

**KINESIOLOGY AND HEALTH SCIENCES  
COURSE OUTLINE – Fall 2023**

**PE2940 (A2): A Conceptual Approach to Physical Activity – 3 (0-0-3) 45 Hours for 15 Weeks**

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

**INSTRUCTOR:** Brendan Shaffick                      **PHONE:** (780) 539-2990  
**OFFICE:** K217    **E-MAIL:** BShaffick@NWPolytech.ca  
**OFFICE HOURS:** By Appointment

**CALENDAR DESCRIPTION:** A study of the fundamental movement concepts that underlie the physical activities engaged in by youth of secondary school age.

**PREREQUISITE/COREQUISITE:** None

**REQUIRED TEXT/RESOURCE MATERIALS:**

Burkett, B. (2019). *Applied sport mechanics* (4<sup>th</sup> ed.). Human Kinetics.

**DELIVERY MODE:** In person

**LEARNING OUTCOMES:**

- Explore various teaching methodologies, understanding shared principles among sports, exercise, and testing.
- Analyze the physical principles underpinning movement patterns, focusing on linear and angular motion in sports.
- Emphasize hands-on learning, with opportunities to apply theory through activity labs, analyze sport skills, and master foundational movement principles.
- Develop teaching competencies, offer constructive feedback, and immerse in diverse coaching techniques.
- Engage in comprehensive assessments, including practical applications, projects, and examinations.

**TRANSFERABILITY:**

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**\*\* 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**

### EVALUATIONS:

Discussion Participation	20%	Continuous Assessment
Quizzes	10%	Continuous Assessment
Practical Assessment	10%	Nov 7 - Dec 7
Term Project	15%	Nov 24
Midterm Exam	20%	Oct 26
Final Exam	25%	Dec 14-21

### 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	95-100		C+	2.3	67-69
A	4.0	85-94		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

## COURSE SCHEDULE/TENTATIVE TIMELINE:

**Lecture:** Tuesday – 8:30-9:50 (J226)

**Lab:** Thursday – 8:30-9:50 (Gymnasium)

Wks	Dates	Lecture	Lab	Assessments
1	Sept 5/7	Course Introduction & Introduction to A Conceptual Approach to Physical Activity	Introduction to Sport Testing & Practical Applications	
2	Sept 12/14	Sport Mechanics Anatomy & Fundamentals	Sport Testing & Practical Applications	
3	Sept 19/21	Linear Motion & Kinetics in Sport	Sport Testing & Practical Applications	
4	Sept 26/28	Angular Motion & Kinetics in Sport	Sport Testing & Practical Applications	
5	Oct 3/5	Angular Motion & Kinetics in Sport	Sport Testing & Practical Applications	
6	Oct 17/19	Stability and Instability	Sport Testing & Practical Applications	<b>Project Proposal</b>
7	Oct 24/26	Sport Kinetics	Practical Review - Midterm	
<b>8</b>	<b>Oct 24/26</b>	<b>Review - Midterm</b>	<b>Midterm</b>	
9	Oct 31/Nov 2	Moving Through Fluids	Sport Testing & Practical Applications	<b>Project Proposal Due</b>
10	Nov 7/9	Analyzing Sport Skills	Coaching Techniques	
<b>11</b>	<b>Nov 14/16</b>	<b>No Classes: Fall Break</b>		
12	Nov 21/23	Analyzing Sport Skills Identifying and Correcting Errors	Coaching Techniques	<b>Project Due</b>
13	Nov 28/30	Identifying and Correcting Errors	Coaching Techniques	
14	Dec 5/7	Coaching Technique Across Sports	Coaching Techniques	
<b>15</b>	<b>Dec 12</b>	<b>Review - Final Exam</b>		
<b>Final Exam – Dec 14-21</b>				

## STUDENT RESPONSIBILITIES:

### 1. Participation and Engagement:

Active participation is key in this experiential course. It's essential to attend and be engaged in all scheduled sessions; unfortunately, we cannot offer make-up labs, however exceptions may be made on a case-by-case basis.

### 2. Attendance Protocols:

Every session has attendance checks. Those present but inactive may be given in-class tasks to ensure they remain engaged. Students arriving up to 15 minutes late should discreetly join the session and may be asked to complete a brief catch-up task after class. If over 15 minutes late, students may be marked as absent, given the significant amount of content missed. If you anticipate being late, please try your best to inform the instructor in advance.

### **3. Attendance and Exceptions:**

For medical-related absences or injuries, a note from a doctor or qualified medical professional is mandatory. If you sustain an injury and expect prolonged absences, please liaise with the instructor promptly. Students involved in intercollegiate events should preemptively consult with the instructor about possible scheduling conflicts. Alternate assignments might be offered to accommodate unforeseen situations. Please be aware that exceeding 10% (or 5 sessions) absence could render you ineligible for the final exam.

### **4. Late Policy:**

Assignments are due by 12 midnight MST/MDT on the specified due date. Late assignments face a 5% daily deduction, to a maximum of 7 days. Missed exams, barring validated emergencies will result in a grade of zero. Approved alternative assignments will also be subject to the daily penalty.

### **5. Dress Code:**

To optimize our Lab sessions, please arrive to class dressed in movement-friendly clothing that allows for flexibility and ease. Footwear please wear clean indoor shoes, be it workout shoes or runners. Ensure they are appropriate for physical activities and provide adequate support.

### **6. Electronic Devices:**

You're welcome to use electronic devices as long as they don't disrupt the learning environment. If they become a distraction, you may be asked to step out or adjust your usage. Remember, our primary goal is a focused and respectful classroom for everyone. If you have an essential call, please step outside discreetly.

### **7. Code of Conduct:**

Let's keep our class environment positive and respectful. Kindly avoid using offensive or inappropriate language. As we navigate through this course, conduct yourself in a manner that reflects leadership and inspires others.

## **STATEMENT ON ACADEMIC MISCONDUCT:**

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

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

## **ADDITIONAL INFORMATION:**

Your success in this course is a priority. Please know that we are here to support your academic journey. If you encounter challenges or need clarification on any aspect of the course, do not hesitate to reach out. Together, we'll work towards your growth and achievement.