



**DEPARTMENT OF PHYSICAL
EDUCATION AND KINESIOLOGY**

COURSE OUTLINE – WINTER 2020

PE 3070: Human Growth and Motor Development 3 (3-0-0) UT, 45h

INSTRUCTOR: Sebastian Fontaine

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OFFICE HOURS: Drop in or contact to arrange

CLASS TIMES:

Lectures: Tuesday & Thursday, 8:30 – 9:50, J201

CALENDAR DESCRIPTION: The course is a study of the sequential changes in physical growth and motor development with an emphasis on individual differences.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Haywood, Kathleen M., & Getchell, Nancy. (2009) *Life Span Motor Development* (6th Ed.). Champaign, IL: Human Kinetics.

DELIVERY MODE(S): This course is comprised of lectures, readings, class discussions, and presentations.

COURSE OBJECTIVES:

- Provide an understanding of motor development through an introduction to the developmental process using a lifespan approach.
- Explore theoretical perspectives and foundations that have shaped the evolution of motor development.
- Introduce the various research methods used in motor development.
- Examine developmental changes across the lifespan.
- To expose students to the interaction of perceptual processes on motor development.
- Introduce and explain the functional development of motor behaviours from a lifespan perspective

LEARNING OUTCOMES:

After successful completion of this course, students will be able to:

- Describe the major theoretical foundations of motor development.
- Explain developmental changes in body systems and motor movement throughout the lifespan.
- Discuss current research in the field of motor development.
- Analyze movement using principles of motion and stability.
- Examine task, environmental, and individual constraints on growth and motor development.
- Identify and describe the socialization process and its impact on motor development involvement in physical activity.
- Demonstrate knowledge of the components of basic fundamental movement patterns.

CLASS SCHEDULE:

Classroom	Topics Covered
Week 1: Jan. 7 & 9	Lecture 1: No class Lecture 2: Chapter 1 – Fundamental Concepts
Week 2: Jan. 14 & 16	Lecture 1: Chapter 2 – Theoretical Perspectives in Motor Development Lecture 2: Chapter 3 – Principles of Motion and Stability
Week 3: Jan. 21 & 23	Lecture 1: Chapter 4 – Physical Growth, Maturation and aging Lecture 2: Chapter 5 – Development and Aging of Body Systems
Week 4: Jan. 28 & 30	Lecture 1: Chapter 6 – Early Motor Development Lecture 2: Chapter 7 – Development of Human Locomotion
Week 5: Feb. 4 & 6	Lecture 1: Chapter 8 – Development of Ballistic Skills Lecture 2: Chapter 9 – Development of Manipulative Skills
Week 6: Feb. 11 & 13	Lecture 1: Project explanation Lecture 2: Chapter 10 – Sensory-Perceptual Development
Week 7: Feb. 18 & 20	Winter break
Week 8: Feb. 25 & 27	Lecture 1: Midterm exam Lecture 2: Chapter 11 – Perception and Action in Development
Week 9: Mar. 3 & 5	Lecture 1: Chapter 12 – Social and Cultural Constraints in Motor Development Lecture 2: Chapter 13 - Psychosocial Constraints in Motor Development
Week 10: Mar. 10 & 12	Lecture 1: Chapter 14 – Knowledge as a Functional Constraint in Motor Development

	Lecture 2: Chapter 15 – Development of Cardiorespiratory Endurance
Week 11: Mar. 17 & 19	Lecture 1: Project progress report Lecture 2: Chapter 16 – Development of Strength and Flexibility
Week 12: Mar. 24 & 26	Lecture 1: Chapter 17 – Development of Body Composition Lecture 2: Chapter 18 – Interactions Among Constraints
Week 13: Mar. 31 & Apr. 2	Lecture 1: Term Project due – <u>Midnight 30 March 2020</u> Lecture 2: In class presentations
Week 14: Apr. 7 & 9	Lecture 1: In class presentations Lecture 2: Semester overview and case studies

EVALUATIONS:

Midterm – 25%

Term Project (including project explanation and progress report) – 25%

Presentations – 20%

Final Exam – 30%

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **if** your grade is **less than C-**.

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

STUDENT RESPONSIBILITIES:

- Students must complete all teaching assignments and examinations in order to receive a passing grade in this course. Failure to do so will result in an incomplete (IN) grade which may result in a failing (F) grade.

- Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class. It is the student's responsibility to acquire any materials and content missed due to absence.

TRANSFERABILITY:

AU, CUC, KUC, UA, UC, UL, BU

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

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 <http://www.gprc.ab.ca/about/administration/policies/>

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