Course Name: KNPE 337/3.0
Physical Activity Promotion for Children and Youth

Course Instructor: Jennifer Turnnidge

Contact Hours:
Lectures: 1 x 2 hrs/wk
Practicum: 1.5 hrs/wk
Off Campus Activity: 24 hours

Transportation and other costs (e.g. required Criminal Checks) are the responsibility of the student.

Prerequisite:
(KNPE 237/3.0 or HLTH 270/3.0) and permission of the SKHS Undergraduate Coordinator).
Level 3 or above in a KINE, HLTH Major or Medial Plan.

Exclusion:

Course Description:
KNPE 337 introduces students to the principles involved with promoting physical activity among children and youth. This course explores topics such as theoretical models of motivation, interest, and interpersonal behaviours, designing and implementing enjoyable, challenging, and appropriate physical activities, as well as creating inclusive physical activity environments. Students will also explore how early physical activity experiences can promote life-long engagement and contribute to children’s broader development. This course places an emphasis on translating theory into practice. Through activity-based classroom sessions and community-based placements, students will have the opportunity to integrate and apply course content within the community.

Course Texts:
Course materials will be posted on OnQ.

Intended Student Learning Outcomes:
- Demonstrate a comprehensive understanding of the factors that shape the quality of physical activity experiences and their influence on children’s and youth’s development
- Develop skills to design and effectively deliver physical activity programming in a variety of settings, including classrooms, gymnasiums, and playgrounds
- Evaluate and critique the appropriateness of different approaches to promoting physical activity among

Course Evaluation:
- Initial reflection 5%
- Participation 10%
- Placement evaluation 20%
- Physical activity design/presentation 20%
- Observation assignment 30%
- Final reflection paper 15%
children and youth

- Apply course content to practical settings
- Reflect on connections and/or gaps between course content and practical implementation

<table>
<thead>
<tr>
<th>Course Outline</th>
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</thead>
<tbody>
<tr>
<td>Benefits and Barriers to Physical Activity</td>
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<tr>
<td>Exploring Different Types of Physical Activities for Children and Youth</td>
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<tr>
<td>Motivation and Interest</td>
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<td>Designing Engaging Activities</td>
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<tr>
<td>Physical Activity Leadership</td>
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<tr>
<td>Leading Effectively</td>
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<tr>
<td>Physical Activity Environments</td>
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<tr>
<td>Creating Appropriate Physical Activity Settings</td>
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<tr>
<td>Inclusive Physical Activity Experiences</td>
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<tr>
<td>Designing Physical Activity Modifications</td>
</tr>
<tr>
<td>Revisiting Physical Literacy</td>
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