

COURSE OUTLINE

PHED2116/2117 – Physical Education Practical III & IV

<http://www.nipissingu.ca/education/barbo/>

A. Academic Calendar Description

This course builds on PHED 1116 and PHED 1117 by providing students with an opportunity to engage in a variety of physical activities (e.g. team and individual sports, dance, swimming, games and movement activities). Emphasis will be placed on movement analysis, skill development and varied pedagogical approaches. (PHED 2116 - 4 hours per week for first semester – 3 cr.; PHED 2117 – 4 hours per week for second semester – 3 cr.)

B. Introduction

These courses are designed to provide prospective physical education professionals the basic concepts, instructional strategies, and practical experience to prepare them for teaching others in a variety of settings. As students progress through the program it is anticipated that students will demonstrate growth in their sport and physical activity knowledge, leadership and instructional skills.

C. Learning Expectations

- Demonstrate effective strategies and techniques appropriate for the instruction of a variety of physical activities in different settings (e.g. school, community, individual, club)
- Identify the rules, strategies, equipment, and safety procedures associated with participation in each physical activity
- Demonstrate moderate skill level by successfully performing skills associated with game play and/or individual participation
- Demonstrate the ability to analyse skills for the purpose of providing specific feedback to various age groups
- Identify the cognitive, affective, psychomotor, and health-related benefits of each physical activity to justify their importance in a physically active lifestyle

D. Evaluation

Your instructors will use the following guideline to evaluate your progress. Each instructor will further define the course evaluation requirements during the first class for each sport/activity. Similar to PHED 1116 and PHED 1117, your overall grade will be determined by a weighting factor for time spent in each activity. Evaluation tasks will vary according to the requirements of each instructor. For example, you might be asked to do some peer instruction during class time, some assignments outside of regular class time, or a written test. It is expected that you will complete each evaluation task to the best of your ability. Greater emphasis will be placed on your ability to lead others, including managing large groups, maximizing participation, identifying performance errors, and providing appropriate feedback.

Course Component	Value
Skill Development	20-30%
Practical Assignments	20-30%
Participation	20-30%
Theory	10-20%
Total	100%

E. Assignments and Due Dates

Each instructor will describe in detail the assignments and requirements for evaluation. It is expected that you will complete each of these tasks thoroughly and professionally. Instructors will also indicate if a hard copy is required, or if an electronic copy is sufficient. **PLEASE COMPLETE AND SUBMIT YOUR ASSIGNMENTS ON TIME!**

Late Assignments – deduction of 10% per day.

F. Course Content

The course content will be determined by each instructor. As the learning expectations suggest, you will be introduced to the rules, safety guidelines, skill performance sequences and theoretical concepts to prepare you to teach or coach that activity to others. Depending on the instructor, the particular approach will differ; some instructors may approach their activity from a coaching point of view, others from the point of view of a personal trainer, and still others from a teaching perspective. This will provide you with a very broad perspective in adapting your instruction to different audiences, and therefore better prepare you for any teaching situation as a physical education professional.

G. Attendance & Professionalism

Punctual and regular attendance is essential for the successful completion of this course. When absenteeism exceeds 20% the student may not receive credit for the course, unless medical documentation or other authorized documentation is received by the Faculty of Education. **If you know in advance that your absence is unavoidable, please contact the instructor! Take responsibility for your attendance!**

The Bachelor of Physical & Health Education program is a professional preparation program. Upon graduation you will possess the skills, attitudes and knowledge to become a leader in the field, assisting others to live healthy active lives. It is expected that you will behave in a professional manner in all that you do while at Nipissing University. You are ambassadors and positive role models on and off campus. Make every effort to represent Nipissing University, the BPHE program, and most importantly, yourselves, in a way that demonstrates your readiness to become a professional.

Professionalism means:

- Communicating with peers, professors and staff in positive, respectful manner
- Taking responsibility for your actions and your academic work (please refer to the course calendar for Nipissing's policy on academic dishonesty at www.nipissingu.ca/calendar/studentpolicies_academicdishonesty.asp)
- Refraining from the use of electronic communication devices during class (unrelated to course content)
- Respecting and considering the views and opinions of others
- Actively participating in all scheduled classes

H. Resources & Equipment

Individual instructors will provide you with information about purchasing course packs or textbooks. Please check the Nipissing University Library for sport specific print resources.

Equipment will be supplied for all activities, however, it is **YOUR** responsibility to take care of your personal safety when participating in any activity. This may include the wearing of mouth guards (**strongly recommended for lacrosse, recommended for basketball**) or safety goggles. Personal flotation devices (PFD's) will be required for canoeing, but will be supplied unless you have your own.

I. Instructor List and Course Schedule

Name	Activity	Email	Phone
Gymtrix Bill Rhoads, Nikki Chretien	Gymnastics	gymtrix@bellnet.ca 600 Gormanville Road (across Hwy. 17 on the right side)	476-3999
Melanie Cook	Basketball	melaniec@nipissingu.ca	A112B Ext. 4896
Brent Pigott	Lacrosse	bepigott@sympatico.ca	
T.B.A.	GLO		
Tom Cook	X-C Skiing	tomcook@ontera.net	
Melanie Ogletree	Weightlifting	Melody.Ogletree@canadorec.on.ca	
T.B.A.	Canoeing (NBCC)	T.B.A.	476-2030

For bus schedules, please visit:

<http://www.cityofnorthbay.ca/cityhall/department/transit/schedules.asp>

Activity Schedule

WEEK	1	2	3	4	5	6	7	8	9	10	11	12
FALL TERM												
10:30-12:30 (M, T, W)	LACROSSE Surtees/Field Brent Pigott					BASKETBALL – Level II Surtees Melanie Cook						
1:00-3:00 (M, T, Th)	GYMNASTICS – Gymtrix Bill Rhoads											
WINTER TERM												
10:30-12:30 (M, T, W)	GLO Surtees					WEIGHTLIFTING A117 Melody Ogletree						
10:30-12:30 (M, T, W)	CROSS COUNTRY SKIING NBNSC Tom Cook					CANOEING (September weekend)						

NOTE: For those students at Gymtrix on THURSDAYS, classes begin on September 10th!!!

SESSIONAL DATES:

Fall Term:

Weeks 1-6: September 10 – October 28 (October 12-16 Study Week)

Weeks 7-12: October 29 – December 9

Winter Term:

Weeks 1-6: January 4- February 10 (February 15–19 Study Week)

Weeks 7-12: February 22 – April 1

If you have any questions or concerns about your participation or progress in this course, please contact me! My contact information is at the top of this document. Barbara Olmsted