# Course Name:
**KNPE 237/3.0**
Child and Adolescent Motor Development

# Course Instructor:
Nicholas Held

# Contact Hours:
Lectures: 2 x 1.5 hrs / 12 weeks

# Prerequisites:
Reserved for BPHEH, BSCH KINE
Must have second year standing or above.

# Exclusion:
PHED 237/3.0, PPHE 237/3.0

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## Course Description:
This course is designed to provide students with a foundation of knowledge that will help them understand motor development and physical activity capabilities. Mainly, this course is an exploration of behavioural and biological research on physical activity, and how it relates to the psychosocial, structural, and physiological development of children and adolescents.

## Course Texts:

Lecture notes and other materials will be posted on onQ

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## Course Evaluation:
- Independent reading assignments: 20%
- Course written assignment: 20%
- Midterm exam: 25%
- Final exam: 35%

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## Course Outline

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<th>Fundamental Concepts</th>
<th>Manipulative Skills</th>
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<td>Theories in Motor Development</td>
<td>Sensory-Perceptual Development</td>
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<tr>
<td>Principles of Motion and Stability</td>
<td>Perception/Action Development</td>
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<tr>
<td>Physical Growth and Aging</td>
<td>Sociocultural Constraints</td>
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<tr>
<td>Development/Aging of the Body Systems</td>
<td>Psychosocial Constraints</td>
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<tr>
<td>Early Motor Development</td>
<td>Functional Constraints/Structural Constraints</td>
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<tr>
<td>Locomotion Skills</td>
<td>Interactions Among Constraints</td>
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<td>Ballistic Skills</td>
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