douglas college

Course Information

A: **Division:** Applied Programs

Date: 26 October 1993

B: **Department:** Child, Family and Community Studies

New Course:

Program: Physical Education

Revision of Course Information Form: X
Dated: September, 1987

C: **PHED 263** — **Subject & Course No.**

D: **Analysis of Individual Sport and Dance Performance** — **Descriptive Title**

E: **3** — **Semester Credit**

F: **Calendar Description:** This course involves the analysis of individual sport and dance performance. Topics include skill analysis, error detection, error correction and the application of sport science principles. An emphasis is placed on aesthetics and the importance of form in performance evaluation.

Summary of Revisions:
(Enter date & section)
Eg. Section C,E,F

H, I, K

G: **Type of Instruction: Hours per Week/per Semester**

Lecture	4	Hrs.
Laboratory		Hrs.
Seminar		Hrs.
Clinical Experience		Hrs.
Field Experience		Hrs.
Practicum		Hrs.
Shop		Hrs.
Studio		Hrs.
Student Directed Learning		Hrs.
Other		Hrs.
TOTAL	4	HOURS

H: Course Prerequisites:

Nil

I: Course Corequisites:

Nil

J: Course for which this Course is a Prerequisite:

~~Nil~~ 311, 312, 313, 314

K: Maximum Class Size:

35

L: **College Credit Transfer** X

College Credit Non-transfer

M: Transfer Credit:
Requested: X
Granted:
Specify Course Equivalents or Unassigned Credit as Appropriate:

U.B.C. PE 110 (1-1/2 units)
S.F.U. KIN (3 credits) unassigned
U. Vic. PE (1-1/2 units) unassigned (100 level)
Other:

Jim Frick

(TIM FRICK) **COURSE DESIGNER(S)**

DIVISIONAL DEAN

DIRECTOR/CHAIRPERSON

REGISTRAR

N: Textbooks and Materials to be Purchased by Students (Use Bibliographic Form):

Northrip, J. W., Logan, G. A. and McKinney, W. C. Analysis of Sport Motion: Anatomic and biomechanic Perspectives (3rd ed.) Dubuque, Iowa; Wm. C. Brown Publishers, 1983.

O. Course Objectives

Upon completion of the course, the student will be able to:

1. describe the sport science principles that are applicable to the analysis of individual sport and dance skills
2. demonstrate the application of sport science principles to the analysis of individual sport and dance skills
3. describe the relationship between aesthetics and mechanics in skilled performance and the use of form in the evaluation of individual performances in sport and dance
4. describe the application of sport science principles to the detection and correction of errors in the performance of individual sport and dance skills
5. demonstrate the application of sport science principles to the detection and correction of errors in the performance of individual sport and dance skills.

P. Course Content

1. Sport Science Principles

   The student will:

   1.1 describe the principles of biomechanics as applicable to the performance of motor skills

   1.2 describe the movement processes involved in skill teaching/learning

   1.3 identify the components of skill development taxonomies

   1.4 describe the principles involved in the following fundamental patterns of motion:
   1.4.1 locomotion
   1.4.2 jumping
   1.4.3 throwing
   1.4.4 striking/kicking

1.4.5 lifting
1.4.6 balancing
1.4.7 receiving
1.4.8 falling/landing

1.5 describe the principles involved in fundamental patterns of rotation

1.6 describe the principles involved in fluid dynamics (hydrodynamics and aerodynamics)

1.7 describe the principles involved with the motion of projectiles

1.8 describe the principles involved with collisions.

2. The Application of Sport Science Principles

The student will:

2.1 describe the principles involved in the selection and use of individual sports equipment

2.2 describe the principles and techniques of the use of sports analysis equipment

2.3 demonstrate the techniques of sports analysis equipment operation

2.4 describe the methodologies of individual sport and dance performance analysis

2.5 demonstrate the analysis of individual sport and dance performance.

3. Aesthetics and Form

The student will:

3.1 describe the use of form in the evaluation of performance

3.2 identify the principles involved in the rhythmic structure of movement

3.3 describe the relationship between content and style in individual sport and dance performance

3.4 define the concept of aesthetics in individual sport and dance performance

3.5 describe the relationship between aesthetics and mechanics.

4. Error Detection and Correction Principles
The student will:

4.1 identify and describe the principles involved in the detection of errors in individual sport and dance performance

4.2 identify the principles of positive, negative, non-specific and specific feedback with respect to the learning and performance of skills

4.3 identify and describe the principles involved in the correction of errors in individual sport and dance performance

4.4 describe the factors involved in physical preparation for skilled performance

4.5 describe the factors associated with the comparison of skilled and unskilled performances.

5. Error Detection and Correction Analysis

The student will:

5.1 demonstrate the principles of error detection in individual sport and dance performance

5.2 demonstrate the use of feedback with respect to the learning and performance of skills

5.3 demonstrate the principles involved in the correction of errors in individual sport and dance performance

5.4 identify the factors associated with the difference between skilled and unskilled performance.

Q. Method of Instruction

1. Lecture
2. Discussion groups
3. Audio-visual presentations
4. Guest presenters
5. Work stations
6. Demonstrations
7. Individual feedback

R. Evaluation

Practical/Journal	30%
Midterm examination	10%
Final examination	20%
Video analysis project	20%
Term paper	20%
Total	100%