

COURSE SYLLABUS



COURSE TITLE: Growth & Development

CLASS SECTION: KIN 280-001

TERM: Winter 2025

COURSE CREDITS: 3

DELIVERY METHOD(S): in person

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̓SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

INSTRUCTOR DETAILS

NAME: Simon Cass

EMAIL: CassS@camosun.ca

OFFICE: PISE 306I

HOURS: By Appointment

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

Students will study physical growth and motor development throughout the lifespan. Students will learn about the impact of physical maturation and development on physical activity participation for children and youth. Students will have the opportunity to apply theory to practice through project and program development.

PREREQUISITE(S): C in KIN 120

CO-REQUISITE(S): none

EXCLUSION(S):

COURSE LEARNING OUTCOMES / OBJECTIVES

At the completion of the course, students will be able to:

- Describe the normal sequence of physical growth, maturation, and motor skill development across the lifespan.
- Describe the role of physical activity, sport and sedentary lifestyles on the normal processes of growth and development.
- Explain how interactions between individuals, environment, and task impact motor development.
- Apply various methods of assessment pertaining to growth and development and physical competence in children and youth.
- Explain the concept of physical literacy and its relationship to the Canadian Sport for Life Long-Term Development in Sport and Physical Activity model for select cultures and populations.

- Demonstrate the ability to adapt and manipulate constraints to solve movement problems or achieve select movement outcomes.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

This course is heavily based on Haywood, K. and Getchell, N. (2020). Life Span Motor Development (8th Edition). Human Kinetics.

Ebook: [Life Span Motor Development 8th Edition Ebook with HKPropel Access – Human Kinetics Canada](#)

Readings: Various assigned readings and videos will be identified/assigned throughout the course.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

Lectures: Mondays 11:30 - 12:50 AM PISE 329A / PISE 124 (Gym)
 Wednesdays 08:30 – 09:50 AM PISE 329A

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor. In particular, the number of presentations and dates may vary based on final course enrollment

WEEK	ACTIVITY or TOPIC	OTHER NOTES
1: Jan 6-10	Course Introduction & Overview Physical Literacy	Chapter 1
2: Jan 13-17	Early Motor Development	Chapter 4
3: Jan 20-24	Development of Human Locomotion	Chapter 5 Jan 22: Presentations 1
4: Jan 27- 31	Development of Ballistic Skills	Chapter 6 Jan 29: Presentations 2
5: Feb 3- 7	Development of Manipulative Skills Part 1	Chapter 7 Feb 5: Presentation 3
6: Feb 10-14	Development of Manipulative Skills Part 2 Sport for Life and Indigenous Sport for Life	Feb 12: Presentation 4
7: Feb 17-21	Family Day & Reading Week – College Closed	
8: Feb 24 – 28	Development of Body Systems	Chapter 9
9: Mar 3- 7	Growth, Maturation and Aging	Chapter 10 Mar 6: Presentation 5
10: Mar 10-14	Development of Cardiorespiratory Endurance	Chapter 10 Mar 13: Presentation 6
11: Mar 17-21	Weight Status, Fitness and Motor Competence	Chapter 12
12: Mar 23-27	Prenatal Fitness	No text chapter
13: Mar 30 – Apr 3	Sociocultural Constraints Interactions Among Constraints	Chapter 15 & 18
14: Apr 6-10	Technology & Physical Activity in Youth	Apr 10: Final Project Due

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams). <https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Article Summary & Presentation	15%
Article Summary Group Discussion Contributions	5%
In-class Assignments (Various due Dates: 6 x 5% each)	30%
Practical Reflections and Participation (approx. 4)	10%
Case Study Submission (Due: March 16)	15%
Final Project (Due: April 10)	25%
<div>If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the Grade Review and Appeals policy for more information. https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf</div>	<div>TOTAL 100%</div>

COURSE GUIDELINES & EXPECTATIONS

If a student is absent, **the student** is responsible for any information they miss (i.e., information related to class material, group discussions, assignment format/content and dates). Students should obtain the missed information from their peers or D2L before asking the instructor.

In-class assignments are introduced during lecture times and coincide with the material covered in class that week. These assignments are due at the end of the weekend immediately following the release of the assignment (Sunday 11:59pm on D2L). If a student misses class, it is up to **the student** to obtain any information and submit assignments they have missed.

Group work is not mandatory in this course. However, students are encouraged to work in groups when allowed for assignments (see assignment details on D2L). Each group member must make their own submission for assignments (unless specified by the instructor), however all members of the group will receive the same grade unless otherwise requested. Group members first and last names must be included on each group work submission.

A 20% deduction per day late on in-class assignments. In-class assignments will not be accepted past Tuesday at midnight. All other late assignments receive **a 10% deduction per day** past the due date and will not be accepted beyond 5 days late.

SCHOOL OR DEPARTMENTAL INFORMATION

Mandatory Attendance for First Class Meeting of Each Course

This section of KIN 280 has mandatory attendance for the first week of classes. If you do not attend, and do not provide your instructor with acceptable communication and a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the “Attendance” section under “Registration Policies for Students” [Registration Policies for Students | Camosun College](#)

Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D		1
0-49	F	Minimum level has not been achieved.	0

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit camosun.ca/services.

Support Service	Website
Academic Advising	camosun.ca/services/academic-supports/academic-advising
Accessible Learning	camosun.ca/services/academic-supports/accessible-learning
Counselling	camosun.ca/services/health-and-wellness/counselling-centre
Career Services	camosun.ca/services/co-operative-education-and-career-services
Financial Aid and Awards	camosun.ca/registration-records/financial-aid-awards

Support Service	Website
Help Centres (Math/English/Science)	camosun.ca/services/academic-supports/help-centres
Indigenous Student Support	camosun.ca/programs-courses/iecc/indigenous-student-services
International Student Support	camosun.ca/international
Learning Skills	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills
Library	camosun.ca/services/library
Office of Student Support	camosun.ca/services/office-student-support
Ombudsperson	camosun.ca/services/ombudsperson
Registration	camosun.ca/registration-records/registration
Technology Support	camosun.ca/services/its
Writing Centre	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>
Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

Academic Accommodations for Students with Disabilities

Camosun College is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging appropriate academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a documented disability and think you may need accommodations, you are strongly encouraged to contact the Centre for Accessible Learning (CAL) and register as early as possible. Please visit the CAL website for more information about the process of registering with CAL, including important deadlines: <https://camosun.ca/cal>

Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <https://camosun.ca/registration-records/tuition-fees#deadlines>.

Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal (see [policy](#)). Please visit <https://camosun.ca/services/forms#medical> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and camosun.ca/services/sexual-violence-support-and-education. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-370-3841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <https://camosun.ca/sites/default/files/2021-05/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Looking for other policies?

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.