

W. 92

GRANDE PRAIRIE REGIONAL COLLEGE

Department of Physical Education and Athletics

PE 307: GROWTH AND DEVELOPMENT

I. GENERAL INFORMATION

INSTRUCTOR:	Ray Kardas	Phone: 539-2990 Office: C418 (Old Bldg) Office Hours: As Posted
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LECTURES: All lectures are held in E305  
 Tuesdays and Thursdays 9:30 - 10:50

PREREQUISITE: PE 203

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

Dates	Topic
January 7, 9	Introduction/Perspectives on Growth and Development
January 14 - 28	Development During Infancy and Childhood
January 30 - February 13	Development During Childhood
February 18 - March 10 (Winter Break Feb. 24-28)	Family, School, and Cultural Influences on Development
March 12 - 26	Development During Adolescence and Early Adulthood
March 31 - April 16	Development During Middle and Late Adulthood

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).

VI. COURSE EVALUATION:

TBD

*Final E Evaluation determined by Students:*

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*Quizzes (5) 40%*  
*Lab. Observation (30%)*  
*Paper (30%)*