

# COURSE SYLLABUS



COURSE TITLE: SPMA 340

CLASS SECTION: 001

TERM: Winter 2023

COURSE CREDITS: 3

DELIVERY METHOD(S): Face to Face

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

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

For COVID-19 information please visit <https://legacy.camosun.ca/covid19/index.html>.

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*Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.*

## INSTRUCTOR DETAILS

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NAME: Charles Parkinson

EMAIL: [parkinsonc@camosun.bc.ca](mailto:parkinsonc@camosun.bc.ca), [cparkinson@shaw.ca](mailto:cparkinson@shaw.ca)

OFFICE: 305

HOURS: Tues 10-11 am, Thurs 10-11 am

*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

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Students will study the Long-Term Development (LTD) movement including the overall system and its role, impacts and delivery for physical activity and sport in Canada. Students will study and apply the principles, components and underlying factors of LTD as they relate to the development of physical literacy, understanding the podium pathway, and the commitment to increase the degree to which all Canadians remain active for life. Students will gain an understanding of Indigenous sport development and its long-term development pathway, as well as long-term development for people with disabilities and the inclusion of new Canadians.

PREREQUISITE(S): None

CO-REQUISITE(S): None

EXCLUSION(S): None

## COURSE LEARNING OUTCOMES / OBJECTIVES

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Upon successful completion of this course a student will be able to:

- Understand and explain the role and function of Canadian Sport for Life (S4L) and its importance to sport development and participation in Canada.
- Explain and present to external audiences (parents, teachers, administrators) the principles of long-term athlete development (LTD) for able-bodied athletes and athletes with a disability.
- Examine the use of LTD in sport and physical activity in Canada through selected case studies detailing athlete pathway programming.
- Undertake program analysis of a chosen sport to determine gaps and strategies aligned with principles of LTD.
- Develop LTD programming for a sport that supports LTD principles.

## REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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No course textbook. Readings will be assigned and available on D2L

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

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

DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES	ROOM
Tues, Jan 10	Course Outline & Introductions	8:30-9:50	PISE 329A
Thurs, Jan 12	Context for S4L in Canada	8:30-9:50	CHW 340
Tues, Jan 17	Overview of LTD1	8:30-9:50	PISE 329A
Thurs, Jan 19	Overview of LTD2	8:30-9:50	CHW 340
Tues, Jan 24	Overview of LTD3	8:30-9:50	PISE 329A
Thurs, Jan 26	LTD Worksheet #1	8:30-9:50	CHW 340
Tues, Jan 31	Indigenous Sport	8:30-9:50	PISE 329A
Thurs, Feb 2	Indigenous Sport Worksheet #2	8:30-9:50	CHW 340
Tues, Feb 7	Intro to Physical Literacy	8:30-9:50	PISE 329A
Thurs, Feb 9	Sensitive Periods of Training	8:30-9:50	CHW 340
Tues, Feb 14	Developmental Age	8:30-9:50	PISE 329A
Thurs, Feb 16	Specialization	8:30-9:50	CHW 340

DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES	ROOM
Tues, Feb 21	Reading Break	8:30-9:50	PISE 329A
Thurs, Feb 23	Reading Break	8:30-9:50	CHW 340
Tues, Feb 28	Mid Term Exam	8:30-9:50	PISE 329A
Thurs, Mar 2	10 S's of Training and Performance 1	8:30-9:50	CHW 340
Tues, Mar 7	10 S's of Training and Performance 2	8:30-9:50	PISE 329A
Thurs, Mar 9	10 S's Worksheet #3	8:30-9:50	CHW 340
Tues, Mar 14	Cognitive, Mental & Emotional Development	8:30-9:50	PISE 329A
Thurs, Mar 16	Introduction to Periodization	8:30-9:50	CHW 340
Tues, Mar 22	Planning the Season & Sessions	8:30-9:50	PISE 329A
Thurs, Mar 23	Competition Planning	8:30-9:50	CHW 340
Tues, Mar 28	Putting it All Together – Worksheet #4	8:30-9:50	PISE 329A
Thurs, Mar 30	Alignment & Integration	8:30-9:50	CHW 340
Tues, Apr 4	Athletes with a Disability	8:30-9:50	PISE 329A
Thurs, Apr 6	Sport for Life for New Canadians	8:30-9:50	CHW 340
Tues, Apr 12	Worksheet #5	8:30-9:50	PISE 329A
Thurs, Apr 13	Review	8:30-9:50	CHW 340

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 noticed is required. Deadlines scan be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

## EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING	DUE DATE
Mid-Term Exam	25	Tues, Feb 28
Worksheets (5% - 10% each – in class, based on course lectures and material)	25	Various
Overview of Sport Specific LTD Model	25	Tues, Apr 4
Final Exam	25	TBA
<b>TOTAL</b>	100%	

## COURSE GUIDELINES & EXPECTATIONS

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Commitment to your learning is a collaboration between yourself, your instructor, and your classmates. Please be prepared to participate fully.

You can expect your instructor to:

- Begin classes on time
- Be prepared for class every day
- Treat every member of the class with respect
- Engage in activities that will benefit your learning
- Foster an open and supportive environment in which to learn

Your instructor expects of you to:

- Be on time for class every day
- Treat others in the class with respect
- Take an active part in your own learning
- Be supporting and accepting of the views of others

## SCHOOL OR DEPARTMENTAL INFORMATION

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Final examinations may be scheduled at any time during the examination period by Camosun College. All students are expected to write the final exam at the time, date, and location set by the Office of the Registrar. Students should therefore avoid making prior travel, employment, or other commitments for this period. If a student is unable to write an exam through no fault of his or her own for medical or other reason(s), valid documentation must be provided, and it must be discussed with the instructor well in advance of the exam date. If the student is absent for an exam (written or practical) and has not made arrangements with the instructor in advance, a zero grade will be applied.

## 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 <http://camosun.ca/students/>.

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Support Service	Website
Academic Advising	<a href="http://camosun.ca/advising">http://camosun.ca/advising</a>

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Support Service	Website
Accessible Learning	<a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a>
Counselling	<a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>
Career Services	<a href="http://camosun.ca/coop">http://camosun.ca/coop</a>
Financial Aid and Awards	<a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>
Help Centres (Math/English/Science)	<a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>
Indigenous Student Support	<a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>
International Student Support	<a href="http://camosun.ca/international/">http://camosun.ca/international/</a>
Learning Skills	<a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>
Library	<a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>
Office of Student Support	<a href="http://camosun.ca/oss">http://camosun.ca/oss</a>
Ombudsperson	<a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>
Registration	<a href="http://camosun.ca/registration">http://camosun.ca/registration</a>
Technology Support	<a href="http://camosun.ca/its">http://camosun.ca/its</a>
Writing Centre	<a href="http://camosun.ca/writing-centre">http://camosun.ca/writing-centre</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 Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](http://camosun.ca/services/accessible-learning/) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

### Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

### Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/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 <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

### Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

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

Camosun College requires mandatory attendance for the first class meeting of each 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 and Procedures" (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

### 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. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> 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: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and [camosun.ca/sexual-violence](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-3703841

### 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 <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

**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.