



Land Acknowledgement

We respectfully acknowledge the Syilx Okanagan Nation and their peoples, in whose traditional, ancestral, unceded territory UBC Okanagan is situated.

HES 203: Lifespan Physical and Motor Development

Instructor: Frazer Atkinson, PhD: frazer.atkinson@ubc.ca

Duration: Term 2, Winter 2024

Course Days: Tue/Thu

Class Hours: 8:00 am - 9:30 am

Office hours: Monday: 11 am-12:00 pm in the online Zoom office (see link below)

<https://ubc.zoom.us/j/69199392384?pwd=OURuTnZhQnZFcklGZE1JT2l5OHNIz09>

Meeting ID: 691 9939 2384

Passcode: 604239

Class Textbook: Haywood, KM., and Getchell, N. (2020). Life Span Motor Development (7th Edition). Champaign, IL: Human Kinetics

Other Instructional Staff

Class TA's: Kierstyn Palmer kierstyn.palmer@ubc.ca

Haley Berrisford hberrisf@mail.ubc.ca

Course Format

The class will be held in person in COM 201 on Tuesday and Thursday from 8:00 am to 9:30 am.

Course Overview, Content and Objectives

This course will introduce students to physical growth and motor development related to physical activity. In addition to lifespan changes, including aging, and their impact on physical activity participation and performance. The class will consist of in-person lectures that will include PowerPoint, videos, and activities.

Learning Outcomes

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

At the end of this class students who have excelled will be able to:	
1)	Identify and describe key determinants of growth, maturation, and personal development
2)	Describe the theoretical perspectives that have been influential at different times in the history of motor development
3)	Demonstrate knowledge of the components of fundamental movement patterns
4)	Demonstrate knowledge of and be able to describe the process of typical growth and maturation changes as it relates to the total body and specified body systems.

Assessments of Learning

A	Class Quizzes 20%
B	Discussion Posts 10%
C	Article Analysis 15%
D	Midterm Exam 25%
E	Final Exam 30%

A. Class Quizzes - There will be **4** brief quizzes based on the lecture content (5 points each). I will be using quiz questions to keep you engaged with key concepts from the lecture. These will be available for a short period of time and quizzes will be released at the end of the lecture on Tuesday at 9:30 AM and will be due by Thursday at 9:30 AM.

B. Discussion Boards (See course schedule) - There will be **2** discussion posts that will ask students to discuss topics related to class content. Discussion topics will be posted on Tuesday at 9:30 am and students must submit their posts by the following Tuesday at 9:30 am.

C. Article Analysis (See course schedule) -There will be **2** article analysis assignments where students are required to analyze an article of their choosing on topics related to class content.

D. Midterm Exam (Thursday, February 15th at 8:00 am-9:30 am)
The midterm will be composed of multiple choice, short- and long-answer questions. The specifics with regards to the number of questions will be addressed the week before the exam in one of the online Collaborate lectures.

E. Final Exam (Date TBD)- The final exam will be composed of multiple choice, short- and long-answer questions. The final exam will take place in the final exam period (December 11th–22nd).

Tentative Course Schedule

HES 203:Lifespan Physical and Motor Development

Date	Topic	Reading/Class tasks and deadlines	Learning Outcomes
Week 1	Introduction to the Course + Fundamental Concepts	Chapters 1 & 2	2
Week 2	Principles of Motion and Stability + NO Class Thursday, January 18th	Chapters 3 & 4 Quiz #1	1
Week 3	Early Motor Development Development of Human Locomotion + Development of Ballistic Skills	Chapters 5 & 6 Discussion Post #1	1,2,3
Week 4	Development of Manipulative Skills + Physical Growth, Maturation, and Aging	Chapters 7 & 8 Quiz #2	1,2,3
Week 5	Development and Aging of Body Systems + Development of Cardiorespiratory Endurance	Chapters 8, 9, 10 & 11 Article Analysis #1	1,2,3,4
Week 6	Development of Strength and Flexibility + MIDTERM EXAM (Thursday, February 15th 08:00 am - 9:30 am)	Chapters 10 & 11	4
Week 7	MIDTERM BREAK		
Week 8	Weight Status, Fitness, and Motor Competence	Chapter 12 Quiz #3	1,2,3,4
Week 9	Perception and Action in Development + Sensory-Perceptual Development	Chapters 13 & 14 Article Analysis #2	1,2,3,4
Week 10	Social and Cultural Constraints in Motor Development + Psychosocial Constraints in Motor Development	Chapters 15 & 16 Quiz #4	1,2,3
Week 11	Development Motor Learning + Everyday Motor Learning and Development	Chapters 17 Discussion Post #2	1,2,3,4

Week 12	Conclusion: Interactions Among Constraints + Final Exam Review	Chapters 18	1,2,3,4
TBD	FINAL EXAM		

Late policy

Class quizzes are due at the specified due date and time indicated on the course outline or Canvas. The class article and discussion post assignments are due at the specified due date and time indicated on the course outline or Canvas; after that, unless specified by your instructor, the assignment will be considered late; assignments received within 24 hours of the due date/time = a penalty of 25%; within 24+ – 48 hours of due date/time = a penalty of 50%; 48+ hours or greater after the due date/time = a grade of 0 will be given. It is expected that you will budget your time accordingly to avoid work overload and manage personal issues to meet academic performance requirements. Be aware of when your work is due as it is common to have several exams and assignments due on the same day or within the same week.

Final Examination and Missed Exam Policy

The examination period for Term 2 of Winter 2024 is April 16th-27th. Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 24-hour period) or unforeseen events, students will be permitted to apply for our-of-time final examinations only if they are representing the University, the province or the country in a competition or performance; serving the Canadian military observing a religious rite; working to support themselves or their family; or caring for a family member. Unforeseen events include (but may not be limited to) the following: ill health or other personal challenges that arise during a term and changes in the requirements of an ongoing job. Further information can be found under Policies and Regulation in the Okanagan Academic Calendar <http://www.calendar.ubc.ca/okanagan/index.cmf?tree=3,48,0,0>

Passing criteria

- 90 - 100 **A+**
- 85 - 89 **A**
- 80 - 84 **A-**
- 76 - 79 **B+**
- 72 - 75 **B**
- 68 - 71 **B-**
- 64 - 67 **C+**
- 60 - 63 **C**
- 55 - 59 **C-**
- 50 - 54 **D**
- 0 - 49 **F (Fail)**

Other Course Policies

Academic Integrity

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. **For example, incidences of plagiarism or cheating usually result in a failing grade or mark of zero on the assignment or in the course.** Careful records are kept to monitor and prevent recidivism.

A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar at:

<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,54,111,0>

Final Examinations

You can find the [Senate-approved term and examination dates here](#). Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 27-hour period) or unforeseen events, students will be permitted to apply for out-of-time final examinations only if they are representing the University, the province, or the country in a competition or performance; serving in the Canadian military; observing a religious rite; working to support themselves or their family; or caring for a family member. Unforeseen events include (but may not be limited to) the following: ill health or other personal challenges that arise during a term and changes in the requirements of an ongoing job.

Further information on Academic Concession can be found under Policies and Regulation in the Okanagan Academic Calendar <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0>

Grading Practices

Faculties, departments, and schools reserve the right to scale grades in order to maintain equity among sections and conformity to University, faculty, department, or school norms. Students should therefore note that an unofficial grade given by an instructor might be changed by the faculty, department, or school. Grades are not official until they appear on a student's academic record.

<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,41,90,1014>

Student Services Resources:

[UBC Okanagan Disability Resource Centre](#)

The DRC facilitates disability-related accommodations and programming initiatives to remove barriers for students with disabilities and ongoing medical conditions. If you require academic accommodations to achieve the objectives of a course please contact the DRC at:

UNC 215 250.807.8053
email: drc.questions@ubc.ca
Web: www.students.ok.ubc.ca/drc

UBC Okanagan Equity and Inclusion Office

Through leadership, vision, and collaborative action, the Equity & Inclusion Office (EIO) develops action strategies in support of efforts to embed equity and inclusion in the daily operations across the campus. The EIO provides education and training from cultivating respectful, inclusive spaces and communities to understanding unconscious/implicit bias and its operation within in campus environments. UBC Policy 3 prohibits discrimination and harassment on the basis of BC's Human Rights Code. If you require assistance related to an issue of equity, educational programs, discrimination or harassment please contact the EIO.

UNC 325H 250.807.9291
email: equity.ubco@ubc.ca
Web: www.equity.ok.ubc.ca

Student Wellness

At UBC Okanagan health services to students are provided by Student Wellness. Nurses, physicians and counsellors provide health care and counselling related to physical health, emotional/mental health and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Student Wellness for more information or to book an appointment.

UNC 337 250.807.9270
email: healthwellness.okanagan@ubc.ca
Web: www.students.ok.ubc.ca/health-wellness

Office of the Ombudperson

The Office of the Ombudperson for Students is an independent, confidential and impartial resource to ensure students are treated fairly. The Ombuds Office helps students navigate campus-related fairness concerns. They work with UBC community members individually and at the systemic level to ensure students are treated fairly and can learn, work and live in a fair, equitable and respectful environment. Ombuds helps students gain clarity on UBC policies and procedures, explore options, identify next steps, recommend resources, plan strategies and receive objective feedback to promote constructive problem solving. If you require assistance, please feel free to reach out for more information or to arrange an appointment.

UNC 328 250.807.9818
email: ombuds.office.ok@ubc.ca

Web: www.ombudsoffice.ubc.ca

Student Learning Hub

The Student Learning Hub is your go-to resource for free math, science, writing, and language learning support. The Hub welcomes undergraduate students from all disciplines and year levels to access a range of supports that include **tutoring in math, sciences, languages, and writing, as well as help with study skills and learning strategies**. Students are encouraged to visit often and early to build the skills, strategies and behaviors that are essential to being a confident and independent learner. For more information, please visit the Hub's website.

LIB 237 250.807.8491

email: learning.hub@ubc.ca

Web: www.students.ok.ubc.ca/slh

The Global Engagement Office

The Global Engagement Office provides advising and resources to assist International students in navigating immigration, health insurance, and settlement matters, as well as opportunities for intercultural learning, and resources for Go Global experiences available to all UBC Okanagan students, and more.

Come and see us – we are here to help! You may also contact geo.ubco@ubc.ca

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Safewalk

*Don't want to walk alone at night? Not too sure how to get somewhere on campus? Call Safewalk at **250-807-8076**.*