KNES-202 – Physical Growth and Human Development

Health and Human Services

Effective Term & Year: Fall 2026
Course Outline Review Date: 2031-04-01

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, Kinesiology

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	45
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	

Co-op/Work Experience	
Other	
Total	45

Course Requisites:

- Completed the following:
  - KNES163 – Physical Literacy for Life (3)

Prior Learning and Recognition: Yes

Students are able to request formal recognition of their prior learning or experience outside the classroom. Challenge examination, portfolio-assisted assessment, work-based assessment or a combination of assessments that is appropriate to identify, assess, and recognize prior skills, competencies, and knowledge to achieve course credit. Tuition fees apply, refer to Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR) or 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 Columba 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:

Haywood & Getchell. (2020). *Lifespan motor development* (7th Edition). Human Kinetics Publishing.

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

- 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;
- discuss and examine different types of research designs and methods employed in pediatric research studies;
- describe and investigate the role of physical activity during childhood and adolescence for healthy growth and motor development;
- describe and investigate key psychological and sociocultural factors related to growth, maturation and involvement in physical activity and/or sport;
- participate in opportunities for social development, including experiential learning and/or group discussion on topical concerns.

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:

An overall average of D (50%) or higher is required to pass this course.

Evaluation Notes: A grade of D (50%) grants credit but may not be sufficient as a prerequisite for sequential courses and/or for transfer to other institutions.

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 2.1.4 Course Audit
- Policy 2.4.1 Credential Framework
- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Rights, Responsibilities and Conduct
- Policy 2.4.8 Academic Performance
- Policy 2.4.9 Student Feedback and Concerns
- Policy 2.4.11 Storage of Academic Works
- Policy 2.5.3 Student Appeal
- Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR)

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.