

PEDS – PHYSICAL EDUCATION & SPORT

PEDS 100

Structural Anatomy

3 Credits **Weekly (3-2-0)**

Students are introduced to the study of human anatomy. Students learn structural and functional components of selected systems of the human body. Restriction: Physical Education students.

PEDS 101

Introduction to Human Physiology

3 Credits **Total (45-4-0)**

This course provides an introduction to human physiology from the cellular to systemic level with special emphasis on systems that adapt to exercise stress.

Prerequisites: Biology 30.

PEDS 102

Foundations of Human Movement

3 Credits **Weekly (1.5-2-0)**

Students are introduced to the study of human movement, movement principles and processes using a participatory and experiential approach. Locomotor and voluntary movement are explored through the multiple sub-disciplines of Kinesiology. The course informs the understanding of performance, instruction of motor tasks, and development of basic control, positioning, and successful execution of movement.

PEDS 103

Integrative Human Physiology

3 Credits **Total (45-4-0)**

This course focuses on the regulation, control and integration of cellular functions in the human body with special emphasis on systems that respond to exercise stress.

Prerequisites: Minimum grade of C- in PEDS 101.

PEDS 109

Statistics, Measurement, and Evaluation

3 Credits **Weekly (3-0-0)**

This course focuses largely upon the application of descriptive and inferential statistics in the context of quantitative and qualitative research. The course also introduces students to basic principles surrounding measurement error, test reliability, and validity. Note: Students cannot receive credit for PEDS 109 if they received credit for PEDS 309, PSYC 211, SOCI 210, STAT 141, or STAT 151.

PEDS 200

Physiology of Exercise

3 Credits **Weekly (3-2-0)**

An introduction to physiological adaptations to stress of exercise and training.

Prerequisites: Minimum grade of C- in PEDS 101.

PEDS 201

Applied Ethics in Physical Education and Sport

3 Credits **Weekly (2-0-1)**

This course provides students with a philosophical examination of ethical issues in the professional practice of physical education and sports studies.

Prerequisites: PERL 104.

PEDS 203

Skill Acquisition and Performance

3 Credits **Weekly (3-0-0)**

The course presents a psychological approach to understanding human motor behaviour. The course examines the processes involved in learning motor skills and controlling movement and the factors that influence acquisition and performance. Restricted to Physical Education Students.

PEDS 205

Introduction to Outdoor Environmental Education

3 Credits **Weekly (2-2-0)**

Students are introduced to outdoor environmental education, wilderness travel and outdoor leadership on a conceptual, theoretical and experiential basis. There is particular emphasis on the Alberta and Canadian context. This course requires weekend commitment.

PEDS 206

Biomechanics

3 Credits **Weekly (3-1-0)**

This course focuses on the methods to perform qualitative biomechanical analyses of human movement. These analyses involve the application of appropriate mechanical principles and the relationships between these principles. Note: Restricted to Physical Education students.

Prerequisites: A minimum grade of C- in PEDS 100 or PEDS 294.

PEDS 207

Physical Growth and Psychomotor Development

3 Credits **Weekly (3-0-0)**

This course focuses on the study of concepts and principles appropriate to physical growth and development and to skill acquisition during the lifespan. Attention is given to information that recognizes the sequential changes in physical growth and motor development with an emphasis on individual differences.

PEDS 209

Research Methods in Kinesiology

3 Credits **Weekly (3-0-0)**

Students acquire an overview of research procedures used in kinesiology with an emphasis on the practical application of research techniques and designs. Topics covered include research design, ethics in research, information retrieval, data collection methods, subject selection, sources of error, types of research, and presenting results. Note: Credit will be granted for only one of PEDS 209 or 409.

Prerequisites: PEDS 109 or 309 or STAT 141 or 151.

PEDS 240

Introduction to Sports Injury Management

3 Credits **Weekly (3-1.5-0)**

Analysis of practical and theoretical concepts of sports injury. Includes an overview of sports medicine, care and prevention of injuries, and safety in athletics and physical education. Restriction: Physical Education students.

Prerequisites: Minimum grade of C- in PEDS 100.

PEDS 245**Introduction to the Profession of Coaching****3 Credits Weekly (3-0-0)**

This course examines the principles of coaching as they relate to the development of the athlete, the role of the coach, and the organization of sport in contemporary society. This course presents basic coaching theory that is applicable to a variety of sport settings with the focus on the practice and the season. Upon successful completion of the course, students will complete their Introduction to Competition and Part A & B Multi Sport Theory certification with the National Coaching Certification Program (NCCP). Additional fees for NCCP are required. (This fee is included as part of textbook costs and are administered through the MacEwan Bookstore.)

PEDS 246**Coaching Practicum I****3 Credits Total (0-0-100)**

The purpose of this course is to provide the student with a practical coaching experience under the guidance of a head coach. It is intended to introduce the student to the demands of coaching. Students are required to coach for a complete season as an Assistant Coach in a program approved by the student's coaching mentor. Note: At least 100 hours of outside classroom time is required.

Prerequisites: Minimum grade of C- in PEDS 245.

PEDS 293**Introduction to the Movement Activities of Children****3 Credits Total (20-25-0)**

A study of developmentally appropriate movement activities for children 5-12 years of age. Students participate and work with children in a variety of physical activities in recreational, educational and sport environments.

PEDS 294**A Conceptual Approach to Physical Activity****3 Credits Weekly (0-0-3)**

This course is a study of the fundamental movement concepts and principles that underlie the physical activities engaged in by youth of secondary school age. The focus of the course is on the development of a conceptual understanding of movement; therefore, a wide range of activities and their contexts are examined and experienced. Restriction: BPE and BEd (Physical Education majors/minors) only. (Note: credit will only be granted for one of PACT 101 or PEDS 294)

PEDS 391**Scientific Basis of Human Movement****3 Credits Weekly (3-0-0)**

This is a lecture course with an emphasis on introductory knowledge and practical implications of the structural, functional characteristics and capabilities of the human body with respect to human movement.

Prerequisites: Biology 30.