

Grande Prairie Regional College
Department of Physical Education, Athletics and Kinesiology

P.E. 3070
Physical Growth and Psychomotor Development

Instructor: Ali Wilson

Term: Winter 2004

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Method of Instruction:

- A Conceptual and Theoretical Exploration of Human Motor Development.

COURSE DESCRIPTION

- Physical Education 3070 is designed to study human growth and development from birth through adulthood. Emphasis is placed on the progression of physical growth and psychomotor development and its application to pedagogy and human performance.

RATIONALE

- This course is designed to prepare students to understand the varied and unique needs of children and adolescents.
- The knowledge of the progression of human development and the factors which influence this development will assist prospective teachers in addressing the unique needs of their students and thus becoming more effective teachers.

TEXT AND REQUIRED READINGS

- Payne & Issac (2002) Human Motor Development: A lifespan approach.

PROCEDURE

- The course is designed to meet for 1½ hours (10:00-11:20 am) on Tuesday and Thursday in Room J204.
- These class meetings will be used for lecture and class discussion, videos, paper presentations, individual and group work on course requirements, and library assignments.

Evaluation:

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| • Discussion Articles (Web CT) | 35 % |
| • Debates | 10 % |
| • Mid-term Examination | 20 % |
| • Final Exam | 35 % |

Attendance and Due Dates

- Attendance will not be taken on a regular basis; however, absences will be considered either excused or unexcused. Excused absences must be cleared with the professor in advance, unless a doctor's note is provided after an unexpected illness. Students participating in university-sponsored extracurricular activities (including intercollegiate athletics) must bring notification of class days to be missed at least one week in advance of the event in order for the absence to be excused. Make-up exams will be provided for excused absences only. Regular participation is expected for this course by all students. Students with unexcused absences of more than 3 classes maybe asked to withdraw from the course or maybe debarred from the final exam (see GPRC calendar).

Grading Scheme:

A+	4.0	90 - 100	<i>Excellent</i>
A	4.0	85 - 89	
A-	3.7	80 - 84	<i>First Class Standing</i>
B+	3.3	76 - 79	
B	3.0	73 - 75	<i>Good</i>
B-	2.7	70 - 72	
C+	2.3	67 - 69	<i>Satisfactory</i>
C	2.0	64 - 66	
C-	1.7	60 - 63	
D+	1.3	55 - 59	<i>Minimal Pass</i>
D	1.0	50 - 54	
F	0.0	0 - 49	<i>Fail</i>

Tentative Schedule:

Week	Content	Reading
Jan 6	Introduction to Motor Development	Chapter 1
Jan 8	Cognitive, Social & Perceptual Motor Dev.	Chapters 2, 3, 4
Jan 13	Lab Activity	
Jan 15	Cognitive, Social & Perceptual Motor Dev.	
Jan 20	Growth and Maturation	Chapter 7
Jan 22	Growth and Maturation	
Jan 27	Physiological Changes	Chapter 8
Jan 29	Physiological Changes	
Feb 3	Movement and the Changing Senses	Chapter 9
Feb 5	Movement and the Changing Senses	
Feb 10	Reflexes and Stereotypes	Chapter 10
Feb 12	Mid-term	
Feb 17	Winter Break	
Feb 19	Winter Break	
Feb 24	Voluntary Movements	Chapter 11

Feb 26	Voluntary Movements	
Mar 2	Fine Motor Development	Chapter 12
Mar 4	Debate	1
Mar 9	Fundamental Locomotion Skills	Chapter 13
Mar 11	Debate	2
Mar 16	Fundamental Object-Control Skills	Chapter 14
Mar 18	Debate	3
Mar 23	Youth Sports	Chapter 15
Mar 25	Debate	4
Mar 30	Movement in Adulthood	Chapter 16
Apr 1	Debate	5
Apr 6	Planning and Conducting Programs	Chapter 18
Apr 8	Debate	6
Apr 13	Implications for Learning	Handout
Apr 15	Presentations & Cleanup	

Debate Topics

- Debate 1 - Competition in Sport
- Debate 2 - Gender Integration in Sport
- Debate 3 - Specialization of Sport
- Debate 4 - Contact in Sport
- Debate 5 - Substance Use in Sport
- Debate 6 - Sexuality in Sport