

JAN 29 2003

Grande Prairie Regional College
Department of Physical Education, Athletics and Kinesiology
PA 1010 Principle and Concepts of Physical Activity
Winter, 2003

1.0 Course Description

An exploration of the principles and concepts that underlie the movement of individuals and groups in a variety of settings. As the focus of this course is on the development of conceptual understanding of movement, a wide range of activities and their contexts will be examined and experienced.

Note: Credit will be granted for only one of PA 1010 or PE 2940.

2.0 Instructor

David Kay, M103, phone: 780-539-2034, email: kay@gprc.ab.ca

3.0 Objectives

- 3.1 To inspect movement principles and concepts as they apply to different physical activities using a variety of settings and equipment
- 3.2 To use the principles and concepts of movement in a variety of physical activities.
- 3.3 To apply critical thinking skills to the analysis of physical movements.
- 3.4 To experience a variety of movements that demonstrate the principles and concepts presented in the course.
- 3.5 To demonstrate the skillful analysis of physical movements used in the scope of Physical Education.

Main Focus of PA 1010

In this course the learner will focus on the following cognitive understandings:

- a) The principles of body and object management.
- b) The use of space, time and force for effective personal movement.
- c) The strategic use of space, time and force; individually and collectively.

PA 1010 Students will:

- Study the various factors that underlie the performance of efficient physical skills.
- Develop and demonstrate competencies in understanding the principles and concepts of efficient movement.
- Develop and demonstrate competence in the analysis of movements.
 - To use an educated and efficient approach to selectively watch physical performances.
 - To effectively use videotape to analyze physical performances.
- Demonstrate an understanding of the factors that affect performance and activity decisions. To include such factors as the activity context, individual differences, participant objectives and how tactics affect performance.
 - To answer the question, "What makes this performance efficient? "

4.0 Transfer of credit: Approval is pending

- University of Alberta PAC 101, 3 credits

5.0 Required Textbook

Nelson, A.B. (2002) PAC 101 Principles & Concepts of Physical Activity (University of Alberta Student's Union), Edmonton

Readings handed out in class.

6.0 Class Schedule

Tuesday and Thursday, 4:00-5:20 PM

Lectures are scheduled for Tuesdays in J226 and the activity sessions are scheduled for Thursdays in the GPRC gymnasium. Please be changed and ready for physical activity on Thursdays.

7.0 Evaluation

7.1 Video tape analysis:	30 %
7.2 Mid term examination:	35 %
7.3 Final examination:	35 %

Regular attendance and participation are expected in ALL sessions. A significant portion of the course content will not be available in any manner other than regular attendance in classes. 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 this course. Students who miss class due to medical reasons MUST present medical verification to the instructor.

Note the last day to withdraw from PA 1010 with permission is March 7th, 2003.