

## SAMPLE COURSE OUTLINE

### Course Code, Number, and Title:

KINS 2280: Human Growth and Motor Development

### Course Format:

[Course format may vary by instructor. The typical course format would be:]

Lecture 3 h + Seminar 1 h + Lab 0 h

**Credits:** 3

**Transfer credit:** For information, visit [bctransferguide.ca](http://bctransferguide.ca)

### Course Description, Prerequisites, Corequisites:

Students explore developmental changes across the life-span with an emphasis on physical growth and maturational and motor changes during the first two decades of life. Topics include growth assessment, analysis of motor development, the impact of physiological changes, and the significance of physical literacy and its application to participation in physical activities.

Prerequisites: One of KINS 1101, ENGL 1100, ENGL 1125, ENGL 1127 or ENGL 1128

Corequisites: None

### Learning Outcomes:

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

- Define and appropriately use key terms associated with physical growth and motor development and describe the relationship of each with the life-span perspective;
- Identify and describe primary research designs and assessment processes used in the scientific study of physical growth, maturation, and motor development;
- Describe and discuss the major theoretical views and approaches related to the study of human growth and motor development;
- Describe the processes of typical physical growth, maturation, and motor development, including significant physiological changes that occur across the life-span;
- Use anthropometric instruments and motor assessment criteria, instruments and video to accurately measure and assess subjects, and interpret data;
- Analyze the various constraints and critically examine issues influencing growth and motor development and identify plausible developmental impacts;
- Describe the relevance of continuing participation in physical activity and sport throughout the lifespan, including the meaning of physical literacy and the role of the Canadian Sport for Life Long-Term Athlete Development framework;
- Utilize basic literary search techniques; write, in English, with clarity and appropriate structure, and cite using the most recent edition of APA style guidelines.

snəwəyət̚ leləm̚ Langara College acknowledges that we are located on the unceded territory of the Musqueam people.

**Instructor(s):** TBA

**Office:** TBA      **Phone:** 604 323 XXXX      **Email:** TBA

**Office Hours:** TBA

**Textbook and Course Materials:**

[Textbook selection may vary by instructor. An example of texts and course materials for this course might be:]

Gabbard, C.P. "Lifelong Motor Development". Wolters Kluwer. US.

*Note: This course may use an electronic (online) instructional resource that is located outside of Canada for mandatory graded class work. You may be required to enter personal information, such as your name and email address, to log in to this resource. This means that your personal information could be stored on servers located outside of Canada and may be accessed by U.S. authorities, subject to federal laws. Where possible, you may log in with an email pseudonym as long as you provide the pseudonym to me so I can identify you when reviewing your class work.*

**Assessments and Weighting:**

**Final Exam** 25%

**Other Assessments %**

(An example of other assessments might be:) %

Midterm Exam: 25%

Assignments: 25%

Project: 25%

Participation format: N/A

Proportion of individual and group work:

Individual: 60%

Group: 40%

**Grading System:** Letter grade

Specific grading schemes will be detailed in each course section outline.

Passing grade: D

*This generic outline is for planning purposes only.*

## Topics Covered:

[Topics covered may vary by instructor. An example of topics covered might be:]

Terminology, Principles, Concepts, Stages, and Phases of Human Growth and Motor Development  
Introduction to Research and Measurement in to Human Growth and Motor Development  
Anthropometric Measurement Techniques  
Influencing Factors / Determinants of Human Growth and Motor Development  
Prenatal Growth and Development  
General Overview of Growth Patterns

### Physiological Systems:

- o Neurological Growth & Changes
- o Endocrine System Growth & Changes
- o Adipose Tissue Growth
- o Skeletal Growth + Potential Effects

### Reflexes and Rudimentary Behaviours

FMS (Fundamental Motor Skills)

Movement Concepts and Video Analysis in Human Growth and Motor Development

### Growth & Physiological Changes

- o Skeletal Muscle
- o Strength
- o Cardiopulmonary
- o Thermal Regulation
- o Flexibility

### Factors Influencing Physical Literacy

- o Perceptual Development
- o Information Processing & Motor Control
- o Sociocultural Influences

Introduction to Play Tools and Influencing Factors

As a student at Langara, you are responsible for familiarizing yourself and complying with the following policies:

## College Policies:

[E1003 - Student Code of Conduct](#)

[F1004 - Code of Academic Conduct](#)

[E2008 - Academic Standing - Academic Probation and Academic Suspension](#)

*This generic outline is for planning purposes only.*

[E2006 - Appeal of Final Grade](#)

[F1002 - Concerns about Instruction](#)

[E2011 - Withdrawal from Courses](#)

**Departmental/Course Policies:**

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