

# 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