

GRANDE PRAIRIE REGIONAL COLLEGE

DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS

PE 3070: GROWTH AND DEVELOPMENT  
1992-93

I. GENERAL INFORMATION

INSTRUCTOR: Ray Kardas

PHONE:	539-2990
OFFICE:	C418
OFFICE HOURS:	As Posted

LECTURES: All lectures are held in Portable **Q.I**  
Monday, Wednesday, Friday 10:00 to 10:50 a.m.

PREREQUISITE: PE 2030

TRANSFERABILITY: PESS 307 (3) University of Alberta  
Jr PHED (3) University of Calgary  
PED 2630 (3) University of Lethbridge

II. COURSE CONTENT

This course introduces students to the wealth of material on the growth and development of humans from conception to old age. As such the course examines the psychomotor, cognitive and affective development of our youth from conception to maturity. Emphasis will be placed on the following concepts:

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

This course utilizes lectures and observation sessions (inside and outside of scheduled class times). The students observe a variety of age groups in a variety of situations. Information from these sessions are vital components of the course.

### III. COURSE OBJECTIVES

- 1) To introduce the student to the phases of growth and development in the psychomotor, cognitive and affective domains of humans, from conception to maturity.
- 2) To introduce the student to the psychomotor, affective and cognitive adaptations that humans make throughout adult life.
- 3) To develop the student's ability to assess individual differences in motor skill development of infants and children, and to formulate a programme to meet individual needs.
- 4) To develop the student's sensitivity to the growth and development processes of humans from conception to old age.

### IV. COURSE PREREQUISITE

PE 2030 Skill Acquisition and Performance

### V. COURSE SEQUENCE

DATE	TOPIC
January 4, 6, 8	Introduction, The Developmental Perspective
January 11, 13, 15	Physical Growth, Maturation, and Aging
January 18, 20, 22	Early Motor Behaviour
January 25, 27, 29	Motor Behaviour During Childhood
February 1, 3, 5	Motor Behaviour in Preadolescence Through Adulthood
February 8, 10, 12, 17, 19	Perceptual - Motor Development
February 22-26	WINTER BREAK
March 1, 3, 5, 8, 10, 12	Projects and Observations at GPRC Daycare Centres and Early Childhood Development
March 15, 17, 19	Physiological Changes and Exercise Over the Life Span

March 22, 24, 26	Information Processing, Memory and Mental Capacity
March 29, 31, April 2, 5, 7	Sociocultural Influences on Motor Developments; Other Issues
April 9	GOOD FRIDAY
April 12, 14, 16	Projects

VI. COURSE TEXTS

Kathleen M. Haywood, Life Span Motor Development (Champaign: Human Kinetics, 1986).

Kathleen M. Haywood, Laboratory Activities for Life Span Motor Development (Champaign: Human Kinetics, 1988).

Larry Fenson and Judith Fenson, eds., Human Development 91/92 (Guilford, Conn. - Dushkin Publishing Group, 1991).