

COURSE SYLLABUS



COURSE TITLE: SPMA 340

CLASS SECTION: 001

TERM: Winter 2025

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>.

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

NAME: Charles Parkinson

EMAIL: parkinsonc@camosun.bc.ca, cparkinson@shaw.ca

OFFICE: 305

HOURS: Tues 12:30-1:30 pm, Thurs 12:30-1:30 pm

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 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

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

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

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

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 7 | Course Outline & Introductions | 10:30-11:50 | PISE 329B |
| Thurs, Jan 9 | Context for S4L in Canada | 8:30-9:50 | CHW 351 |
| Tues, Jan 14 | Overview of LTD1 | 10:30-11:50 | PISE 329B |
| Thurs, Jan 16 | Overview of LTD2 | 8:30-9:50 | CHW 351 |
| Tues, Jan 21 | Overview of LTD3 | 10:30-11:50 | PISE 329B |
| Thurs, Jan 23 | LTD Worksheet #1 | 8:30-9:50 | CHW 351 |
| Tues, Jan 28 | Indigenous Sport | 10:30-11:50 | PISE 329B |
| Thurs, Jan 30 | Indigenous Sport Worksheet #2 | 8:30-9:50 | CHW 351 |
| Tues, Feb 4 | Intro to Physical Literacy | 10:30-11:50 | PISE 329B |
| Thurs, Feb 6 | Sensitive Periods of Training | 8:30-9:50 | CHW 351 |
| Tues, Feb 11 | Developmental Age | 10:30-11:50 | PISE 329B |
| Thurs, Feb 13 | Specialization | 8:30-9:50 | CHW 351 |

| DATE RANGE | ACTIVITY or TOPIC | OTHER NOTES | ROOM |
|---------------|-------------------------------------------|-------------|-----------|
| Tues, Feb 18 | Reading Break | 10:30-11:50 | PISE 329B |
| Thurs, Feb 20 | Reading Break | 8:30-9:50 | CHW 351 |
| Tues, Feb 25 | Mid Term Exam | 10:30-11:50 | PISE 329B |
| Thurs, Feb 27 | 10 S's of Training and Performance 1 | 8:30-9:50 | CHW 351 |
| Tues, Mar 4 | 10 S's of Training and Performance 2 | 10:30-11:50 | PISE 329B |
| Thurs, Mar 6 | Worksheet #3 | 8:30-9:50 | CHW 351 |
| Tues, Mar 11 | Cognitive, Mental & Emotional Development | 10:30-11:50 | PISE 329B |
| Thurs, Mar 13 | Sport for Life for New Canadians | 8:30-9:50 | CHW 351 |
| Tues, Mar 18 | Athletes with a Disability | 10:30-11:50 | PISE 329B |
| Thurs, Mar 20 | System Alignment & Integration | 8:30-9:50 | CHW 351 |
| Tues, Mar 25 | Competition Planning | 10:30-11:50 | PISE 329B |
| Thurs, Mar 27 | Introduction to Planning & Periodization | 8:30-9:50 | CHW 351 |
| Tues, Apr 1 | Planning the Season & Sessions | 10:30-11:50 | PISE 329B |
| Thurs, Apr 3 | Putting it All Together – Worksheet #4 | 8:30-9:50 | CHW 351 |
| Tues, Apr 8 | Putting it All Together – Worksheet #4 | 10:30-11:50 | PISE 329B |
| Thurs, Apr 10 | Review | 8:30-9:50 | CHW 351 |

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 25 |
| Worksheets (5% - 10% each – in class, based on course lectures and material) | 25 | As per the course schedule |
| Overview of Sport Specific LTD Model | 25 | Thurs, Apr 3 |
| Final Exam | 25 | TBA |
| TOTAL | 100% | |

COURSE GUIDELINES & EXPECTATIONS

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

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

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

Support Service

Website

Academic Advising

<http://camosun.ca/advising>

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

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

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](#) 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. To contact the Office of Student Support: 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.