UNIVERSITY COLLEGE of the FRASER VALLEY

COURSE IMPLEMENTATION DATE:	January 2002
COURSE REVISED IMPLEMENTATION DATE:	September 2006
COURSE TO BE REVIEWED:	November 2009
(Four years after UPAC final approval date)	(MONTH YEAR)

OFFICIAL COURSE OUTLINE INFORMATION

Students are advised to keep course outlines in personal files for future use.

Shaded headings are subject to change at the discretion of the department and the material will vary - see course syllabus available from instructor

FACULTY/DEPARTMENT: **KINESIOLOGY AND PHYSICAL EDUCATION**

KPE 365	**KPE 265**	**3**
COURSE NAME/NUMBER	FORMER COURSE NUMBER	UCFV CREDITS

Physical Growth and Motor Development

COURSE DESCRIPTIVE TITLE

CALENDAR DESCRIPTION:

This course will provide an overview of the impact that growth and maturation have on the development of motor skills from conception through to old age. Particular emphasis will be given to the grades K-12 years and the effect of growth and maturation on the physiological and psychological functioning of the maturing organism.

PREREQUISITES: **KPE 170 or Bio 111/112**
COREQUISITES: **None**

SYNONYMOUS COURSE(S)
(a) Replaces: **KPE 265** *(Course #)*
(b) Cannot take: **KPE 165 or KPE 265** *(Course #)* for further credit.

SERVICE COURSE TO: *(Department/Program)* *(Department/Program)*

TOTAL HOURS PER TERM: **45**

STRUCTURE OF HOURS:

Lectures:	**25**	Hrs
Seminar:		Hrs
Laboratory:	**10**	Hrs
Field Experience:	**5**	Hrs
Student Directed Learning:	**5**	Hrs
Other (Specify):		Hrs

TRAINING DAY-BASED INSTRUCTION
LENGTH OF COURSE:
HOURS PER DAY:

MAXIMUM ENROLLMENT:	**36**	
EXPECTED FREQUENCY OF COURSE OFFERINGS:	**Once annually**	
WILL TRANSFER CREDIT BE REQUESTED? (lower-level courses only)	☐ Yes	☐ No
WILL TRANSFER CREDIT BE REQUESTED? (upper-level requested by department)	☒ Yes	☐ No
TRANSFER CREDIT EXISTS IN BCCAT TRANSFER GUIDE:	☐ Yes	☐ No

AUTHORIZATION SIGNATURES:

Course Designer(s): A. Pritchard Orr
Chairperson: *(Curriculum Committee)*
Department Head: G. Anderson
Dean: J. Snodgrass
UPAC Approval in Principle Date:
UPAC Final Approval Date: November 25, 2005

LEARNING OBJECTIVES / GOALS / OUTCOMES / LEARNING OUTCOMES:

At the conclusion of the course, the student will be able to:

1. define lifespan motor development;
2. understand the normal course of physical growth and maturation and relate these processes to the development of motor skills;
3. describe children's responses to exercise and compare/contrast these responses with the responses of adults;
4. define and describe intratask and intertask developmental sequences for movement skills, from reflexive movements through fundamental movement patterns to sport specific skills;
5. understand the development of cognition and its influence on the performance of motor skills;
6. describe the psycho-physiological process of aging and the effect of this process on movement capabilities;
7. assess the physical growth and maturation characteristics of children and the developmental level for each component of the fundamental movement patterns;
8. understand the influence of sociocultural processes on the development of motor skills.

METHODS:

Lecture, demonstration, small group practice, discussion, audiovisual presentation, observation, laboratory experiences.

PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):

Credit can be awarded for this course through PLAR (Please check:) ☒ Yes ☐ No

METHODS OF OBTAINING PLAR:

Transfer credit, challenge exams, or portfolio assessment.

TEXTBOOKS, REFERENCES, MATERIALS:

[Textbook selection varies by instructor. An example of texts for this course might be:]

Haywood, K.M. (1993). Laboratory Activities for Life Span & Motor Development, (2nd ed.) Champaign, IL: Human Kinetics.

SUPPLIES / MATERIALS:

STUDENT EVALUATION:

[An example of student evaluation for this course might be:]

Term exams (2 @ 20%)	40%
Final exam	30%
Lab quizzes (2 @ 10%)	20%
Labs	10%

COURSE CONTENT:

[Course content varies by instructor. An example of course content might be:]

I An Introduction to Motor Development

a. The lifespan viewpoint of motor development

b. Special terms

c. Research methodology

II Theoretical Perspectives of Motor Development

1. a. biological, or psychological perspective

b. maturational theory

c. behaviourism (learning theory)

d. cognitive development

e. dynamics systems theory

2. Issues

a. nature vs. nurture

b. continuity vs. discontinuity

c. critical and sensitive learning periods

III The Influence of Physical Growth and Maturation on Motor Skill Acquisition

The assessment of growth and maturation

a. growth measures

b. plotting growth

c. Maturational measures

IV Prenatal Growth

a. Normal prenatal growth patterns

b. Factors influencing prenatal growth

c. Prenatal development concerns

d. Labour and delivery

V Postnatal Growth

a. General patterns of overall postnatal growth

b. Specific tissue growth

c. Hormonal control of growth

d. Factors influencing postnatal growth

VI Exercise, Growth and Maturation

a. Cardiorespiratory endurance

b. Muscular strength

c. Flexibility

d. Body composition

VII Early Motor Behaviour

a. Infant reflexes

b. Views on the role of reflexes

c. Motor milestones

VIII Motor Behaviour During Childhood

a. Laws of motion

b. Observing motor skills

c. Developmental differences (intratask/intertask)

IX Acquisition of the Fundamental Movement Patterns

a. Locomotor skills

b. Ballistic skills

c. Reception skills

X Motor Performance from Adolescence to Adulthood and Beyond

a. Age at peak performance

b. Older adulthood

XI Perceptual Motor Development

1. a. Vision

b. Kinesthesis

c. Balance

2. Perceptual Motor Theories

a. Kephart

b. Dolman-Delacato

XII Sport and the Socialization Process

a. Socializing agents

b. Sex role expectations

c. Social situations

d. Self-esteem