Bemidji State University

PHED 3100: Motor Development

A. COURSE DESCRIPTION
   Credits: 2
   Lecture Hours/Week: *.*
   Lab Hours/Week: *.*
   OJT Hours/Week: *.*
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None

   An introduction to motor development and related motor theories. Application of these basic motor principles to the teaching of physical education and activity at all levels.

B. COURSE EFFECTIVE DATES: 08/22/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS
   1. Fundamental Concepts
   2. Principles of Motion & Stability
   3. Physical Growth, Maturation, & Aging
   4. Development & Aging of Body Systems
   5. Adult Motor Performance
   6. Assessing Fitness in Elderly
   7. Catch
   8. Development of Ballistic Skills
   9. Development of Body Composition
  10. Development of Cardiorespiratory Endurance
  11. Development of Human Locomotion
  12. Development of Manipulative Skills
  13. Development of Strength & Flexibility
  14. Early Motor Development
  15. Gallop
  16. Hop
  17. Jump
  18. Kick
  19. Punt
  20. Skip
  21. Strike
  22. The Development of Movements in the First Year of Life
  23. Throw
D. LEARNING OUTCOMES (General)

1. demonstrate knowledge of basic motor development knowledge, and the concepts and principles.
2. demonstrate knowledge of physical, neurological, perceptual, and physiological changes that impact motor development during infancy, childhood, adolescence, and adulthood.
3. demonstrate the ability to critically analyze levels of competence in fundamental motor skills in children and elderly, and present findings to class members.
4. demonstrate the ability to critically analyze participant levels of competence in fundamental skills applied to specialized and/or daily living skills of individuals.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted