

**GRANDE PRAIRIE REGIONAL COLLEGE  
DEPARTMENT OF PHYSICAL EDUCATION & ATHLETICS**

**PA 1010  
Principles and Concepts of Physical Activity  
Course Outline  
Winter 2006**

**I. General Information**

**Instructor:** Harry Stevens  
**Office:** K219  
**Phone:** 539-2974  
**Class Time:** Wed 1300 – 1420 J229/Gym  
Fri 1300 – 1420 J229/Gym

**Credit:** 3.0 Credits  
Equivalent to PAC 101 (3 credits)--U of A: KNES 201 (3) U of C.  
Note: credits will only be granted for one of PAC 101  
or PEDS 294 at the U of A.

**II. Course Objectives**

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 develop a conceptual approach to understanding movement and enhance skill development.
4. To create a safe learning environment.

**III. Resources**

**Required Text:** Seidel, B., Biles, F, Figley, G. & Neaman, B., 1992. Sports Skills: A Conceptual Approach to Meaningful Movement Dubuque, Iowa; WM. C. Brown  
Custom Courseware- U of A: PAC 101- course text and

materials, 2005.

#### IV Class Format

1. **Regular attendance** and participation are 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. See GPRC Calendar page 43 for details. Students who miss class due to medical reasons MUST present medical verification to their instructor. Last day to withdraw with permission is March 3, 2006.

2. **Course Evaluation**

a) Research Assignment	20%
b) Team Presentation	30%
c) Test (s)	50%

The research assignment is an opportunity to utilize the conceptual approach in a practical application. Details TBA.

The Team presentation will consist of 3-4 students utilizing the common concepts of a “not so common sport” by involving the class in that activity. Arrangements for activities requiring a space other than the gym must be approved and scheduled in advance.

The final test may be scheduled in the final exam period (April 16-26)

Please note all late assignments and papers will receive a 10% deduction for each day late. This rule will be strictly adhered to on any work submitted after 4:30 p.m. on the due date.

Dress in appropriate clothing and footwear (i.e. shorts and T-shirts, track suit, running shoes, gymnastics slippers, or barefoot (no socks only) for all gymnasium sessions.

Notify instructor if you have any allergies or medical conditions.