



Department of Kinesiology & Physical Education - EDKP-232-001/002

Health Related Fitness (3 Credits)

General Information:

Instructor: Michael Creamer

Office # 211

E-mail: michael.creamer@mail.mcgill.ca

Office hours: Office hours: By appointment

Class meeting time: Section 001: Monday 8:35-9:55 and Wednesday 10:05-11:25

Section 002: Monday 10:05-11:25 and Wednesday 8:35-9:55

Course Materials:

All course materials will be available on MyCourses in the content section.

Course Description and Topics:

Participation in activities surrounding the components of cardiovascular fitness, strength, and flexibility. Exposure to a variety of fitness assessments as well as how these assessments can be used to connect to the Quebec Physical Education Curriculum's student plans of action in regard to overall health and well-being.

Special emphasis will be placed on 5 of the **13 Core Professional Competencies** required by the *Ministère de l'Éducation et de l'Enseignement supérieur*.

Learning Outcomes: **Course Objectives:** At the end of this course, the student should be able to:

Demonstrate thorough knowledge of, and the ability to teach fitness and health topics, use and implement fitness testing assessments and lifestyle habit surveys for elementary and secondary levels in physical education and health.

Understand, demonstrate, and develop their own teaching material with regards to all topics of health-related fitness in developing Competency 3 at elementary and secondary level.

Understand and use the C3 Learning and Evaluation Situation from MEES for Competency 3 for elementary and secondary levels.

Understand the evaluation process for Competency 3 using the Frameworks for Evaluation of Learning from MEES

Instructional method:

LABS/ discussion/ group presentation.
Peer teaching activities

Means of Evaluation:

Peer Teaching 1 (20%)
Discussion Posts x 4 (20%)
Activity Logbook (60%)
 Table of Contents (5%)
 Organization (5%)
 Activity/Games Writeups (30%)
 LES Outline (10%)
 Resource Page (10%)

Course-Specific Application of Professional Competencies



Department of Kinesiology and Physical Education

Methods of Evaluation and Learning Activities

Practical Peer Teaching/Reflection: In small groups, students will teach a specific activity or skill and apply appropriate progressions of learning. Individually, Students will reflect on their peer teaching act.

Logbook: Students will work to create a logbook containing lessons and other resources that they may use in the future.

Targeted Professional Competencies within EDKP 225

PC1	PC2	PC3	PC4	PC5	PC6	PC7	PC8	PC9	PC10	PC11	PC12	PC13
		✓	✓		✓		✓				✓	

Professional Competency 3: Design and plan teaching and learning activities and situations that are appropriate for the students, the learning content, and the education objectives.

Professional Competency 4: Implement and supervise teaching and learning situations appropriate to the students and the educational aims.

Professional Competency 6: Organize and manage a class in such a way as to maximize student development, learning and socialization.

Professional Competency 8: Cultivate the students' natural desire to learn, their sense of discovery, and their curiosity by bringing together the conditions required to help them all thrive.

Professional Competency 12: Use digital technologies to benefit students and all education stakeholders.

Course topics:

ALL C3 Progression of Learning MEES- *for both Elementary and Secondary Levels*

- Healthy and Active Lifestyle
- Regular physical activity
 - Target heart rate
 - Training
 - Pacing
 - Recovery
- Fitness Testing
 - Flexibility
 - Cardiovascular endurance
 - Strength and Endurance
 - Posture
- Physiological benefits from physical activity
- Stages of physical activity
- Effects of a sedentary lifestyle
- Safe Participation in Physical Activity
- Warm up & cool down.
- Hygiene as part of a healthy and active lifestyle
- Relaxation – Stress Management
- Anatomy and Physiology
- Nutrition related to physical activity & performance (secondary level)
- Sleep
- Effects of different substances on performance (secondary level)

Additional information:

Policy Regarding Late Assignments:

- No assignments or reports will be accepted late without penalty.
- All late assignments and reports will be devalued by 10% per day late to a maximum of 5 days (including weekend days). Example: 1 day late = $80/100 - 10\% = 70/100$.
- Assignments will not usually be graded after the 5-day maximum but they may be reviewed for the quality of the content.
- All assignments must be completed to pass this course.

Professionalism is paramount, requiring regular attendance, active participation, and punctuality during class. Students are permitted to miss a total of two unexcused classes. All subsequent absences require medical documentation. Medical documentation must be dated, signed, and provided to the instructor no more than 3 days after your absence. After two absences, we will meet in person to assess if additional work is needed to meet the course expectations. More than 2 unexcused absences may result in an “F” for the course.

Varsity Athletes: Varsity athletes must submit a formal letter of leave when traveling for a game. Documents must be signed, dated, and submitted before the absence.

Due to The frequent absences in the past, the following will apply to peer teaching.
“Unless excused by a valid doctor's note or a signed attestation by a varsity coach for an exterior competition, ANY student absent from class during peer teaching will lose 5% from their peer teaching grade. Two absences during this time will result in a 10% loss etc...”

Furthermore

All written assignments should adhere to APA format and must be typed (Times New Roman, 12-point font, double-spaced, 1-inch margins on all sides), be fully secured when submitted, have a title page, and be properly referenced (including Internet items).

Please consult the library website and content on MyCourses for guidance in literature searches, citation management software, and APA format:

<https://flash1r.apa.org/apastyle/basics/index.htm>

Caveat:

Attendance for all assigned matters is mandatory. A missed test/assignment will result in a grade of zero for that evaluation. Students expecting to miss an assignment/test must contact the instructor as soon as possible, provide documentation to support the reason for absence, and be given permission to miss the assignment. Acceptability for missing an assignment may be limited to medical and personal emergencies but will be evaluated on a case-by-case basis.

McGill University Policy on Academic Integrity, Written Work & Accommodation of Religious Holy Days

McGill University values academic integrity. Therefore, all students must understand the meaning and consequences of cheating, plagiarism, and other academic offences under the Code of Student Conduct and Disciplinary Procedures.

L'université McGill attache une haute importance à l'honnêteté académique. Il incombe par conséquent à tous les étudiants de comprendre ce que l'on entend par tricherie, plagiat et 4

autres infractions académiques, ainsi que les conséquences que peuvent avoir de telle actions, selon le Code de conduite de l'étudiant et des procédures disciplinaires (pour de plus amples renseignements, veuillez consulter le site

<http://www.mcgill.ca/integrity/>

In accordance with McGill University's Charter of Students' Rights, students in this course have the right to submit in English or French any written work that is to be graded."
(Approved by Senate on 21 January 2009) (not applicable to courses in which acquiring proficiency in a language is one of the objectives) **Les étudiants peuvent écrire et présenter tous les examens et travaux en français.**

Students who, because of religious commitment, cannot meet academic obligations, other than final examinations, on certain holy days are responsible for informing their instructor, with two weeks' notice of each conflict. Possible solutions include a) rescheduling the evaluation, b) preparing an alternative evaluation for that particular student, or c) shifting the weight normally assigned to the evaluation to the weight assigned to the remaining evaluation. When the instructor and student are unable to agree on suitable accommodation, the matter will be referred to the Associate Dean, who may request official documentation confirming the student's religious affiliation. The Associate Dean will convey the decision to the instructor and student.

The work submitted for this assessment is expected to be your own. The use of technologies such as ChatGPT is prohibited and will be considered a violation of the Code of Student Cond

WEEKLY TIME TABLE
EDKP 232 – Health Related Fitness

Weekly schedule and assignment due dates

Monday Section 001 8:35-9:55 Section 002 10:05-11:25	Wednesday Section 001 10:05-11:25 Section 002 8:35-9:55
January 8th Room 152 Introduction, Course Outline, Expectations etc. Online Discussion 1	January 10th Room 152 PPT Elementary Curriculum Online Discussion 1
January 15 th PPT Elementary Curriculum What is an LES-C3 LES Explanation Online Discussion 1	January 17 th Elementary C3 Activities WU/CD Online Discussion 1 Ends
January 22nd Elementary C3 Activities WU/CD	January 24th Elementary C3 Activities WU/CD Logbook ToC (5%) and Resource Page Due (10%)
January 29th Elementary C3 Activities Anatomy/Physiology/Stress Online Discussion 2	January 31st Elementary C3 Activities + Planning Peer Teaching 1 Online Discussion 2
February 5th Peer Teaching #1 (20%) Online Discussion 2	February 7 th Peer Teaching #1 (20%) Online Discussion 2 Ends
February 12 th Peer Teaching #1 (20%)	February 14 th Room 152 PPT Secondary Curriculum
February 19 th Room 152 What is an LES-C3 LES Explanation Online Discussion 3	February 21st Fitness Testing Online Discussion 3

<p>February 26th Fitness Testing Elementary Logbook Activities Due (15%) Online Discussion 3</p>	<p>February 28th Secondary Fitness Activities Online Discussion 3 Ends</p>
<p>March 4th SPRING BREAK</p>	<p>March 6th SPRING BREAK</p>
<p>March 11th Secondary Fitness Activities Online Discussion 4</p>	<p>March 13th Secondary Fitness Activities Online Discussion 4</p>
<p>March 18th Secondary Fitness Activities Online Discussion 4</p>	<p>March 20th Group Work-LES Planning Online Discussion 4 Ends</p>
<p>March 25th Group Work-LES Planning</p>	<p>March 27th Group Work-LES Planning</p>
<p>April 1st No class-Easter</p>	<p>April 3rd Wrap-Up Room 152 FE Briefing for Sec 01/02 LES Due (15%)</p>
<p>April 8th Individual Work of Logbooks</p>	<p>April 10th Individual Work of Logbooks Full Logbook Due (5% Overall+10% Secondary Games)</p>