

# DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

## PE2940 - PA1010 PRINCIPLES AND CONCEPTS OF PHYSICAL ACTIVITY

INSTRUCTOR:	Mr. Chris Nicol	PHONE:	780-539-2838
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**OFFICE HOURS:** Mon, Wed 10:00-11:00

## PREREQUISITE(S)/COREQUISITE: none

## **REQUIRED TEXT/RESOURCE MATERIALS: course package**

- 2 Course Notes Packages, Additional Resources as designated by the instructor
- External links posted on Moodle.
- Seidel, B., Biles. F, Figley, G. & Neaman, B., 1992. <u>Sports Skills: A Conceptual Approach to</u> <u>Meaningful Movement</u> Dubuque, Iowa; WM. C. Brown

**CALENDAR DESCRIPTION:** A study of the fundamental movement concepts

## CREDIT/CONTACT HOURS: 3(3-0-0) 45 HOURS

## **DELIVERY MODE(S): Lecture, Lab Activities**

## **OBJECTIVES (OPTIONAL):**

- 1. To study the common concepts of movement with emphasis on practical application in a variety of physical education activities.
- 2. To provide students with practical opportunities for movement analysis.
- 3. To experience a variety of teaching styles.
- 4. To develop a conceptual approach to teaching sport skills that attend to learning in the cognitive, affective, and psychomotor domains.
- 5. To create a safe learning environment.

## TRANSFERABILITY:

\*\* 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

## **GRADING CRITERIA:**

GRANDE PRAIRIE REGIONAL COLLEGE					
GRADING CONVERSION CHART					
Alpha Grade	4-point	Percentage	Designation		
	Equivalent	Guidelines			
A <sup>+</sup>	4.0	90 – 100	EXCELLENT		
А	4.0	85 – 89			
A	3.7	80 - 84	FIRST CLASS STANDING		
B⁺	3.3	77 – 79			
В	3.0	73 – 76	GOOD		
B	2.7	70 – 72			
C⁺	2.3	67 – 69			
С	2.0	63 – 66	SATISFACTORY		
C_	1.7	60 - 62			
$D^+$	1.3	55 – 59	MINIMAL PASS		
D	1.0	50 – 54			
F	0.0	0 – 49	FAIL		
WF	0.0	0	FAIL, withdrawal after the deadline		

#### **EVALUATIONS:**

## Final Exam 25% Coursework: 25% Major Assignment: 25% Quizzes 25%

The major assignment is an opportunity to utilize the conceptual approach in a practical application. Details TBA. *Note that a 10% per day penalty will be assessed to all late assignments.* 

## **STUDENT RESPONSIBILITIES:**

Regular attendance and participation are expected at <u>ALL</u> 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 <u>NOT</u> be granted permission to write the final exam, and/or asked to withdraw from the course. Students who miss class due to medical reasons <u>MUST</u> 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.

# STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the Student Conduct section of the College Admission Guide at <a href="http://www.gprc.ab.ca/programs/calendar/">http://www.gprc.ab.ca/programs/calendar/</a> or the College Policy on Student Misconduct: Plagiarism and Cheating at <a href="http://www.gprc.ab.ca/about/administration/policies/\*\*">www.gprc.ab.ca/programs/calendar/</a> or the College Policy on Student Misconduct: Plagiarism and Cheating at <a href="http://www.gprc.ab.ca/about/administration/policies/\*\*">www.gprc.ab.ca/programs/calendar/</a> or the College Policy on Student Misconduct: Plagiarism and Cheating at <a href="http://www.gprc.ab.ca/about/administration/policies/\*\*">www.gprc.ab.ca/about/administration/policies/\*\*</a> \*\*Note: all Academic and Administrative policies are available on the same page.

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