

GRANDE PRAIRIE REGIONAL COLLEGE

Department of Physical Education and Athletics

PE 307: GROWTH AND DEVELOPMENT

I. GENERAL INFORMATION

- INSTRUCTOR: Ray Kardas
- OFFICE: D310 Phone: 539-2990
- OFFICE HOURS: Various (Posted on door)
- CLASS SCHEDULE: M W F 10:00 - 10:50 a.m.
- CLASS LOCATION: Po G
- 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 growth and development of humans from conception to old age. The course will be devoted to the psychomotor, cognitive and affective development of our youth from conception to maturity, and it will be devoted to 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.

This course will be comprised of lectures and observation sessions (inside and outside of scheduled class times). The observation sessions will be of a variety of age groups in a variety of situations. Information acquired at these sessions will be 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 203: Skill Acquisition and Performance

V. COURSE SEQUENCE

DATE	TOPIC	TEXT	LAB
Jan. 4	Introduction, Course Outlines, etc.		
Jan. 7	Skeleton Maturation Growth Rate	Ch. 2 (30-32);	Part I #1
Jan. 11, 14	Measuring Extent of Growth	Ch. 2; 32-33	#2
Jan. 16, 18	Motor Milestones	Ch. 3; 83-90	Part II #4
Jan. 21, 23	Toddler Development	Ch. 3; 74-75, 90-93	#5
Jan. 25	Assessing Development Level of Running	Ch. 4; 104-107, 138-139 Ch. 5; 146-149	Part III #6
Jan. 28	Assessing The Develop- mental Level of Long Jump Standing	Ch. 4; 107-116	#7
Jan. 30	Assessing the Develop- mental Level of Hopping	Ch. 4; 116-120	#8
Feb. 1	Assessing the Develop- mental Level of Throwing	Ch. 4; 11-130	#9
Feb. 4	Assessing the Develop- mental Level of Sidearm Striking	Ch. 4; 132-135	#10
Feb. 6	Assessing the Develop- mental Level of Catching	Ch. 4; 135-138	#11

DATE	TOPIC	TEXT	LAB
Feb. 8	Hypothesizing Developmental Sequences	Ch. 4; 130-132	#12
Feb. 11-22	Clinics, Independent work at Seminars		
Feb. 25 - March 1	WINTER BREAK		
Mar. 4	Projects due after Break		
Mar. 4, 6	Measuring Quantitative Improvement	Ch. 5; 142-151	Part IV #13
Mar. 8, 11	Tracking Skill Refinement through Task Analysis	Ch. 5; 153-156	#14
Mar. 13, 15	Testing perceptual-Motor Development	Ch. 6; 170-186 191-195	#15
Mar. 18	The Development of C-V Endurance	Ch. 7; 203-218	#16
Mar. 20	The Development of Strength	Ch. 7; 219-225	#17
Mar. 22	Flexibility in Older Adulthood	Ch. 7; 227-230	#18
Mar. 25, 17	Memory Processing Speed	Ch. 8; 250-254	#19
Mar. 29	GOOD FRIDAY (Classes cancelled)		
April 1	Over the Lifespan		
April 5, 8, 10	Gender Role Stereotyping at Class Summaries	Ch. 9; 265-266 269-271	#20

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)

VII COURSE EVALUATION

1) Research Projects due March 4, 1991	50%
2) Completed Lab Manual	20%
3) Final Exam	<u>30%</u>
TOTAL	100%