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

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.

sno̱w̓eyəɬ leləm̓ 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:]


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
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:

This generic outline is for planning purposes only.