



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY (PEAK)

PE 2940: A Conceptual Approach to Physical Activity

Winter 2015

INSTRUCTOR: Chris Watson **PHONE:** (780) 539-2972
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OFFICE HOURS: Monday and Thursday 1:00-2:00 and Friday 11:00-12:00

PREREQUISITE(S)/COREQUISITE: NA

REQUIRED TEXT/RESOURCE MATERIALS: Burkett, B. (2010). *Sport mechanics for coaches* (3rd ed.). Champaign, IL: Human Kinetics & Other assigned materials (Moodle).

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

COURSE OVERVIEW: This course focuses on understanding the principles and concepts that underlie movement patterns, skill execution and strategy in sport and activity. Understanding the commonalities that exist between sports can assist the physical educator in providing quality instruction and assessment. A wide variety of activities will be incorporated throughout the semester however one sport will be utilized as the primary vehicle for delivery. The focus of the course is on the development of a conceptual understanding of movement. Students will develop competency and understanding of the

- a) Principles of body and object management and manipulation in both individual and group context.

- b) Use of space, time and force for effective movement in both individual and group
- c) Strategic use of space, time and force in both individual and group context.

CREDIT/CONTACT HOURS: 3 (3-0-0). PE 2940 includes two (2), Eighty (80) minute classes per week: Tuesday & Thursday, 10:00 am- 11:20 am.

DELIVERY MODE(S): This course work will be delivered in a blended format using a variety of teaching methods including lecture, lab activities, in-class worksheets, exams, and practical applications.

OBJECTIVES:

1. To study principles and concepts of movement as they apply to different physical activities, using a variety of settings and equipment
2. To develop an understanding of the commonalities in the concepts of movement, skills and strategies with emphasis on practical application in a variety of physical education activities.
3. To develop an understanding of and appreciation for the conceptual approach to movement.
4. To provide students with opportunities to apply the principles and concepts of movement to a variety of physical activities.
5. To provide students with practical opportunities for movement and skill analysis.
6. To provide students with practical opportunities for learning skills and strategies within a conceptual framework.
7. To experience a variety of teaching and learning styles.
8. To develop a conceptual approach to teaching sport skills that address learning in the cognitive, affective, and psychomotor domains.
9. To examine sport strategies from a conceptual viewpoint.
10. To foster a safe learning environment.

TRANSFERABILITY:

PE 2940	PA 1010
PEDS 294 or AUPED 1xx (3 credits)--U of A*	KNES 201 (3 credits)-- U of C
EDUC 2xxx (3 credits)-- U of L*	APST 2xx (3 credits)—Athabasca
PHED 2xx (3 credits)—Kings UC	PAC 101 or AUPED 1xx (3 credits)—U of A*
PETH 3xx (3-credits)—Canadian UC	PACT 101 (3-credits)-- MacEwan
Jr. KNES (3 credits)-- U of C	
APST 2xx (3 credits)—Athabasca	
PESS 2xx (3-credits)—Concordia	

*Please consult ALIS for specific rules associated rules regarding transfer

**** 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**

GRADING CRITERIA:

Participation, Course Work, Reflection, and Application: 30%

Assignments will be handed out in class so attendance is assumed. Students will keep a logbook with all assignments and reflections. If a student does not attend and has not communicated an absence PRIOR to class, or does not provide a valid (i.e., medical) reason, the student will not receive the assignment

Major Assignment: 35%

The major assignment is an opportunity for students to demonstrate a working knowledge of the conceptual approach as it relates to sport. The student's ability to illustrate the depth of their understanding of the material and its relation to the concepts will be evaluated.

The major assignment is comprised of four sections

- Sport Examination: The student is to research a particular sport and include an examination of the rules, changes in rules, objectives, basic strategies and skills.
- Skill Analysis: The purpose of this portion of the assignment is to allow the student an opportunity to demonstrate an understanding of mechanical concepts as they relate to skill execution.
- Strategy-Play Analysis: The purpose of this portion of the assignment is to allow the student an opportunity to demonstrate an understanding of spatial concepts.
- Instructional Package: The student is to demonstrate an understanding of the application of concepts by developing an instructional package for either a teaching or coaching situation for the designated age level (12 -15 yrs.)

Final Exam: 35%

The final exam is cumulative and as such will include material from the entire semester

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A⁻	3.7	80 – 84	FIRST CLASS STANDING
B⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B⁻	2.7	70 – 72	
C⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C⁻	1.7	60 – 62	
D⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

STUDENT RESPONSIBILITIES:

- All assignments must be submitted in typed format adhering to ALL APA format requirements.
- Assignments are due on the dates established by the instructor. Extensions may be offered in lieu of SIGNIFICANT student issues and concerns as determined by the instructor. ALL extensions requests MUST be submitted to the instructor prior to the due dates. Percentage penalties will be applied up to 100 % of the assignment grade if assignments are submitted late.
- Regular attendance and participation are expected at ALL sessions as much of the information provided cannot be obtained in any other way. Students who miss more than

10% of the total number of classes may **NOT** be granted permission to write the final exam, and/or asked to withdraw from the course.

- Any absences due to medical reasons **MUST** present medical verification to their instructor. Notify the instructor of any allergies or medical conditions.
- Appropriate attire (active clothing and footwear) is required for all gymnasium sessions.

STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:

- Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. **The use of these devices must not disrupt the functions of the College overall and its classrooms and labs.** Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.
- **Cell phones, PDAs and pagers must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can be turned on and set to silent mode only with the expressed consent of individual instructors.** Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes classrooms and computer labs.
- If cell phones, pagers, calculators, recorders, digital cameras, PDAs, MP3 players or other personal electronic devices are used inappropriately for the purposes of cheating or academic dishonesty, then students who do so will be penalized appropriately under the Academic Honesty policy of Grande Prairie Regional College.

STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the Student Conduct section of the College Admission Guide at

<http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

TENATIVE COURSE SCHEDULE/TIMELINE:

WEEK	TOPIC	ASSIGNED READINGS	ASSIGNMENT DATES	LOCATION
January 6 and 8	Introduction to Course and Movement Concepts	Chapter 1		E 302 (6,8)
January 13 & 15	Introduction to Movement Concepts & Movement Sense	Position Paper (Moodle)		E 302 (13) Gym (15)
January 20 & 22	Introduction to Physical Literacy and LTAD Model	Chapter 2 & Physical Literacy Checklist		E 302 (20) Gym (22)
January 27 & 29	Ultimate Frisbee	Chapter 3		Gym (27, 29)
February 3 & 5	Football	Chapter 4	<u>Logbook #1 and 2-3 page reflection due this week. Feb.5</u>	Gym (3, 5)
February 10 & 12	Handball & Mechanical Principles	Chapter 5		Gym (10) E 302 (12)
February 17 & 19	NO CLASSES	WINTER BREAK		
February 24 & 26	Mechanical Principles & Badminton			E 302 (24) Gym (26)
March 3 & 5	Mechanical Principles & Swimming (Eastlink)	Chapter 6		E 302 (3) Pool (5)
March 10 & 12	Categories, Strategies & Use of Space			E 302 (10) Gym (12)
March 17 & 19	Categories, Strategies & Use of Space and Analyzing Sport Skills	Chapter 7	<u>Logbook #2 and 2-3 page reflection due this week. March 19</u>	Gym (17) E 302 (19)

March 24 & 26	Identifying and Correcting Errors	Chapter 8		E 302 (24)
March 31 & April 2	Applied Games (Students)			Gym (31, 2)
April 7 & 9	Applied Games (Students)			Gym (7, 9)
April 14	Applied Games (Students)		<u>Logbook #3 and 2-3 page reflection due this week. April 14.</u>	Gym (14)