

## COURSE OUTLINE

### PHED3116/3117 – Physical Education Practical V & VI

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

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#### A. Academic Calendar Description

This course continues to expand upon the practicals program by providing students opportunities to engage in a variety of physical activities (e.g. team and individual sports, yoga, games, and movement activities). Further emphasis will be placed on movement analysis, skill development and varied pedagogical approaches. (PHED 3116 - 4 hours per week for first semester – 3 cr.; PHED 3117 – 4 hours per week for second semester – 3 cr.)

#### B. Introduction

These two courses are designed to provide prospective physical education professionals basic and advanced concepts, instructional strategies, and practical experience to prepare them for teaching others in a variety of settings. In these two courses, students are expected to demonstrate more advanced skills, knowledge and leadership ability as they become physical education professionals.

#### 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) and for different age groups
- Identify the rules, strategies, equipment, and safety procedures associated with participation in each physical activity, and appropriate modifications as necessary
- Demonstrate appropriate methods to adapt physical activities for children or adults with special needs (e.g. equipment, rules, space)
- Demonstrate proficient 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 individuals of various abilities
- Identify the cognitive, affective, psychomotor, and health-related benefits of each physical activity to justify and advocate for their importance in a physically active lifestyle

#### **D. Evaluation**

Each instructor will further define the course evaluation requirements during the first class for each sport/activity. 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. Greater emphasis will be placed on your ability to lead others, including managing large groups, maximizing participation, identifying performance errors, and providing appropriate feedback. Additional requirements may include adapting a specific activity for children or adults with special needs, creating novel games or activities within a specific context, or researching and presenting lifestyle leisure activities not normally considered “traditional” activities. Please note that a certain amount of time will be required OUTSIDE of regular classes to meet all requirements of the course.

#### **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**

Course content will be determined by each instructor. Greater responsibility will be placed upon you to learn the rules, safety guidelines, skill performance sequences and theoretical concepts to prepare you to teach or coach that activity to others. This will maximize time in class for peer teaching/coaching, skill development, and game strategies and tactics.

#### **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](http://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

### **Required Textbooks:**

***Individual instructors will provide you with information about purchasing course packs or textbooks.***

## I. Instructor List and Course Schedule

<b>Name</b>	<b>Activity</b>	<b>Email</b>	<b>Phone</b>
Ian Lawson	Ultimate	<a href="mailto:lawsoni@nearnorthschools.ca">lawsoni@nearnorthschools.ca</a>	
Rob Dawson	Tennis	<a href="mailto:robertd@nipissingu.ca">robertd@nipissingu.ca</a>	
Rob Joannis, Cristine Lella	Yoga	Vinaya Yoga Studio <a href="mailto:vinayasayoga@sympatico.ca">vinayasayoga@sympatico.ca</a>	498-9642
Jim McAuliffe	Badminton	<a href="mailto:jimmc@nipissingu.ca">jimmc@nipissingu.ca</a>	
Jeremie Carreau	Outdoor Winter Survival	<a href="mailto:jx_carreau@laurentian.ca">jx_carreau@laurentian.ca</a>	
Mike McParland	Power Skating	<a href="mailto:mikemc@nipissingu.ca">mikemc@nipissingu.ca</a> Pete Palangio Arena 603 Wallace Road	
Marc Larochelle	Volleyball	<a href="mailto:marcl@nipissingu.ca">marcl@nipissingu.ca</a>	

## Activity Schedule

WEEK	1	2	3	4	5	6	7	8	9	10	11	12
<b>FALL TERM</b>												
<b>4:00-6:00</b> (M or T)	<b>ULTIMATE</b> Ian Lawson (Surtees Field)						<b>YOGA</b> Rob Joannis, Cristina Lella (A117)					
<b>1:30-3:30</b> (W or Th)	<b>TENNIS</b> Rob Dawson (North Bay Granite Tennis Club)						<b>BADMINTON</b> Jim McAuliffe (Surtees Gym)					
<b>WINTER TERM</b>												
<b>1:30-3:30</b> (M, Th)	<b>VOLLEYBALL</b> Marc Laroche (Surtees Gym)						<b>OUTDOOR WINTER SURVIVAL</b> Weekend #1: Feb. 13-14 Weekend #2 : Feb. 20-21  Jeremie Carreau (Canadian Ecology Centre)					
<b>1:00-3:00</b> (T,W)	<b>POWER SKATING</b> Mike McParland (Pete Palangio Arena)											

**PLEASE NOTE THE FOLLOWING:**

1. Tennis will take place at the North Bay Granite Tennis Club (476-6688), located at 2624 Trout Lake Road (beside the Hyundai Dealership). In the event of inclement weather, **PLEASE MEET IN THE CLUBHOUSE!**
2. You will need a **TENNIS RACQUET!** Please bring your own, or sign out a racquet with Ali in the Ed Centre Gym prior to your first class. Her email is [gymtech@canadorec.on.ca](mailto:gymtech@canadorec.on.ca) and her extension is 5164. Office Hours 8:00-3:30 weekdays.

3. **Power Skating will take place at the Palangio Arena (603 Wallace Road), and all classes will be at 1:00. Tuesday class will skate on the Demarco ice pad, and the Wednesday class will skate on the Kelly ice pad.**
  
4. **If you haven't already done so, please let me know which WINTER WEEKEND you would prefer – at the beginning of study week, or at the end of study week. More information about this weekend will be forthcoming in the near future.**

**Sessional Dates:**

**Fall Term:**

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

**Weeks 7-12: Nov. 2 – December 9**

**Winter Term:**

**Weeks 1-6: January 4- February 12 (February 15–19 Study Week)**

**Weeks 7-12: February 22 – April 2**

**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**