DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
GRANDE PRAIRIE REGIONAL COLLEGE

P.E. 3070 - GROWTH AND DEVELOPMENT

Course Outline: Winter 1997

INSTRUCTOR: Bethe Goldie

OFFICE: K216 OFFICE PHONE: 539-2972 HOME PHONE: 532-6348

CLASS SCHEDULE: MWF 1:00 - 1:50 pm in Room J204

TRANSFERABILITY:
PEDS 307 (3) - University of Alberta
Jr. PHED (3) - University of Calgary
PED 2630 (3) - University of Lethbridge

ATTENDANCE: Attendance is expected at ALL sessions.

REQUIRED TEXT: Payne, V. Gregory, & Isaacs, Larry D. (1995). Human motor development: a lifespan approach. Toronto: Mayfield.

COURSE CONTENT:

This course is designed to introduce students to the growth and development of humans from conception to old age. The course will examine psychomotor, cognitive, and affective development from conception to maturity as well as adult life developmental processes. Emphasis will be placed on the following concepts:

a) the growth and development which children and adolescents pass through,
b) the developments humans make as they pass through young adulthood, middle age, and later life,
c) the practical application of these concepts to physical education.

COURSE OBJECTIVES:

1. To become familiar with the process of physical growth, its evaluation and the factors that influence it.

2. To gain knowledge of the changing motor patterns of the developing human, and factors that influence this development.

3. To understand the implications of growth and development principles for the design and instruction of programs of physical activity.

COURSE EVALUATION:

Term work:	Research Paper/Project	30%
	Assignments	15%
	Midterm Exam	20%
Final Written Exam		35%
	Total	100%