

## Course Information

**Instructor Name: Ty Koch**
**Phone Number: N/A**
**Email Address: tyrone.koch@ucalgary.ca**
**Office #: KNB262**
**Office Hours: By Appointment – In-Person and Zoom**
**Classroom #: TI 110**
**Day(s) Class Meets: MTWRF**
**Time Class Meets: 9:00 am – 12:20 pm**
**Course Website: D2L**
**Labs: KNA109 (Gold Gym), KNA110 (Red Gym)**

### Calendar Description

Participate in various activities and movement patterns and the study of the fundamental factors that influence the activities we choose and the way we move.

### Course Learning Outcomes

By the end of the semester, students should be able to:

1. Define the concept of Physical Literacy and describe its importance for lifelong physical activity.
2. Understand and describe the current physical activity levels of Canadians and the implications for health and wellness.
3. Compare similarities and differences of movement across diverse populations and environments. Be familiar with basic movement evaluation concepts and tools.
4. Identify teaching and leadership principles that provide effective learning environments for physical activity and sport. Have developed and implemented an effective learning environment while creating a warm-up activity, exercise, and/or drill as part of their activity lab.
5. Work collaboratively in a group and present on a selected sport or form of physical activity that promotes holistic health and wellness. Be inquisitive about the presented material and its impact on current social factors, as well as contribute to group discussions.
6. Act as role models and advocates in their community promoting healthy active living.

### Course Content

Spring 2024	KNES 201 Content	Location	Assessment
<b>Week 1 – July 2-5</b>			
July 2	<b>Lecture:</b> Campus Tour <b>Lab:</b> Introduction to Futsal	TI110 - Lecture KNA109(Gold Gym)	Lab Attendance and Ongoing Assessment
July 3	<b>Lecture:</b> Health & Wellness <b>Lab:</b> Futsal Rules and Tactics		Lab Attendance and Ongoing Assessment
July 4	<b>Lecture:</b> "ParticipACTION" Part 1 <b>Lab:</b> Futsal Shooting Technique		Lab Attendance and Ongoing Assessment
July 5	<b>Lecture:</b> "ParticipACTION" Part 2 <b>Lab:</b>		Lab Attendance and Ongoing Assessment

	Futsal Gameplay		<b>Discussion Post #1 Due Friday, July 5 by 11:59 pm MST</b>
<b>Week 2 – July 8-12</b>			
July 8	<b>Lecture:</b> Physical Literacy Part 1 <b>Lab:</b> Futsal Passing, Receiving and Trapping	TI110 - Lecture KNA110 (Red Gym)	<b>Group 1 – Warm-Up &amp; Peer Teaching</b>
July 9	<b>Lecture:</b> Physical Literacy Part 2 <b>Lab:</b> Futsal Dribbling and Ball Control		<b>Group 2 – Warm-Up &amp; Peer Teaching</b>  <b>Futsal Rules Quiz</b>
July 10	<b>Lecture:</b> Early Childhood Development, Play and Education Part 1 <b>Lab:</b> Futsal Defensive Tactics		<b>Group 3 – Warm-Up &amp; Peer Teaching</b>
July 11	<b>Lecture:</b> Early Childhood Development, Play and Education Part 2 <b>Lab:</b> Futsal Attacking and Offensive Tactics		<b>Group 4 – Warm-Up &amp; Peer Teaching</b>
July 12	<b>Lecture:</b> Quiz #1 <b>Lab:</b> Futsal Goalkeeping Futsal Tournament		<b>Group 5 – Warm-Up &amp; Peer Teaching</b>  <b>Quiz #1</b>  <b>Discussion Post #2 Due Friday, July 12 by 11:59 pm MST</b>
<b>Week 3 – July 15-19</b>			
July 15	<b>Lecture:</b> Long-Term Development Model - Introduction <b>Lab:</b> Introduction to Ultimate Frisbee	TI110 - Lecture KNA110 (Red Gym)	Lab Attendance and Ongoing Assessment
July 16	<b>Lecture:</b> Long-Term Development Model - Framework and Implementation <b>Lab:</b> Ultimate Frisbee Throwing Techniques		Lab Attendance and Ongoing Assessment
July 17	<b>Lecture:</b> Long-Term Development Model - Pathways <b>Lab:</b> Ultimate Frisbee Gameplay		Lab Attendance and Ongoing Assessment
July 18	<b>Lecture:</b> Leadership and Teaching Principles Part 1 <b>Lab:</b> Ultimate Frisbee Gameplay		Lab Attendance and Ongoing Assessment
July 19	<b>Lecture:</b> Leadership and Teaching Principles Part 2 <b>Lab:</b> Ultimate Frisbee Offensive Tactics - Scoring		<b>Group 1 – Warm-Up &amp; Peer Teaching</b>  <b>Discussion Post #3 Due Friday, July 19 by 11:59 pm MST</b>

Week 4 – July 22-26			
July 22	<b>Lecture:</b> Technology and Physical Literacy <b>Lab:</b> Ultimate Frisbee Offensive Tactics – Creating Space	TI110 - Lecture KNA110 (Red Gym)	<b>Group 2 – Warm-Up &amp; Peer Teaching</b>
July 23	<b>Lecture:</b> Technology and Physical Literacy – New Approaches Part 1 <b>Lab:</b> Ultimate Frisbee Defensive Tactics – Positioning		<b>Group 3 – Warm-Up &amp; Peer Teaching</b>
July 24	<b>Lecture:</b> Technology and Physical Literacy – New Approaches Part 2 <b>Lab:</b> Ultimate Frisbee Defensive Tactics – Clearing		<b>Group 4 – Warm-Up &amp; Peer Teaching</b>
July 25	<b>Lecture:</b> Course Review <b>Lab:</b> Ultimate Frisbee Team Strategies		<b>Group 5 – Warm-Up &amp; Peer Teaching</b>
July 26	<b>LAST DAY OF CLASSES</b> <b>Lecture:</b> Cumulative Exam (Quiz #2) <b>Lab:</b> Ultimate Frisbee Tournament		<b>Discussion Post #4 Due Friday, July 26 by 11:59 pm MST</b>  <b>Quiz #2</b>

### Required Reading Materials

N/A

### Recommended Reading Materials

Cairney, J., Dudley, D., Kwan, M., Bulten, R., & Kriellaars, D. (2019). Physical Literacy, Physical Activity and Health: Toward an Evidence-Informed Conceptual Model. *Sports Medicine*, 49(3), 371–383.

Jean de Dieu, H., & Zhou, K. (2021). Physical literacy assessment tools: a systematic literature review for why, what, who, and how. *International Journal of Environmental Research and Public Health*, 18(15), 7954.

Sargent, J., & Calderón, A. (2021). Technology-enhanced learning physical education? a critical review of the literature. *Journal of Teaching in Physical Education*, 41(4), 689-709.

Van Hooren, B., & Croix, M. D. S. (2020). Sensitive periods to train general motor abilities in children and adolescents: do they exist? A critical appraisal. *Strength & Conditioning Journal*, 42(6), 7-14.

Websites:

<https://education.alberta.ca/physical-education/program-of-studies/>

<http://physicalliteracy.ca/>

<https://phecanada.ca/>

<https://www.participaction.com/en-ca>

## Assessment Components/Expectations

### Grading Scale:

Letter	Percent	Grade Point Value	Description
A+	≥96.0	4.00	Outstanding
A	92.0 - 95.9	4.00	Excellent – Superior performance, showing comprehensive understanding of subject matter
A-	88.0 - 91.9	3.70	
B+	84.0 - 87.9	3.30	
B	80.0 - 83.9	3.00	Good – Clearly above average performance with knowledge of subject matter generally complete
B-	76.0 - 79.9	2.70	
C+	72.0 - 75.9	2.30	
C	68.0 - 71.9	2.00	Satisfactory – Basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion
C-	64.0 - 67.9	1.70	<b>Minimum grade required if needed as a prerequisite course</b>
D+	60.0 - 63.9	1.30	
D	56.0 - 59.9	1.00	Minimal pass – Marginal performance, generally insufficient preparation for subsequent courses in the same subject
F	<56.0	0	Fail – Unsatisfactory performance of failure to meet course requirements

### Evaluation of Course Content

Quiz 1: Friday, July 12	15%
Quiz 2: Friday, July 26	15%
Futsal Warm-Up & Teaching Lesson Plan (Day Assigned)	15%
Futsal Rules Quiz (July 9)	5%
Ultimate Frisbee Warm-Up & Teaching Lesson Plan (Day Assigned)	20%
Discussion Posts (July 5, 12, 19, 26)	4x2.5 = 10%
Ongoing Assessment/Lab Participation	20%

### Midterm Exam Policy:

The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in **exceptional circumstances only**, which includes illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification **prior to** the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are not valid reasons for requesting a special accommodation for a midterm exam.

### Final Exam:

This session of KNES 201 will not have a formal final exam; there will be two quizzes written in class at the midway and end point of KNES 201, each weighted at 15%.

### Late Policy:

Late assignments may be turned in for evaluation up to 72 hours following the official due date. Assignments will be subjected to a 10% deduction per day, with a 0 being received at the 72-hour window.

## Additional Course Information

KNES 201 lectures are designed to enable your active integration of lab experiences with excellent research and your role as a physical activity advocate; therefore, attendance at lectures is expected. Participating in physical activity labs is a **required** component of this course. As such, attendance at labs is mandatory. **More than two unexcused absences in an activity lab (four in total across the two activity blocks) will result in an F in the course.** Excused absences for exceptional circumstances (which include illness, participation in varsity, national, or international athletic competitions, domestic affliction, and religious conviction) must be confirmed with the course instructor in advance of missed labs; in the case of illness, contacting the instructor before the absence is preferred but if that is not possible, then as quickly as possible following the absence is mandatory.

It is the student's responsibility to report (or disclose) any pre-existing medical conditions to the instructor within the first week of class. In particular, please specify if this pre-existing medical condition will:

1. Limit and/or affect your ability to be fully involved in the KNES 201 activity labs.
2. Be exacerbated (or worsened) by full involvement in the KNES 201 activity labs.

## Contacting the Instructor

Students requiring assistance are encouraged to speak with their instructor during class or office hours. If you wish to meet with the instructor outside of office hours, please phone or email the instructor to make an appointment; please note that all course communications must occur through your @ucalgary email.

Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to their expectations about emails.

## Students' Union

The Faculty of Kinesiology representative is Elbert Tom who can be reached at [kinesrep@su.ucalgary.ca](mailto:kinesrep@su.ucalgary.ca).

---

## Supplementary Course Information

### Student Success

The Student Success Centre provides services and programs to ensure students can make the most of their time at the University of Calgary. Our advisors, learning support staff, and writing support staff assist students in enhancing their skills and achieving their academic goals. They provide tailored learning support and advising programs, as well as one-on-one services, free of charge to all undergraduate and graduate students. For more information visit:

<https://www.ucalgary.ca/student-services/student-success>

### Wellness and Mental Health Resources

The University of Calgary recognizes the pivotal role that mental health plays in physical health, social connectedness and academic success, and aspires to create a caring and supportive campus community where individuals can freely talk about mental health and receive support when needed. We encourage you to explore the excellent [mental health resources](#) available throughout the university community, such as counselling, self-help resources, peer support or skills-building available through Student Wellness Services (Room 370 MacEwan Student Centre). Please also refer to the [Campus Mental Health Strategy](#), renewed in the 2023-2024 academic year.

### Academic Accommodation Policy and Information on Student Accessibility Services

It is the student's responsibility to request academic accommodation as early as possible. If you are a student with a documented disability or medical condition who may require academic accommodation and have not registered with [Student Accessibility Services \(SAS\)](#), please contact their office at (403) 210-6019. SAS will process the request and issue

letters of accommodation to instructors. You are also required to discuss your needs with your instructor preferably within the first seven (7) days of this course. Students who have not registered with Student Accessibility Services **are not** eligible for formal academic accommodation. Please review the [Student Accommodation Policy](#) and [Procedure for Accommodation for Students with Disabilities](#).

Students who require an accommodation in relation to their coursework or to fulfil requirements for an undergraduate degree, based on a protected ground other than disability, should communicate this need, preferably in writing, to Jodie Griffiths, Manager Academic Program and Administration at [jodie.griffiths@ucalgary.ca](mailto:jodie.griffiths@ucalgary.ca).

Students who require an accommodation unrelated to their coursework or the requirements for an undergraduate degree, based on a protected ground other than disability, should communicate this need, preferably in writing, to the [Vice-Provost \(Student Experience\)](#).

### **Academic Integrity**

A single offence of cheating, plagiarism or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean or designate and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the [Academic Calendar](#) in advance.

Academic misconduct refers to student behavior that compromises proper assessment of a student's academic activities and includes cheating; fabrication; falsification; plagiarism; unauthorized assistance; failure to comply with an instructor's expectations regarding conduct required of students completing academic assessments in their courses; and, failure to comply with exam regulations applied by the Registrar. Please familiarize yourself with the [Student Academic Misconduct Policy](#) and [Student Academic Misconduct Procedure](#).

The Student Success Centre provides many excellent resources related to [Academic Integrity](#) that students are encouraged to explore.

### **Intellectual Property**

Course materials created by instructors (including presentations and posted notes, labs, case studies, assignments, and exams) remain the intellectual property of the instructor. These materials may NOT be reproduced, redistributed, or copied without the explicit consent of the instructor. The posting of course materials to third-party websites such as note-sharing sites without permission is prohibited. Sharing of extracts of these course materials with other students enrolled in the course at the same time may be allowed under fair dealing.

### **Media Recording for Study Purposes**

Students who wish to audio record lectures for personal study purposes need to follow the guidelines outlined in [Section E.6 of the University Calendar](#). Unless the audio recording of lectures is part of a student accessibility requirement, permission must be sought by the course instructor to audio record lectures. Additional information about media recordings specific to the course will be shared by the course instructor as applicable.

### **Freedom of Information and Protection of Privacy Policy**

Student information will be collected in accordance with typical (or usual) classroom practice. Students' assignments will be accessible only by the authorized course faculty. Private information related to the individual student is treated with the utmost regard by the faculty at the University of Calgary. The University of Calgary is under the jurisdiction of the Provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the [website](#) for further details.

### **Copyright Legislation**

All students are required to read the University of Calgary policy on [Acceptable Use of Material Protected by Copyright](#) and requirements of the [Copyright Act](#) to ensure they are aware of the consequences of unauthorized sharing of course

materials (including instructor notes, electronic versions of textbooks, etc.). Students who use material protected by copyright in violation of this policy may be disciplined under the [Non-Academic Misconduct Policy](#).

### **Internet and Electronic Communication Device Information**

Any surfing of the Internet during lectures, labs, tutorials, seminars, etc. that is not directly related to the class discussion is distracting and forbidden. Additionally, the use of any electronic devices (i.e., cell phones) for emailing, texting, etc., is prohibited. Please turn **OFF** your phone before the beginning of each class unless permitted. Instructors have the authority, at the discretion of the Dean or designate to require that specific course assignments, term papers, and academic exercises be submitted in an electronic format. For further information, please refer to the [Acceptable Use of Electronic Resources and Information Policy](#).

### **Library and Resources in the Library**

Visit the University of Calgary's library at <http://library.ucalgary.ca/>.

### **Sexual and Gender-Based Violence Policy**

The University recognizes that all members of the University Community should be able to learn, work, teach and live in an environment where they are free from harassment, discrimination, and violence. The University of Calgary's sexual violence policy guides us in how we respond to incidents of sexual violence, including supports available to those who have experienced or witnessed sexual violence, or those who are alleged to have committed sexual violence. It provides clear response procedures and timelines, defines complex concepts, and addresses incidents that occur off-campus in certain circumstances. Please see the policy available at <https://www.ucalgary.ca/legal-services/university-policies-procedures/sexual-and-gender-based-violence-policy>

### **Student Ombuds Office**

The Student Ombuds Office supports and provides a safe, neutral space for students. For more information, please visit [www.ucalgary.ca/ombuds/](http://www.ucalgary.ca/ombuds/) or email [ombuds@ucalgary.ca](mailto:ombuds@ucalgary.ca)

### **Students' Union (SU) Information**

The SU Vice-President Academic can be reached at (403) 220-3911 or [suvpaca@ucalgary.ca](mailto:suvpaca@ucalgary.ca). Information about the SU, including elected Faculty Representatives, can be found [here](#).

### **Emergency Evacuation/Assembly Points**

Assembly points for emergencies have been identified across campus. Assembly points are designed to establish a location for information updates from the emergency responders to the evacuees and from the evacuated population to the emergency responders. For more information, refer to the University of Calgary's [Emergency Management](#) webpage.

### **Safewalk**

Campus security will escort individuals, day or night, anywhere on campus (including McMahon Stadium, Health Sciences Centre, Student Family Housing, the Alberta Children's Hospital and the University LRT station). Call 403-220-5333 or visit <http://www.ucalgary.ca/security/safewalk>. Use any campus phone, emergency phone or the yellow phone located at most parking lot pay booths. Please ensure your personal safety by taking advantage of this service.