

**KINESIOLOGY AND HEALTH SCIENCES
COURSE OUTLINE – Winter 2024**

PE2940 (A3): A Conceptual Approach to Physical Activity – 3 (0-0-3) 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
OFFICE: K217
OFFICE HOURS: By Appointment

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CALENDAR DESCRIPTION: A study of the fundamental movement concepts that underlie the physical activities engaged in by youth of secondary school age.

PREREQUISITE/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Burkett, B. (2019). *Applied sport mechanics* (4th ed.). Human Kinetics.

DELIVERY MODE: In person

LEARNING OUTCOMES:

- Explore various teaching methodologies, understanding shared principles among sports, exercise, and testing.
- Analyze the physical principles underpinning movement patterns, focusing on linear and angular motion in sports.
- Emphasize hands-on learning, with opportunities to apply theory through activity labs, analyze sport skills, and master foundational movement principles.
- Develop teaching competencies, offer constructive feedback, and immerse in diverse coaching techniques.
- Engage in comprehensive assessments, including practical applications, projects, and examinations.

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.transferralberta.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%	Mar 29
Midterm Exam	20%	Mar 01
Final Exam	25%	Apr 17-24

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:** Monday – 10:00-11:20 (A210)**Lab:** Friday – 10:00-11:20 (Gymnasium)

Wks	Dates	Lecture	Lab	Assessments
1	Jan 08/12	Course Introduction & Introduction to A Conceptual Approach to Physical Activity	Introduction to Sport Testing & Practical Applications	
2	Jan 15/19	Sport Mechanics Anatomy & Fundamentals	Sport Testing & Practical Applications	
3	Jan 22/26	Linear Motion & Kinetics in Sport	Sport Testing & Practical Applications	
4	Jan 29/Feb 02	Angular Motion & Kinetics in Sport	Sport Testing & Practical Applications	
5	Feb 05/09	Angular Motion & Kinetics in Sport	Sport Testing & Practical Applications	
6	Feb 12/16	Stability and Instability	Sport Testing & Practical Applications	Term Project Proposal
7	Feb 19/23	No Classes: Winter Break		
8	Feb 26/Mar 01	Review - Midterm	Midterm	
9	Mar 04/08	Sport Kinetics	Sport Testing & Practical Applications	Term Project Proposal Due
10	Mar 11/15	Moving Through Fluids	Sport Testing & Practical Applications	
11	Mar 18/22	Analyzing Sport Skills	Coaching Techniques	Term Project Due
12	Mar 25/29	Analyzing Sport Skills Identifying and Correcting Errors	No Classes - Easter Weekend	
13	Apr 01/05	Coaching Technique Across Sports	Coaching Techniques	
14	Apr 08/12	Coaching Technique Across Sports	Coaching Techniques	
15	Apr 15	Review - Final Exam		
Final Exam – Apr 17-24				

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 Lab sessions, please arrive to class dressed in movement-friendly clothing that allows for flexibility and ease. Footwear please wear clean indoor 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.