



Physical Literacy for Life – HLTH 163 Health Program

Course Outline

COURSE IMPLEMENTATION DATE: January 2017
OUTLINE EFFECTIVE DATE: September 2020
COURSE OUTLINE REVIEW DATE: March 2025

GENERAL COURSE DESCRIPTION:

Physical Literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. This course will cover the development and assessment of these components as well as their importance in physical literacy participation and health throughout the lifespan. Students will have the opportunity to gain relevant industry certifications.

Program Information: This is a required course in the Kinesiology Diploma Program and may be used as an elective for students in other disciplines.

Delivery: This course is delivered in a face-to-face format.

COTR Credits: 3

Hours for this course: 60 hours

Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	30
Seminars / Tutorials	
Laboratory / Studio Hours	30
Practicum / Field Experience	
Other Contact Hours	
Total	60

Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-Job Experience	N/A
Formal Work Experience	N/A
Other	N/A
Total	

Course Outline Author or Contact:

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Signature**APPROVAL SIGNATURES:**

Department Head
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Department Head Signature

Dean Signature

EDCO

Valid from: September 2020 – March 2025

Education Council Approval Date**COURSE PREREQUISITES AND TRANSFER CREDIT:**

Prerequisites: Minimum 65% in either English 12, English Studies 12, English First Peoples 12, ENGL 090, or equivalent (refer to Course Equivalency information on the College Website).

Corequisites: None

Flexible Assessment (FA):

Credit can be awarded for this course through FA

 Yes No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

Transfer Credit: For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>.

Student should also contact an academic advisor at the institution where they want transfer credit.

Prior Course Number: N/A

Equivalent Course: Students who have received COTR credit for HLTH 163 may not receive additional credit for KNES 163

Textbooks and Required Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

KNES 163 Course Reading Package (available in the COTR Bookstore)

Please see the instructor's syllabus or check COTR's online text calculator <http://go.cotr.bc.ca/tuition/tCalc.asp> for a complete list of the currently required textbooks.

LEARNING OUTCOMES:

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

- explain the concept of Physical Literacy and its domains;
 - explain the importance of play in childhood Physical Literacy development and health;
 - identify the ABCs of movement;
 - identify and explain the Long-Term Athlete Development Model (LTAD);
 - identify, demonstrate and evaluate fundamental movement skills and fundamental sports skills;
 - describe the relationship between physical activity, movement experiences, and health across the lifespan;
 - identify and explain how games and sports can contribute to healthy lifestyles and the development of age appropriate fundamental movement skills with a focus on activity for life;
 - describe some of the issues and challenges of providing physical activity experiences for persons with a disability, older adults and other diverse populations, and be able to develop strategies to help overcome these barriers;
 - be able to create and teach games to children and adults;
 - be able to effectively create an environment for the development of Physical Literacy to support others in becoming physically literate; and
 - be advocates for physical activity and overall healthy lifestyles in the community.
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COURSE TOPICS:

Introduction to the Course

- Introduction to the concept of Physical Literacy
- Introduction to the Long-term Athlete Development Model (LTAD) and the National Coaching Certificate Program (NCCP)
- Introduction to Canadian Sport for Life (CS4L)

Physical Literacy Domains

- Physical
- Affective
- Cognitive

Physical Literacy and Health

- The importance of play in Physical Literacy development and health
- Health benefits of being physically literate

- Health problems associated with low levels of Physical Literacy
- Strategies to promote Physical Literacy

Fundamental Movement Skills (FMS) and Sports Skills (FSS)

- Movement ABCs
- Teaching FMS and FSS
- Skills covered will include: throwing, catching, running, jumping, skipping, hopping, galloping, kicking, agility, coordination, and balance
- Assessment of FMS using CS4L PLAYfun tools
- Skill modifications for persons with disabilities

Diverse Populations

- Physical Literacy and Obesity
- Physical Literacy and the Young Child
- Physical Literacy and the Older Adult Population
- Physical Literacy and Individuals with a Disability
- Physical Literacy and Cultural Diversity

Teaching Games for Understanding

- Using games to develop physical literacy
- Game development and instruction
- Age appropriate game selection

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

EVALUATION AND ASSESSMENT (Face-to-Face Delivery):

Assignments	% of Total Grade
Assignments	65%
Midterm	15%
Final Exam	<u>20%</u>
Total:	100%

EXAM POLICY:

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

COURSE GRADE:

Course grades are assigned as follows:

Grade	A+	A	A-	B+	B	B-	C+	C	C-	D	F
Mark (Percent)	≥ 90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	< 50

A grade of "D" grants credit, but may not be sufficient as a prerequisite for sequential courses.

ACADEMIC POLICIES:

See www.cotr.bc.ca/policies for general college policies related to course activities, including grade appeals, cheating and plagiarism.

COURSE CHANGES:

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor endeavours to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.