

School of Kinesiology  
Faculty of Health Sciences  
Western University

**KIN 3347B – A Survey of Physical Growth and Motor Development  
Winter 2019**

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| <b>Instructor:</b> | Dr. Ben Kajaste                          | <b>Office Hours:</b> By appointment only |
| <b>Location:</b>   | HSB Room 236                             | <b>Email:</b> bkajaste@uwo.ca            |
| <b>Lectures:</b>   | Mon. 3:30PM-5:30PM<br>Wed. 3:30PM-4:30PM |  |

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|-------------------------------|----------------------------|
| <b>GTA:</b> Jeff Chamberlain  | <b>GTA:</b> Sarah Deck     |
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**NOTE:** All course information including grades, assignment outlines, deadlines, etc. will be available via OWL. Check the website regularly for course announcements.

**Calendar Course Description:**

An examination of the principles and processes of human physical growth and motor development from birth to maturity. Attention will focus on physical-structural growth, age and sex-associated variation in growth and performance, biologic maturation, and the relationship of these to motor-development/performance during infancy, childhood, and adolescence.

**KIN 3347B**

This course will focus on the sequential changes that occur to our physical growth and motor development from conception to old age. This course will be focusing on the physical, cognitive, perceptual-motor and personal social aspects of human development with an emphasis on the process of physical skill acquisition and subsequent decline. A keen interest will pay particular attention to how individual differences in motor development may arise. For which these variables can play a significant role in our rate of development by which humans acquire motor skills. This course will provide a foundation for students to develop a basic working knowledge of physical growth and motor development from a life span perspective.

**Pre-requisite:**

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course. Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

**Course Format:**

Lectures: **Monday 3:30 pm – 5:30 pm** and **Wednesday 3:30 pm – 4:30 pm**  
Location: **HSB 236**

**Required Text:**

Boyd, D., Johnson, P., & Bee, H., (2017). Lifespan Development (6th Ed.). Canadian Edition. Toronto: Pearson. \*This selected text will be delivered through the REVEL platform, which features integrated chapter quizzes. Please acquire either the all-digital version (ISBN: 9780134664841) or combined (digital + loose leaf; ISBN: 9780134744131) version of the text from the UWO Bookstore before January 9<sup>th</sup>.

**Learning Objectives:**

Upon completion of this course students will be able to:

1. Define motor development and list its objectives
2. Discuss the importance of motor development
3. Critically analyze theories of motor development
4. Classify, assess, and analyze motor behavior
5. Describe changes in perception and action across the lifespan
6. Identify how biological constraints shape motor development
7. Identify how socio-cultural constraints shape motor development
8. Discuss how to facilitate motor development

**Additional Course Material:**

You should go to the OWL site at least twice a week to check for announcements, updates etc. The OWL site may also be used to post relevant supplemental material, and to support discussion among class participants. You will need to login to Revel multiple times per week to do the readings and complete the quizzes.

**Course Evaluation Summary:**

|    |  |     |
|----|--|-----|
| 1. | REVEL Module/Chapter Quizzes                   | 13% |
| 2. | Mid Term Exam (Mar. 4 <sup>th</sup> )          | 30% |
| 3. | Assignment: Developmental Comparison on Tumblr | 22% |
| 4. | Final Cumulative Exam (TBD)                    | 35% |

**Course Evaluation Details:**

1. Revel Chapter/Module online Quizzes (13 Chapters to be covered [1-9, 11, 13, 15, 17]; 13 quizzes = each module quiz worth 1% of final grade) due every Sunday by 11pm for the chapter covered that week in class.

2. Mid Term Exam: In class Monday, March 4<sup>th</sup> (30% of final grade). Format = multiple choice and short answer questions.

3. Assignment (22% of final grade) DUE: April 3<sup>rd</sup>, 2019 in class.

***You are required to complete one group assignment.***

This project involves an in-depth analysis of a specific motor task and then a cross-sectional observation and analysis of the changes that occur across the lifespan. After obtaining consent from the participant or their guardian, you will video the performance of five individuals (males or females), one from each of four different age groups (early childhood, 2-6; later childhood, 6-12; adolescence, 12-18; older adulthood, 60+) as they perform a motor skill that you have chosen.

You will also video yourself performing the skill. Based on literature you have found, describe the performance of each individual, any age related changes that were noted, and discuss why the changes may have occurred.

You must cite five references so that the reader knows where from you obtained your information. Based on the current course enrollment, this project must be completed in groups of four. Each group will choose a different task. Tasks will be given on a first-come- first-serve basis (no more than two of the same task throughout the entire class).

The assignment will be submitted as a Tumblr blog with videos embedded within. The purpose of this is to allow for a rich media interface with practical application. The word min & max (within the blog) will be assigned one month before deadline. Details/grading schemes for each assignment will be given in a separate handout that will be made available on OWL. Some class time will be allotted to allow for coordination within groups to work on the assignments.

**Late assignments will not be graded.**

4. The Final Examination (35% of final grade) TBD (scheduled by Registrar's Office) will be cumulative but weighted towards the material covered after the midterm exam. This will also be a combination of multiple choice and short answer questions.

Make up exams are only permitted for serious and compelling reasons and require documentation (e.g., medical certificate, death certificate).

## Tentative Course Schedule

| <b>Week of</b>       | <b>Topic</b>  | <b>Readings</b>   |
|----------------------|---|---|
| Week 1: Jan 7-11     | Basic Concepts and Methods                              | Chapter 1<br>Revel Online Quiz due Jan. 13 <sup>th</sup> 11pm (1%)  |
| Week 2: Jan 14-18    | Theories of Development                                 | Chapter 2<br>Revel Online Quiz due Jan. 20 <sup>th</sup> 11pm (1%)  |
| Week 3: Jan 21-25    | Prenatal Development and Birth                          | Chapter 3<br>Revel Online Quiz due Jan. 27 <sup>th</sup> 11pm (1%)  |
| Week 4: Jan 28-Feb 1 | Physical, Sensory and Perceptual Development in Infancy | Chapter 4<br>Revel Online Quiz due Feb. 3 <sup>rd</sup> 11pm (1%)   |
| Week 5: Feb 4-8      | Cognitive Development in Infancy                        | Chapter 5<br>Revel Online Quiz due Feb. 10 <sup>th</sup> 11pm (1%)  |
| Week 6: Feb 11-15    | Social and Personality Development in Infancy           | Chapter 6<br>Revel Online Quiz due Feb. 17 <sup>th</sup> 11pm (1%)  |
| Feb 18-22            | NO CLASS  | READING WEEK  |
| Week 7: Feb 25-Mar 1 | Physical and Cognitive Development in Early Childhood   | Chapter 7<br>Revel Online Quiz due Mar. 3 <sup>rd</sup> 11pm (1%)   |
| Week 8: Mar 4-8      | Social and Personality Development in Early Childhood   | Chapter 8<br>Midterm Exam in class March 4 <sup>th</sup> (30%)<br>Revel Online Quiz due Mar. 10 <sup>th</sup> 11pm (1%)   |
| Week 9: Mar 11-15    | Physical and Cognitive Development in Middle Childhood  | Chapter 9<br>Revel Online Quiz due Mar. 17 <sup>th</sup> 11pm (1%)  |
| Week 10: Mar 18-22   | Physical and Cognitive Development in Adolescence       | Chapter 11<br>Revel Online Quiz due Mar. 24 <sup>th</sup> 11pm (1%)   |
| Week 11: Mar 25-29   | Physical and Cognitive Development in Early Adulthood   | Chapter 13<br>Revel Online Quiz due Mar. 31 <sup>st</sup> 11pm (1%)   |
| Week 12: April 1-5   | Physical and Cognitive Development in Middle Adulthood  | Chapter 15<br>Assignment due in class April 3 <sup>rd</sup> (22%)<br>Revel Online Quiz due Apr. 7 <sup>th</sup> 11pm (1%) |
| Week 13: April 8-12  | Physical and Cognitive Development in Late Adulthood    | Chapter 17<br>Revel Online Quiz due Apr. 14 <sup>th</sup> 11pm (1%)   |

## Notes:

1. Over the course of the semester, we will attempt to cover the material indicated. It is possible that we might not complete the suggested material, or that additional material may be added.
2. Lectures will be developed with the text as the primary source, but additional material may be included and slides will not be posted to encourage attendance at lectures.
3. The learning objectives associated with each section are designed to assist the student in focusing their reading and effort. The topics to be discussed cannot be considered exclusive however, and the student is responsible for all material covered.
4. Exam periods have been selected to conflict as little as possible with other scheduled classes. Please report any potential conflicts NOW, do not wait until the week before the exam. Further, exams have been scheduled well in advance, hence, planned vacations, job interviews etc. will not be accepted as valid reasons to miss a scheduled exam. As a general policy, the instructor will not entertain any questions within a one day period before the day of a scheduled exam. Please note that computer software will be employed to check for unusual coincidences in answer patterns that may indicate cheating on multiple choice exams.

## Course/University Policies

**1. Lateness/Absences:** Assignments are due \_\_\_(as stated above)\_\_\_\_\_ and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the instructor. A missed mid-term examination, if applicable without appropriate documentation will result in a zero (0) grade.

### **2. Documentation for Accommodation (Illness, Medical/Non-Medical Absences):**

[https://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/accommodation\\_illness.pdf](https://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_illness.pdf)

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website: [http://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/medicalform.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf)

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for medical requests for accommodation must be submitted within two (2) business days after the end date on the documentation, to the appropriate Academic Counselling Office of the student's Faculty of registration. For KIN students, you may go to the School of Kinesiology in 3M Centre room 2225 NOT to the instructor. It will be the Academic Counselling office that will determine if accommodation is warranted.

An "Accommodation Consideration Request Form" found online [https://www.uwo.ca/fhs/kin/undergrad/files/accommodation\\_request.pdf](https://www.uwo.ca/fhs/kin/undergrad/files/accommodation_request.pdf) or in the Kinesiology Undergraduate Office" for ALL accommodation requests must be submitted into the appropriate Academic Counselling office of the student's Faculty/School of registration. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy.

**3. Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculation errors (which do occur!) should be brought up immediately. 15% of course grades will be posted by the last day to drop a course.

The university-wide descriptor of the meaning of letter grades, as approved by Senate:

|    |          |  |
|----|----------|--|
| A+ | 90-100   | One could scarcely expect better from a student at this level  |
| A  | 80-89    | Superior work that is clearly above average                    |
| B  | 70-79    | Good work, meeting all requirements and eminently satisfactory |
| C  | 60-69    | Competent work, meeting requirements                           |
| D  | 50-59    | Fair work, minimally acceptable.                               |
| F  | below 50 | Fail   |

**4. Scholastic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

[https://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/scholastic\\_discipline\\_undergrad.pdf](https://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf)

A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com <http://www.turnitin.com>

B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

**5. Formatting** (as recommended by the course instructor): example- APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.

**6. Examination Conflict Policy**, Please see the Office of the Registrar policy on Exam Conflict and Multiple Exam Situations [www.registrar.uwo.ca/examinations/exam\\_schedule.html](http://www.registrar.uwo.ca/examinations/exam_schedule.html)

**7. Classroom Behaviour:** Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. Please keep all electronic devices on silent and avoid distracting classmates. .

### **8. Electronic Device Usage:**

**During Exams** - Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cell phones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

**During Lectures and Tutorials:** Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. Please be respectful to your fellow students and turn the sound off. If the professor receives complaints from other students regarding noise or other disruptive behavior (e.g. watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom privileges will be revoked. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

**9. Health and Wellness:** As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery <http://www.mcintoshgallery.ca/>

Further information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: [https://uwo.ca/health/mental\\_wellbeing/education/module.html](https://uwo.ca/health/mental_wellbeing/education/module.html).

Students who are in emotional/mental distress should refer to Mental Health@Western (<http://www.health.uwo.ca/>) for a complete list of options about how to obtain help.

## **STUDENT CODE OF CONDUCT**

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <https://www.uwo.ca/univsec/pdf/board/code.pdf>

**ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES** Visit the website [http://www.uwo.ca/univsec/pdf/academic\\_policies/exam/english.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/exam/english.pdf)

## **SUPPORT SERVICES**

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd//>
2. Student Health & Wellness -- <http://www.health.uwo.ca/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombudsperson Office -- <http://www.uwo.ca/ombuds/>