



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY.**

**COURSE OUTLINE – FALL 2019**

**PA1010 A2: Principles and Concepts of Physical Activity 3 (0-0-3) UT 45 Hours**

**INSTRUCTOR:** Mr. Chris Nicol                      **PHONE:** (780) 539-2838  
**OFFICE:** K219    **E-MAIL:** [cnicol@gprc.ab.ca](mailto:cnicol@gprc.ab.ca)

**OFFICE HOURS:** by appointment or drop in.

**CALENDAR DESCRIPTION:** This course is an exploration of the principles and concepts that underlie movement of individuals and groups in a variety of settings. The focus of the course is on the development of a conceptual understanding of movement, therefore a wide range of activities and their contexts will be examined and experienced.

**PREREQUISITE(S)/COREQUISITE:** none

**REQUIRED TEXT/RESOURCE MATERIALS:**

Burket, B. (2019). Applied Sport Mechanics (4<sup>th</sup> ed.) Champaign IL: Human Kinetics  
Lecture Notes and Alternate Course Package on Moodle.  
Additional Resources as designated by the instructor.

**DELIVERY MODE(S):** A variety of methodologies will be employed including lecture, discussion, sport skill acquisition and application, lab activities, games, group/ individual work.

**COURSE OBJECTIVES:**

- Students will be exposed to a variety of teaching methodologies.
- Students will study the physical principles and concepts that underlie movement patterns.
- Students will understand the commonalities that exist between sports and activities.
- Students will be provided with opportunity for application of theory through activity.
- Students will develop an understanding of the importance and practical application of the conceptual approach and how this can assist the physical educator in providing quality instruction and assessment.

## LEARNING OUTCOMES:

- Students will complete a number of activity labs that employ the conceptual approach.
- Students will demonstrate the ability to teach and analyze skill
- Students will provide appropriate feedback for skill improvement.
- Students will demonstrate competency and understanding of the principles of body and object management and manipulation.
- Students will demonstrate competency and understanding of the use of space, time and force in sport.
- Student will complete a thorough skill and sport analysis.

## TRANSFERABILITY: \*UA, UC, \*UL, AU, AF, GMU

UA will grant credit for only one of PA1010 or PE2940

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

**\*\* Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

## EVALUATIONS:

Coursework: <i>Labs, Activities, Quizzes, Assignments</i>	20
Peer Teaching	10
Midterm Exam	20
Term Project	20
Final Exam	30

**GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)**

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100	C+	2.3	67-69
A	4.0	85-89	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

**COURSE SCHEDULE/TENTATIVE TIMELINE:**

TU	TOPIC	TH	TOPIC
S3		S5	Introduction to course
S10	Commonalities in Sport	S12	<b>FLAG FOOTBALL</b> (full gym)
S17	Applied Sport Mechanics	S19	<b>FLAG FOOTBALL</b> (full gym)
S24	Sport Anatomy & Fundamentals	S26	<b>FLAG FOOTBALL</b> (full gym)
O1	<b>MOVEMENT PR</b> (full gym)	O3	Linear Motion & Kinetics in Sport
O8	Angular Motion in Sport	O10	Angular Kinetics in Sport
O15	Stability in Sport	O17	<b>MIDTERM EXAM</b>
O22	<b>STABILITY LAB</b> (1/2 gym)	O24	Targeting in Sport
O29	<b>TARGETING LAB</b> (full gym)	O31	Aesthetic Concepts,
N5	<b>DANCE LAB (L104)</b>	N7	PT Planning
N12	<b>FALL BREAK</b>	N14	Skill Analysis, Error Correction
N19	<b>Racquet Sports</b> (full gym)	N21	Analysis Activity (classroom)
N26	<b>PEER Teaching</b> (full gym)	N28	<b>PEER Teaching</b> (full gym)
D3	TBA	D5	TBA

**STUDENT RESPONSIBILITIES:** Regular attendance and participation is expected at ALL sessions as much of the information provided cannot be obtained in any other way. Students who miss more than 10% of the total number of classes may NOT be granted permission to write the final exam, and/or asked to withdraw from the course. Students who miss class due to medical reasons MUST present medical verification to their instructor. Notify the instructor of any allergies or medical conditions. Dress in appropriate clothing and footwear for all gymnasium sessions.

Refer to the College Policy on Student Rights and Responsibilities at [www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES](http://www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES)

**STATEMENT ON PLAGIARISM AND CHEATING:**

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at [www.gprc.ab.ca/about/administration/policies/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

\*\*Note: all Academic and Administrative policies are available on the same page.