



## KNES-202 – Physical Growth and Human Development

### Health and Human Services

**Effective Term & Year:** Fall 2022  
**Course Outline Review Date:** 2023-03-01

**Program Area:** Health

#### **Description:**

This course introduces characteristics of physical growth and motor development throughout the lifespan, with particular reference to the effects of physical activity on growth, development and health. Developmental differences in the motor ability of children is studied.

#### **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:**

<b>Activity</b>	<b>Hours</b>
Classroom, Directed Studies or Online Instruction	45
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	

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Other

Total	45
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**Course Requisites:**

- Earned a minimum grade of C- (55%) in each of the following:
  - **KNES163** – Physical Literacy for Life (3)

**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.

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**Course Transfer Credit:**

For information about receiving transfer credit for courses taken at other BC institutions, please see <http://www.bctransferguide.ca>. All requests for course transfer credit from institutions in BC or elsewhere should go to the College of the Rockies Enrollment Services office.

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**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:

Haywood & Getchell. *Lifespan Motor Development*. (6TH Edition). Human Kinetics Publishing. 2015.

*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.*

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**Learning Outcomes:**

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

- demonstrate knowledge of and be able to describe the process of "typical" biological

growth, maturation and motor development as it relates to the total body, body systems, the environment and tasks/skills through the life span, with emphasis on the first two decades of life;

- identify and describe the different types of research designs and methods employed in paediatric research studies;
- describe and/or demonstrate with basic methods of growth and methods employed in paediatric research studies;
- describe the role of physical activity during childhood and adolescence for healthy growth and motor development;
- identify and/or describe key psychological and social factors related to growth, maturation and involvement in physical activity and/or sport; and
- study first hand and have the opportunity for social development by participating in cooperative learning experience and group discussion on topical concerns.

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## Course Topics:

Unit I: Introduction to Human Development and Physical/Biological Growth Patterns

Unit II: Motor Behaviour across the Lifespan

Unit III: Principles of Perceptual Development /Assessment and Socio cultural Influences on Motor Development

Unit IV: Long Term Athlete Development (LTAD)

## Unit I: Introduction to Human Development and Physical/Biological Growth Patterns

### A. Introduction to the Developmental Perspective

- a. Terminology
- b. Periods of Lifespan Development
- c. The Developmental Continuum
- d. Research Methodology
- e. Theoretical Perspective in Motor development

### B. Heredity and Neurological Changes

- a. Heredity

b. Neurological Changes

**C. Physical Growth Changes over the Lifespan**

- a. Overview of Physical Growth and Development
- b. Changes in Body Proportions and Physique
- c. Structural Development
- d. Body Mass
- e. Maturity estimates
- f. Implications for Motor performance

**D. Physiological Changes over the Lifespan**

- a. Cardiovascular Changes
- b. Muscular Strength and Flexibility Changes
- c. Changes with aging

**E. Factors Affecting Growth and Development**

- a. Prenatal Development
- b. Nutrition and Physical Activity/Postnatal
- c. Glands and Hormone activity

**Unit II: Motor Behaviour across the Lifespan**

**A. Early Motor Behaviour**

- a. Reflexive Behaviour
- b. Spontaneous Movements
- c. Rudimentary Behaviour

**B. Motor Behaviour During Early Childhood**

- a. Fundamental Motor Skill Development

- b. Movement Patterns
- c. Fine Motor Manipulative Behaviour
- d. Functional Asymmetries

### **C. Motor Behaviour During Later Childhood**

- a. Quantitative Motor Performance Changes
- b. Qualitative Changes in Motor Behaviour
- c. Motor Skill Refinement

### **D. Motor Behaviour in Adult Years**

- a. Peak Motor Performance
- b. Regression
- c. Physical Activity and Longevity

## **Unit III: Principles of Perceptual Development/Assessment and Socio cultural Influences on Motor Development**

### **A. Perceptual Development**

- a. Visual Perception
- b. Kinesthetic Perception
- c. Auditory Perception
- d. Tactile Perception
- e. Perceptual Integration
- f. Changes with Aging

### **B. Information Processing and Motor Control**

- a. Attention
- b. Memory
- c. Processing Speed and Movement Time

- d. Programming
- e. Changes with Aging

**C. Assessment**

**D. Sociocultural Influences on Motor Development**

- a. Terminology/Socialization
- b. Primary Influences during Childhood and Adolescence
- c. Primary Influences during Adulthood

**Unit IV: Long Term Athlete Development (LTAD) – Canadian Sport For Life**

*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	60%
Midterm	15%
Final Exam	25%
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.

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### **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**

Prior Course Code: HKIN 202 >> KNES 202

Date changed: September 2012

### **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.