

NIPISSING UNIVERSITY

School of Physical and Health Education

PHED-1223-WI031 – Fundamental Movement - 2024

Instructor:

- Janet Faucon
 - janf@nipissingu.ca
- Web Site: All course information may be found on the website.
 - www.jlfpe.net

Winter Block Three: March 11th to April 5th

- Tues\Thurs 9:00 am to 10:50 am – RSAC-C

Course Description:

This practical course provides students with an opportunity to engage in fundamental movement activities. Fundamental movement skills are the basic building blocks for the development of physical literacy and all sport skills. This will include rolling, balancing, walking, running, skipping, galloping, turning, jumping, hopping, tracking, kicking, throwing, catching, striking, dribbling (hand/foot), and dodging. Emphasis will be placed on the step by step development of the fundamental movements that lead to the performance of sport skills. Various pedagogical approaches will be looked at.

Learning Outcomes:

- Demonstrate effective strategies and techniques appropriate for the instruction of the basic fundamental movements in different settings (home, school, community, and club).
- Identify the strategies, equipment, and safety procedures associated with learning fundamental movements.
- Demonstrate the ability to analyze the movements for the purpose of providing general feedback to various groups.
- Identify the cognitive, affective, psychomotor, and health – related benefits of fundamental movement as it relates to a physically active lifestyle.

Concussion Awareness:

- All students registered in this course must complete the mandatory concussion Education training delivered by the School of Physical and Health Education (or an approved equivalent). If you have not yet completed your training, you must contact the School of Physical and Health Education, Jenifer Buell, as soon as possible.

Attendance and Professionalism:

1. Students are expected to adhere to the following:
 - Punctual and regular attendance is essential for the successful completion of this course. The development and demonstration of practical skills require your presence in each and every class.
 - Missing just one 2-hour class represents 12.5% of class time for that activity, and it may negatively impact your progress in the course. If you know in advance that your absence is unavoidable, please contact the INSTRUCTOR directly, and take responsibility for your attendance. Medical documentation may be required for extended absences.
2. The Bachelor of Physical & Health Education program is a professional preparation program.
3. 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
 - Click [here](#) for Nipissing's Academic Calendar policy on academic integrity.
 - Refraining from the use of electronic communication devices during class when unrelated to course content
 - Respecting and considering the views and opinions of others
 - Actively participating in all scheduled classes
4. Click [here](#) for further information on Nipissing's attendance policy.

Evaluation:

1. Participation - 30%

Energetic involvement in the daily activities is mandatory. You are the next wave of ambassador's for the 'Joy of Movement'. BE IT! LIVE IT! Participation Level and Skill Level Rubrics are posted on the website: www.jlfpe.net.

2. Theory - 20%

Quizzes will be administered March 21st and April 2nd at the beginning of the class. The quiz questions will highlight course material covered from the previous week's classes and any related information posted on the website pertaining to those classes: www.jlfpe.net.

3. Practical Assignments and Activities - 25%

Practical assignments will be given each class. Contribution to all practical fundamental movement assignments – drills, activities, games, relays, are essential. Your contribution to the assignments, will depend on: the movements we are studying that day, your personal sport\training experience, and your imagination.

4. Written Assignment – 25%

- This assignment is done with a fellow student in the class that you choose to work with.
- **Any information you will need to do the assignment will be covered during class.**
- Your task will be to observe and take notes of one and only one: drill, activity, relay, or game that the class is doing. The instructor will advise you of your day, and exactly what you are to observe, to complete the assignment.
- You are to use the appropriate movement language used in the class, and include **specific details** of how the drill, activity, relay, or game is organized, when doing your write-up. **A diagram(s) will be required** to better illustrate your work.
- Your assignment is to be typed up, handed in, and emailed exactly 1 week after you have done the observation. (10% per day for any lateness of your assign.)
- An example of: (1) an Activity, (2) a Relay, (3) a Game, and (4) a Drill, are provided on the website: www.jlfpe.net. You will also find a **blank drill template** which you are required to use to type up your assignment.
- Review the examples and follow the exact set-up used in the example for your write-up (no title page is required).
- Hand in a hard copy, AND email your assignment, within 1 week after the date it is given to you. Adhere to the following email requirements.
- Email a copy of your assignment to: janf@nipissingu.ca
 - Formats accepted
 - Microsoft : Word (*.docx), PowerPoint (*.pptx), Excel (*.xlsx)
 - Any document saved as *.pdf
 - Pages for Mac, and any other Mac based formatted documents **will not be accepted**. Students using Mac based software for their assignments must convert their work to *.pdf prior to submitting them via email.
 - Pictures of a screen or of a printout **will not be accepted**.

Important Reminders and University Policies:

1. Students requiring accommodation or other support services should contact
 - a. the Office of [Student Development and Services](#)
 - i. ext. 4321
 - ii. sds@nipissingu.ca
2. Students are encouraged to initiate a conversation with the instructor about course-specific accommodations.
3. Students are responsible for keeping a copy of this course outline for future use, as the instructor is not obligated to share copies with former students.
4. Students must use their Nipissing email address when corresponding with the course instructor. Emails from other addresses (e.g. Hotmail, Gmail, etc.) will be ignored. All emails should have professional content, have an appropriate salutation for the recipient, and should include full name and student number.
5. Unauthorized recording or transmission of class activities or class content is not permitted. This includes taking audio and/or video recording, taking photographs, Skype, or other video conferencing. Transmission of pictures or audio/visual recordings on the internet (e.g. Facebook, YouTube, email) constitutes publication. If you are suspected of publishing any unauthorized digital recordings and/or photos, you may be in violation of the [Code of Student Rights and Responsibilities](#).
6. The University reserves the right to terminate, at any time, its relationship with a student whose behavior is deemed detrimental to the purposes and goals of the University.
7. It is the student's responsibility to understand what constitutes academic dishonesty and the [appeals](#) process.
8. Students should be familiar with Nipissing's [grading](#) policy.
9. All injuries and incidents occurring during class time, including damage to property, regardless of severity, are to be reported by completing an incident/injury e-form.
 - a. Students should familiarize themselves with the reporting procedure.
 - i. [How to complete the incident/injury e-form](#)
 - b. Injuries/incidents must be reported to the instructor.
 - i. [What to do in the case of...](#)