

## OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

Note: The University reserves the right to amend course outlines as needed without notice.

<b>Course Code and Number:</b> KIN 121		<b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>																	
<b>Course Full Title:</b> Physical Literacy <b>Course Short Title (if title exceeds 30 characters):</b>																			
<b>Faculty:</b> Faculty of Health Sciences		<b>Department (or program if no department):</b> Kinesiology																	
<b>Calendar Description:</b> Introduces students to the concepts of physical literacy while promoting active-for-life attitudes and behaviours. Students can expect to participate in a variety of traditional and novel activities that contribute to physical literacy and understanding of effective fundamental movement skill acquisition.																			
<b>Prerequisites (or NONE):</b>		None.																	
<b>Corequisites (if applicable, or NONE):</b>		None																	
<b>Pre/corequisites (if applicable, or NONE):</b>		None																	
<b>Equivalent Courses (cannot be taken for additional credit)</b> Former course code/number: <b>NA</b> Cross-listed with: <b>NA</b> Equivalent course(s): <b>NA</b> <i>Note: Equivalent course(s) should be included in the calendar description by way of a note that students with credit for the equivalent course(s) cannot take this course for further credit.</i>		<b>Transfer Credit</b> Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Transfer credit requested (OReg to submit to BCCAT): <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form) Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> .																	
<b>Total Hours: 45</b> <b>Typical structure of instructional hours:</b>		<b>Special Topics</b> Will the course be offered with different topics? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If yes, different lettered courses may be taken for credit: <input checked="" type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit <i>Note: The specific topic will be recorded when offered.</i>																	
<table border="1"> <tr><td>Lecture hours</td><td>30</td></tr> <tr><td>Seminars/tutorials/workshops</td><td></td></tr> <tr><td>Laboratory hours</td><td>15</td></tr> <tr><td>Field experience hours</td><td></td></tr> <tr><td>Experiential (practicum, internship, etc.)</td><td></td></tr> <tr><td>Online learning activities</td><td></td></tr> <tr><td>Other contact hours:</td><td></td></tr> <tr><td><b>Total</b></td><td><b>45</b></td></tr> </table>		Lecture hours	30	Seminars/tutorials/workshops		Laboratory hours	15	Field experience hours		Experiential (practicum, internship, etc.)		Online learning activities		Other contact hours:		<b>Total</b>	<b>45</b>	<b>Maximum enrolment (for information only):</b> 36 <b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> Annually	
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<b>Total</b>	<b>45</b>																		
<b>Department / Program Head or Director:</b> Dr. Alastair Hodges		<b>Date approved:</b> October 2017																	
<b>Faculty Council approval</b>		<b>Date approved:</b> October 2017																	
<b>Campus-Wide Consultation (CWC)</b>		<b>Date of posting:</b> November 24, 2017																	
<b>Dean/Associate VP:</b> Dr. Joanne MacLean		<b>Date approved:</b> October 2017																	
<b>Undergraduate Education Committee (UEC) approval</b>		<b>Date of meeting:</b> March 23, 2018																	

**Learning Outcomes**

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

- Interpret theoretical concepts of physical literacy
- Defend fundamental movement skills as building blocks within physical literacy
- Articulate how movement is developed in holistic ways
- Analyze the progression of developing movement patterns
- Develop activity plans

**Prior Learning Assessment and Recognition (PLAR)**

Yes       No, PLAR cannot be awarded for this course because

**Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)**

Lectures, active labs, student presentations, and discussions.

**Grading system:** Letter Grades:  Credit/No Credit:  Labs to be scheduled independent of lecture hours: Yes  No

**NOTE: The following sections may vary by instructor. Please see course syllabus available from the instructor.**

**Typical Text(s) and Resource Materials (if more space is required, download Supplemental Texts and Resource Materials form)**

Author (surname, initials)	Title (article, book, journal, etc.)	Current ed.	Publisher	Year
1.	Selected Readings from Course Pack	<input type="checkbox"/>		
2.		<input type="checkbox"/>		
3.		<input type="checkbox"/>		
4.		<input type="checkbox"/>		
5.		<input type="checkbox"/>		

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)****Typical Evaluation Methods and Weighting**

Final exam:	30%	Assignments:	40%	Midterm exam:	15%	Practicum:	%
Quizzes/tests:	%	Lab work:	15%	Field experience:	%	Shop work:	%
Other:	%	Other:	%	Other:	%	Total:	0%

**Details (if necessary):**

**Typical Course Content and Topics**

- Physical literacy
  - Theoretical underpinnings
  - Classification systems and organizational associations
  - Assessment tools
- Long-term athlete development
- Active for life
- Skill-based literacies
- Connection to motor learning
- Lifelong application of fundamental movement skills
- Fundamental movement skills vs specialized sport skills
- Developmental appropriateness
- Activity planning
- Inclusion modifications for all Learners
- Credentialing through PHE Canada Fundamental Skills Workshop program
- Credentialing through NCCP (National Coaching Certificate Program) Fundamental Skills Modules