

PEDS294

A Conceptual Approach to Physical Activity

3 Credits

Instructor: Tina Johnson
Original Developer: Jackie Bender
Current Developer: Tina Johnson
Reviewer: Jackie Bender
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PEDS294 Version: 6



A Conceptual Approach to Physical Activity

Calendar Description

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

Rationale

This course is an exploration of the principles and concepts that underlie movement of individuals and groups in a variety of settings. The focus of the course is on the development of a conceptual understanding of movement and therefore, a wide range of activities and their contexts will be examined and experienced.

Prerequisites

English 30-1 or equivalent.

Co-Requisites

None

Course Learning Outcomes

Upon successful completion of this course, students will be able to

1. use a conceptual approach to movement as it applies to different physical activities using a variety of settings and equipment.
2. use the concepts of movement with emphasis on their practical application to a variety of physical education activities. Activities will represent various areas of the secondary curriculum.
3. identify opportunities to apply critical thinking skills to movement analysis.
4. use their experience and understanding in a variety of instructional styles in conjunction with the conceptual approach.

5. demonstrate skill in movement analysis, for the purpose of enhancing instructional effectiveness.

Resource Materials

Required Text(s):

Assigned readings and articles

Conduct of Course

Course content will be presented in the form of activities, lectures, discussion, audio-visual presentations, etc. Students will be responsible for material presented during all activities as well as during lectures and discussion. As participation is critical to performance in this class, students are strongly advised to attend and expected to participate fully.

Lakeland College is committed to the highest academic standards. Students are expected to be familiar with Lakeland College policies related to academic conduct and academic honesty and to abide by these policies. Violations of these policies are considered to be serious and may result in suspension or expulsion from the college.

Evaluation Procedures

Assignments	40%
Midterm	25%
Final Exam	35%

Grade Equivalents and Course Pass Requirements

A minimum grade of D (50%) (1.00) is required to pass this course.

Letter	F	D	D+	C-	C	C+	B-	B	B+	A-	A	A+
Percent Range	0-49	50-52	53-56	57-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-100
Points	0.00	1.00	1.30	1.70	2.00	2.30	2.70	3.00	3.30	3.70	4.00	4.00

Students must maintain a cumulative grade of C (GPA - Grade Point Average of 2.00) in order to qualify to graduate.

Attendance

Regular attendance is essential for success in any course. Absence for any reason does not relieve a student of the responsibility of completing course work and assignments to the satisfaction of the instructor. Poor attendance may result in the termination of a student from a course(s).

If you do not meet the established attendance requirements, your instructor will recommend that the Registrar withdraw you from the course. A failing grade of RW (Required to Withdraw) will appear on your transcript.

In cases of repeated absences due to illness, the student may be requested to submit a medical certificate.

Instructors have the authority to require attendance at classes.

Course Units/Topics

1. The conceptual approach to movement
2. Movement Sense
3. Mechanical Principles
4. Common Concepts
5. Observing Movement
6. Spatial Concepts
7. Goal Orientated Sports
8. Target and Individual Sports
9. Field and Net Sports



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