

# COURSE SYLLABUS



COURSE TITLE: Growth & Development

CLASS SECTION: KIN 280-002

TERM: Winter 2024

COURSE CREDITS: 3

DELIVERY METHOD(S): in person

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

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

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## INSTRUCTOR DETAILS

NAME: Arielle Nash

EMAIL: [nashar@camosun.ca](mailto:nashar@camosun.ca)

OFFICE: PISE 306I

HOURS: Thursdays 11:45-12:45 (or 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.*

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## 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):**

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## 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

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1. **Textbook** (with HKPropel Access): Haywood & Getchell, available in the bookstore as hard copy or from Human Kinetics as ebook.

Haywood, K. and Getchell, N. (2020). Life Span Motor Development (7<sup>th</sup> Edition). Human Kinetics.

Ebook: [Life Span Motor Development 7<sup>th</sup> Edition Ebok with HKPropel Access – Human Kinetics Canada](#)

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

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

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Lectures:            Wednesdays    1:00-2:20 PM    Portable A 103  
                               Fridays                12:00-1:20 PM    CHW 341

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

**Note that number of presentations and dates may vary based on final course enrollment.**

WEEK	ACTIVITY or TOPIC	OTHER NOTES
1: Jan 8-12	Course Introduction & Overview Physical Literacy	Chapter 1 <b>Jan 12: Assignment 1</b>
2: Jan 15-19	Early Motor Development	Chapter 4 <b>Jan 19: Assignment 2</b>
3: Jan 22-26	Development of Human Locomotion	Chapter 5 <b>Jan 26: Presentation 1</b> <b>Jan 26: Assignment 3</b>
4: Jan 29- Feb 2	Development of Ballistic Skills	Chapter 6 <b>Feb 2: Presentation 2</b>
5: Feb 5- 9	Development of Manipulative Skills Part 1	Chapter 7 <b>Feb 7: Assignment 4</b> <b>Feb 9: Presentation 3</b>
6: Feb 12-16	Development of Manipulative Skills Part 2 Sport or Life and Indigenous Sport for Life	<b>Feb 14: Assignment 5</b> <b>Feb 16: Presentation 4</b>
7: Feb 19-23	Family Day & Reading Week – College Closed	
8: Feb 26 – Mar 1	Development of Body Systems	Chapter 9 <b>Feb 28: Assignment 6</b>
9: Mar 4- 8	Growth, Maturation and Aging	Chapter 10 <b>Mar 8: Presentation 5</b> <b>Mar 8: Assignment 7</b>
10: Mar 11-15	Development of Cardiorespiratory Endurance	Chapter 10 <b>Mar 13: Assignment 8</b> <b>Mar 15: Presentation 6</b>

WEEK	ACTIVITY or TOPIC	OTHER NOTES
11: Mar 18-22	Weight Status, Fitness and Motor Competence Prenatal Fitness	Chapter 12 <b>Mar 22: Assignment 9</b>
12: Mar 25-29	Sociocultural Constraints Interactions Among Constraints	Chapter 15 & 18 <b>Mar 27: Assignment 10</b>
13: Apr 1-5	Athletes with Disabilities Special Olympics and the LTAD Model	<b>Apr 3: Case Study Due</b> <b>Apr 5: Assignment 10</b>
14: Apr 8-12	Technology & Physical Activity in Youth (if time) Catch-Up Week	<b>Apr 12: Final Project Due</b>
	There is no final exam for this course.	

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

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DESCRIPTION	WEIGHTING
Article Summary & Presentation	15%
Article Summary Group Discussions	5%
In-class Assignments (approx. 10)	40%
Case Study Submission	10%
Final Project	30%
	<b>TOTAL</b> 100%

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](https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf) policy for more information.

<https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf>

## COURSE GUIDELINES & EXPECTATIONS

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If a student is absent, **the student** is responsible for any information they miss (i.e., information related to class material, group discussions, exam 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

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### Mandatory Attendance for First Class Meeting of Each Course

This section of KIN 280 requires mandatory attendance for the first class meeting of the course. If you do not attend, and do not provide your instructor with 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

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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

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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](https://camosun.ca/services).

Support Service	Website
Academic Advising	<a href="https://camosun.ca/services/academic-supports/academic-advising">camosun.ca/services/academic-supports/academic-advising</a>
Accessible Learning	<a href="https://camosun.ca/services/academic-supports/accessible-learning">camosun.ca/services/academic-supports/accessible-learning</a>
Counselling	<a href="https://camosun.ca/services/health-and-wellness/counselling-centre">camosun.ca/services/health-and-wellness/counselling-centre</a>
Career Services	<a href="https://camosun.ca/services/co-operative-education-and-career-services">camosun.ca/services/co-operative-education-and-career-services</a>
Financial Aid and Awards	<a href="https://camosun.ca/registration-records/financial-aid-awards">camosun.ca/registration-records/financial-aid-awards</a>
Help Centres (Math/English/Science)	<a href="https://camosun.ca/services/academic-supports/help-centres">camosun.ca/services/academic-supports/help-centres</a>
Indigenous Student Support	<a href="https://camosun.ca/programs-courses/iecc/indigenous-student-services">camosun.ca/programs-courses/iecc/indigenous-student-services</a>
International Student Support	<a href="https://camosun.ca/international">camosun.ca/international</a>
Learning Skills	<a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</a>
Library	<a href="https://camosun.ca/services/library">camosun.ca/services/library</a>
Office of Student Support	<a href="https://camosun.ca/services/office-student-support">camosun.ca/services/office-student-support</a>
Ombudsperson	<a href="https://camosun.ca/services/ombudsperson">camosun.ca/services/ombudsperson</a>
Registration	<a href="https://camosun.ca/registration-records/registration">camosun.ca/registration-records/registration</a>
Technology Support	<a href="https://camosun.ca/services/its">camosun.ca/services/its</a>
Writing Centre	<a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</a>

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](https://camosun.ca/services/sexual-violence-support-and-education). To contact the Office of Student Support: [oss@camosun.ca](mailto: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.