



KNES-163 – Physical Literacy for Life

Health and Human Services

Effective Term & Year: Fall 2022

Course Outline Review Date: 2025-03-01

Program Area: Health

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 Methods: On-campus (Face-to-Face)

Credit Type: College of the Rockies Credits

Credits: 3

Course type/s: Sciences, Social Sciences

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	30
Seminar/Tutorials	
Laboratory/Studio	30
Practicum/Field Experience	

Co-op/Work Experience	
Other	
Total	60

Course Requisites:

- Earned a minimum grade of C+ (65%) in at least 1 of the following:
 - ENFP 12 – English First Peoples 12
 - ENST 12 – English Studies 12
 - ENGL090 – English – Provincial Level

Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook 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 <https://textbook.cotr.bc.ca/> 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 Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Assignments	65%
Midterm	15%
Final Exam	20%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	<50

Pass requirements: None

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

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
 - Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
 - Policy 2.5.8 Academic Performance
 - Policy 2.5.3 Grade Appeal
 - Policy 2.4.9 Student Concerns Re Faculty
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Equivalent Course(s) and Course Code Changes

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

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.