

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

**P.E. 2940 A Conceptual Approach to Physical Activity**

**Instructor: Ali Wilson**

**Term: Fall 2003**

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**Class Schedule:** Tues & Thurs 4:00-5:20pm

**Textbook:** Rutledge M. PEDS 294 Course Text and Materials. University of Alberta.

**Method of Instruction:**

- A Conceptual and Theoretical Exploration of Sport Skills.
- Skill acquisition, development and analysis through active learning and exploration.

**Purpose of the Course:**

- Examine various concepts of movement as relevant to the cognitive, affective and psychomotor domains.
- Examine and use various teaching methods to analyze various types of sport related human movement.

**Evaluation:**

- Participation 5 %
- Individual Presentation 20 %
- Group Presentation 25%
- Mid-term Examination 20 %
- Final Exam 30 %

**Participation:**

- As this course relies on student participation, it is crucial for all students to regularly attend classes. Students missing classes will lose participation points.

**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 | <i>Satisfactory</i> |
| C+ | 2.3 | 67 - 69 |                     |
| 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:**

| <b>Week</b> | <b>Content</b>                       | <b>Reading</b>  |
|-------------|--------------------------------------|-----------------|
| Sept 4      | Introduction                         | Part 1 P. 1-9   |
| Sept 9      | Movement Sense                       | Part 1 P. 10-25 |
| Sept 11     | The Role of Methodology              | Part 1 P. 26-40 |
| Sept 16     | Mechanical Principles of Movement    | Part 1 P. 41-66 |
| Sept 18     | Common Concepts                      | Part 2 P. 67-90 |
| Sept 23     | Conceptual Approach – Eg. Golf       |                 |
| Sept 25     | Conceptual Approach – Eg. Basketball |                 |
| Sept 30     | Track & Field                        |                 |
| Oct 2       | Track & Field (if necessary)         |                 |
| Oct 7       | Presentation                         |                 |
| Oct 9       | Presentation                         |                 |
| Oct 14      | Midterm Examination                  |                 |
| Oct 16      | Presentation                         |                 |
| Oct 21      | Presentation                         |                 |
| Oct 23      | Presentation                         |                 |
| Oct 28      | Presentation                         |                 |
| Oct 30      | Presentation                         |                 |
| Nov 4       | Presentation                         |                 |
| Nov 6       | Presentation                         |                 |
| Nov 11      | Presentation                         |                 |
| Nov 13      | Presentation                         |                 |
| Nov 18      | Presentation                         |                 |
| Nov 20      | Presentation                         |                 |
| Nov 25      | Presentation                         |                 |
| Nov 27      | Presentation                         |                 |
| Dec 2       | Presentation                         |                 |
| Dec 4       | Presentation                         |                 |
| Dec 9       | Final Exam                           |                 |