

**McGill University**  
**Department of Kinesiology and Physical Education**  
**EDPK 219 Healthy Lifestyle Activity**  
**Course Outline - Winter 2015**

Paula Bush, Ph.D.  
Tel: 3514-399-9134  
paula.bush@mcgill.ca  
Section 001 T/Th  
(Currie 352/Currie 124/3) 15:35-16:25

Office hours: by appointment  
Department of Family Medicine,  
5858 ch. de la Côte-des-Neiges, suite 300  
Section 002 T/Th  
(Currie 352/Currie 124/3) 16:35-17:25

**General Information:** This course focuses mainly on lifetime physical activities and self-management skills that elementary and secondary students can practice in the context of competency 3 of the Physical Education and Health component of the Quebec Education Program.

**Course Format:** The course will be presented in lecture/discussion and practical session format. Active and informed participation in discussions and activities is expected, and reflection on learning experiences is encouraged.

**Learning Outcomes:**

Students will:

1. Reflect on their own learning process concerning their participation in class activities and learning experiences.
2. Develop an understanding of key principles and strategies for the promotion of healthy and active lifestyles in school settings in the context of physical education.
3. Acquire tools to work effectively within the guidelines of the current Québec curriculum for Physical Education and Health in terms of competency 3.
4. Work collaboratively with others to effectively design and present a learning experience appropriate for elementary or secondary students
5. Discuss current issues in physical education concerning the promotion of healthy and active lifestyles and solve problems in a sound educational manner.

**Course Content:**

- A variety of relevant student-centered activities that can be used in the gym or the classroom
- Self-management skills for the adoption of healthy active lifestyles (e.g. goal setting, self-monitoring)
- Ideas to help students create their own personal physical activity plans
- Selected topics regarding the promotion of healthy and activity lifestyles in school settings

## **The MELS professional teaching competencies and Course Learning Outcomes:**

Although the twelve professional competencies endorsed by the MELS are interrelated, this course will help students to develop the following competences in particular:

Competency 1: *To act as a professional inheritor, critic and interpreter of knowledge or culture when teaching students.*

Competency 3: *To develop teaching/learning situations that are appropriate to the students concerned and the subject content with a view to developing the competencies targeted in the programs of study (and to build these activities into a long-term plan).*

Competency 9: *To cooperate with school staff, parents, partners in the community and students in pursuing the educational objectives of the school.*

Competency 11: *To engage in professional development individually and with others.*

## **Recommended Readings:**

Carpenter, J. (2007). *Physical Education self-management for healthy, active lifestyles*. Champaign, IL: Human Kinetics.

Corbin, C. B. & Lindsay, R. (2005). *Fitness for life*. Champaign, IL: Human Kinetics.

National Association for Sport and Physical Education (2005). *Physical education for lifelong fitness: The physical best teacher's guide*. Champaign, IL.: Human Kinetics.

Québec Education Program (2009). *Progressions of Learning. Physical Education and Health*. Ministère de l'éducation, du loisir et du sport, Québec.

## **Evaluation:**

|                                |     |              |
|--------------------------------|-----|--------------|
| Participation                  | 10% |              |
| Healthy Lifestyle Activity LES | 30% | Due Feb 26   |
| LES presentation               | 10% | TBA          |
| Learning portfolio             | 50% | Due April 13 |

## **Important notes:**

- Study break: March 1-7
- The course is on myCourses. You are required to regularly check myCourses for course updates and information.
- To protect your privacy, the Faculty of Education will only reply to you at your official e-mail address at McGill. Please be sure that you check your McGill e-mail on a regular basis.
- *Right to submit in English or French written work that is to be graded:* In accord with McGill University's Charter of Students' Rights, students in this course have the right to submit in English or in French any written work that is to be graded.
- *McGill University Policy on Academic Integrity:* 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 (see <http://www.mcgill.ca/integrity> for more information).