	Erin	Rhythmic & Dance Activities	Erin
Feb 7/9	Fundamental Movement Skills	Erin	Child and Adolescent Development	Erin
Feb 14/16	Developmental Approach to Physical Activity & Observations	Erin J201	Observations in Schools, Part 1	--
Feb 21/23	Winter Break – No Classes			
Feb 28/Mar 2	Theories of Physical Activity Adoption & Adherence *Observation Part 1 Due	Julia J201	Movement Concepts & Leadership (Asynchronous)	Erin --
Mar 7/9	Fundamental Movement Skills	Erin J201	Observations	Erin Gym
Mar 14/16	Teaching Games for Understanding	Julia J201	Teaching Games for Understanding	Julia Gym
Mar 21/23	Organizing and Managing Children & Youth	Julia J201	Quality Program Planning *Midterm Assignment Due	Julia J201
Mar 28/30	Observations in Schools, Part 2	--	Review & Peer Teaching Planning	Erin J201
Apr 4/6	Indigenous Games and PE	TBC	Peer Teaching	Erin Gym
Apr 11	Peer Teaching *Observation Part 2 Due *Participation Summary Due	Erin Gym		
Apr 19	Final Exam: 6:30-9:30pm (J202)			