

GRANDE PRAIRIE REGIONAL COLLEGE

Department of Physical Education and Athletics

PE 3070: GROWTH AND DEVELOPMENT

W. 1993 - 94

I. GENERAL INFORMATION

INSTRUCTOR: Ray Kardas

Phone:	539-2990
Office:	C418
Office Hours:	As Posted

LECTURES: All lectures are held in J101
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 is designed to introduce students to the wealth 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 developments 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

Dates	Topic
January 5, 7	Introduction to The Development Perspective
January 10, 12, 14	Heredity and Neurological Changes
January 17, 19, 21	Physical Growth changes
January 24, 26, 28	Physiological Changes
January 31, February 2, 4	Factors Affecting Growth and Development
February 7, 9, 11	Perceptual Development
February 14, 16, 18	Information Processing and Motor Control
February 21, 23, 25	WINTER BREAK
February 28, March 2, 4, 7	Early Movement Behaviour
March 9, 11, 14, 16	Motor Behaviour During Early Childhood
March 18, 21, 23, 25	Motor Behaviour During Later Childhood and Adolescence
March 28, 30	Motor Behaviour in the Adult Years
April 4, 6, 8	Assessment
April 11, 13, 15	Sociocultural Influences on Motor Development

COURSE TEXTS

Carl Gabbard, Lifelong Motor Development (Dubuque: Wm. C. Brown, 1992).

VI. EVALUATION:

To be determined in class but shall include an extensive bibliographical search leading to a compilation of research articles and resources. A great deal of both independent and team work is expected of the students as befits a senior course in physical education.