

DEPARTMENT of Kinesiology and Health Sciences

COURSE OUTLINE – Fall 2022

PE 2940 (A2) - A Conceptual Approach to Physical Activity 3 (0-0-3) UT 45 hours/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: Gary Zuko **PHONE:** 780-539-2978 **OFFICE:** K215

E-MAIL: gzuko@nwpolytech.ca

OFFICE HOURS: Available upon email request (myClass).

CALENDAR DESCRIPTION A study of the fundamental movement concepts that underlie the physical activities engaged in by youth of pre-teen and secondary school age.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS: Reading materials or links will be made available on D2L as necessary.

- o Sport Mechanics for Coaches 3rd Edition PDF o
ISBN: 9781492577553

DELIVERY MODE(S): Lectures, in-class discussions, group work, in class exercise and lab activities.

COURSE OBJECTIVES:

- Students will be exposed to a variety of teaching methodologies.
- Students will study the physical principles and concepts that underlie movement patterns.
- Students will understand the commonalities that exist between sports and activities.
- Students will be provided with opportunity for application of theory through activity.

- Students will develop an understanding of the importance and practical application of the conceptual approach and how this can assist the physical educator in providing quality instruction and assessment.

LEARNING OUTCOMES:

- Students will complete a number of activity labs that employ the conceptual approach. □
Students will demonstrate the ability to teach and analyze skill
- Students will provide appropriate feedback for skill improvement.
- Students will demonstrate competency and understanding of the principles of body and object management and manipulation.
- Students will demonstrate competency and understanding of the use of space, time and force in sport.
- Student will complete a thorough skill and sport analysis.

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:

Coursework: <i>Labs, Activities, Quizzes, Assignments</i>	20%
Peer Teaching	10%
Midterm Exam	20%
Term Project	20%
Final Exam	30%

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

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

COURSE SCHEDULE/TENTATIVE TIMELINE:

Monday & Wednesday 14:30 – 15:50		
Dates	Monday	Wednesday
September 7	No class	Intro & Commonalities in Sport
12 – 15	Flag FOOTBALL (gym)	Applied Sport Mechanics
19 – 23	Flag FOOTBALL (gym)	Sp Mech Anatomy & Fundamentals
26 – 30	Flag FOOTBALL (gym)	Linear Motion in Sport
October 3 – 7	Linear & Angular Motion (<i>FB Qz</i>)	Angular Kinetics in Sport
Fall Break October 10 – 14		
17 – 21	Stability in Sport	MIDTERM EXAM
24 – 28	STABILITY LAB (gym)	Targeting in Sport
Oct. 31 November 4	TARGETING LAB (gym)	Skill Analysis, Error Correction
7 - 10	SKILL ANALYSIS LAB (gym)	Aesthetic Concepts, PT Planning
14 - 18	Fundamental Movement (gym)	DANCE LAB (L104)
21 – 25	PEER Teaching (gym)	PEER Teaching (gym)
Nov. 28 Dec. 2	PEER Teaching (gym)	PEER Teaching (gym)
5 - 9	Court Sports (gym)	Racquet Sport - Eastlink
12	Group Final Activity	

STUDENT RESPONSIBILITIES:

- All assignments must be submitted in typed format adhering to ALL APA format and referencing requirements.
- All assignments are expected to be submitted on time. Late assignments will be deducted 10% if handed in late on the due date and an additional 10% for each additional day late.
- Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class, prior to the start of class. It is the student's responsibility to acquire any materials and content missed due to absence.
- Most classes will have required materials to review on myClass before class. It is expected that the student reviews materials in advance so they can fully participate in class activities and discussions. If students are not prepared for class, pop quizzes may be given to ensure adequate preparation. Many activities in class will require active participation so be prepared to get involved!

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 Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found at <https://www.nwpolytech.ca/about/administration/policies/index.html>

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