



Land Acknowledgement

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

COURSE DESCRIPTION

HES 203: Lifespan Physical and Motor Development

Instructor: Majidullah Shaikh; [email](#)

Duration: Term 2, Winter 2025

Course Days: Tue/Thu

Class Hours: from 5:00pm – 6:20pm

Location: [Fipke Centre \(FIP\) 204](#)

Office hours: Thursdays from 3:30pm – 4:30pm in ART 127.

Class Textbooks:

Gabbard, C. (2022). *Lifelong Motor Development*. Lippincott Williams & Wilkins. [\[Free via UBC Library\]](#)

Class TA's: TBD

Course Format

The class will be held in person in FIPKE 204 on Tuesday and Thursday from 5:00 – 6:20pm.

Classes will be video-recorded and made available to individual students upon request through Canvas.

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...

1. Understand the key principles and theories of motor development across the lifespan.
2. Identify key biological, psychological, and sociocultural factors influencing physical and motor development.
3. Apply theories and models to understand motor development processes (e.g., ecological theory, information processing model, Newell's model).

4. Describe motor behaviour and intervention strategies for different populations.

Assessments of Learning

A. Learning Activities (20%)

There will be **9** learning activities based on the module content. The 7 highest-scoring learning activities will be included in the final grade, while the two lowest scoring activities will be dropped. There will be **no deadline extensions** granted for learning activities.

Dates: The learning activities will open on Tuesday of each week, and close by noon on Monday of each week. There will be no learning activities on weeks of the mid-term, article analysis assignments, and the last week of classes.

A couple of scenarios:

- By the end of the course, if the student completed all 9 activities, the lowest scored 2 activities will not be included in determining the student's final grade.
- By the end of the course, if the student only completed 7 of all available activities, this means the student scored 0% (incomplete) on 2 of the activities. Therefore, all the activities that the student completed will likely be included in determining the student's final grade.

B. Article Analysis (20%)

There will be **2** article analysis assignments where students are required to analyze an article of their choosing on topics related to class content.

Dates: Monday, February 3rd at 12pm; Monday March 24th at 12pm.

C. Midterm Exam (25%)

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.

Date: Tuesday, February 25th at 5:00 – 6:20pm.

D. Final Exam (35%)

The final exam will be cumulative, composed of multiple choice, short- and long-answer questions. The final exam will take place in the final exam period (April 11- April 26, Exact date TBD).

TENTATIVE COURSE SCHEDULE

Date	Topic	Reading/Class tasks and deadlines	Learning Outcomes
Week 1 Jan 7 Jan 9	Introduction to Lifespan Development	1. Chapter 1: Introduction to the developmental perspective.	1, 2, 3
Week 2 Jan 14 Jan 16	Heredity and Neurological Changes	<i>Learning Activity #1 due</i> 2. Chapter 2: Heredity and Neurological Changes.	1, 2, 3
Week 3 Jan 21 Jan 23	Physical Growth Changes	<i>Learning Activity #2 due</i> 3. Chapter 3: Physical Growth Changes.	1, 2, 4
Week 4 Jan 28 Jan 30	Physiological Changes	<i>Learning Activity #3 due</i> 4. Chapter 4: Physiological Changes.	1, 2, 4

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Week 5 Feb 4 Feb 6	Perceptual Development	<i>Feb 3rd: Article Analysis Assignment #1 due</i> 5. Chapter 6: Perceptual Development	1, 2, 3
Week 6 Feb 11 Feb 13	Information Processing and Motor Control + Mid-term Review	<i>Learning Activity #4 due</i> 6. Chapter 7: Information Processing and Motor Control	1, 2, 3
Week 7 Feb 17-21	READING WEEK		
Week 8 Feb 25 Feb 27	MID-TERM EXAM + Early Movement Behaviour (Pre-birth to Age 2)	<i>Feb 25: Mid-Term Exam</i> 7. Chapter 8: Early Movement Behavior	1, 3, 4
Week 9 March 4 March 6	Early Childhood Development (Age 2 to 6)	<i>Learning Activity #5 due</i> 8. Chapter 9: Motor Behavior During Early Childhood.	1, 2, 4
Week 10 March 11 March 13	Later Childhood and Adolescence Development (Age 7 to 18)	<i>Learning Activity #6 due</i> 9. Chapter 10: Motor Behavior During Later Childhood and Adolescence.	1, 2, 4
Week 11 March 18 March 20	Motor Behaviour in the Adult Years	<i>Learning Activity #7 due</i> 10. Chapter 11: Motor Behavior in the Adult Years.	1, 2, 4
Week 12 March 25 March 27	Atypical Motor Behaviour + Sociocultural Influences on Motor Development	<i>March 24: Article Analysis Assignment #2 due</i> 11. Chapter 12: Atypical Motor Behavior 12. Chapter 14: Sociocultural Influences on Motor Development	1, 2, 4
Week 13 Apr 1 Apr 3	Physical Activity Interventions	<i>Learning Activity #8 due</i> 13. MacDonald, M., Ku, B., Logan, S. W., & Stinson, J. (2020). Motor competence within the discipline of adapted physical education. <i>Routledge Handbook of Adapted Physical Education</i> . Routledge. [UBC link] 14. Fowweather, L., & Rudd, J. R. (2020). Fundamental movement skill interventions. <i>The Routledge Handbook of Youth Physical Activity</i> . Routledge. [UBC link]	2, 4
Week 14 Apr 7	Catch-up + Final Exam review	<i>Learning Activity #9 due</i> No readings.	
TBD	FINAL EXAM		

Late Policy

Learning activities are due at the specified due date and time indicated on Canvas. For Assignments 1 & 2 there is a 48-hour no penalty flex period. After 48 hours a late deduction of 20% per day applies. The

due date is clearly specified and the expectation is to submit by the deadline. 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 2025 is April 11th-26th. 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 out-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.cmf?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

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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**.*