

DISCLAIMER: The course outline below serves as a general informational guide for students. Course content and assessment modes may vary for different lecturers. Actual course outlines will be made known to students on GeNIEus by the individual lecturers. DO NOT purchase textbooks based on the information contained in this document.

## **IPE3102 GROWTH & MOTOR DEVELOPMENT**

### **COURSE DESCRIPTION**

This course focuses on factors influencing physical growth and motor development, age-related changes, individual, gender-related and maturity-associated variations in growth and development. Individual differences during the pubertal growth period will be highlighted and discussed.

Student teachers will gain a better understanding of the impact of physical activities and sport participation upon the growth of children and youths, as well as the importance of quality physical education upon the development of motor skills.

### **COURSE OBJECTIVES**

At the completion of this course, student teachers will:

1. Demonstrate an understanding of Newell's Model of Constraints and its application in the study of motor development
2. Be familiar with the processes underlying physical growth and motor development during childhood and adolescence, the variations in these processes and factors influencing these processes.
3. Be aware of, and sensitive to age and sex-related changes and understand the implications of these changes while planning and teaching physical education at different levels.
4. Understand the phases of motor development and factors that influence this development.
5. Be able to observe, analyse and categorise different levels of fundamental movement skills.
6. Understand the importance of incorporating developmentally appropriate movement tasks and games in physical education.

### **COURSE CONTENT**

(Special emphasis during exercise, athletics performance and physical education)

<b>Week</b>	<b>Outline</b>
1	Introduction to Growth and Motor Development
2	Factors influencing Growth and Maturation
3	Factors influencing Growth and Maturation – Endocrines/Hormones Skeletal Development
4	Somatic Growth / Growth Curves
5	Somatic Growth – Changes at Puberty
6	Gender differences in growth / gender differences in sport performance Newell's Model of Constraints
7	Phases of Motor Development
8	Phases of Motor Development / Factors influencing Motor

	Development
9	Development of Fundamental Locomotor Skills Observation analysis
10	Development of Object-Control Motor Skills
11	Development of Non-Locomotor Skills Analysis of Motor Skills (Online Human Kinetics Resource)
12	Youth Sports

### **COURSE ASSESSMENT**

	<b>Component weightage</b>	<b>Due Dates</b>
Movement Skills	20 %	dd-mm-yr
Assignment	30 %	dd-mm-yr
Internal Assessment (Class Test)	30 %	dd-mm-yr
Lesson Plan Preparation	20 %	dd-mm-yr

### **COURSE REFERENCES**

#### Recommended Text(s)

1. Haywood, K.M. (2009) Life Span Motor Development (5th Edition). Human Kinetics Publishers: Champaign, Illinois
2. Gallahue, D., Ozmun, J. & Goodway, J. (2012). Understanding Motor Development: Infants, Children, Adolescents, Adults (7<sup>th</sup> Edition). McGraw-Hill, Boston
3. Malina, R.M. & Bouchard, C. (2004) Growth, Maturation and Physical Activity. (2<sup>nd</sup> Edition). Human Kinetics Publishers: Champaign, Illinois