

COURSE OUTLINE

Lecturer: Ms. A. van Biljon; vanbiljona@unizulu.ac.za; (035) 902 6555



UNIVERSITY OF
ZULULAND

University of Zululand, Private Bag X1001, KwaDlangezwa, 3886

W: www.unizulu.ac.za

Course Title	Human Movement Science II A Adapted Physical Education		
Code	SHMS211 PII	Department	Biokinetics & Sports Science
Faculty	Science & Agriculture	Creation Date	2013
Field	Sport & Exercise Science		
Programmes	BSc. Dual Major (component of Human Movement Science Major) B.A. Dual Major (component of Human Movement Science Major)		
Credits	15	Notional Hours	150
Year Level	II	Semester	I
Core or elective	Core	NQF Level	6
Prerequisites	SHMS111/SHMS112	Co-requisites	None

Course Description

This course is designed to provide students with competence and knowledge to evaluate, plan, and implement therapeutic programmes and meeting the needs of individuals with multiple disabilities.

Learning Outcomes

Upon successful completion of this course, students will:

- Understand the benefits of adapted physical education for persons with different disabilities;
- Demonstrate basic knowledge on instructional models for therapeutic modalities;
- Demonstrate appropriate adapted aquatic activities for different stages of disability;
- Recognize appropriate modifications that will contribute to success for persons with different mental and developmental disabilities;
- Demonstrate knowledge on water therapy;
- Demonstrate organizational skills for adapted physical programmes.

Critical Cross-field Outcomes

This course aims at developing the SAQA Critical Cross-field outcomes listed below:

- Identify and solve problems in which responses display that responsible decisions using critical and creative thinking have been made;
- Work effectively with others as a member of a team, group, organisation, community;
- Organise and manage oneself and one's activities responsibly and effectively;
- Collect, analyse, organise and critically evaluate information;
- Communicate effectively using visual, mathematical and/or language skills in the modes of oral and/or written presentation;

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- Use science and technology effectively and critically, showing responsibility towards the environment and health of others;
- Demonstrate an understanding of the world as a set of related systems by recognising that problem-solving contexts do not exist in isolation.

Outcomes-based Education (OBE)

The University of Zululand employs an outcomes-based education. OBE is a student-centered learning philosophy that places emphasis on two key elements:

- The development and implementation of clear expectations regarding learning outcomes; and
- The measuring of learning outcomes, which requires learners to demonstrate that they have attained the necessary skills and content. (Van Der Horst, H. & MacDonald, R. (1997). Outcomes-based education. *A teachers' manual*. Kagiso publishers.).

In short, OBE focuses on the intended learning outcomes that result from instruction.

Course Examiner

This course is internally moderated by Mrs. C. Gouws (University of Zululand).

Course Materials

The course outline, lecture notes, class announcements and important dates are posted on Moodle: <http://sci-online.unizulu.ac.za/>. Lecture notes will be posted the day before each lecture, to allow students sufficient time to download, print, and read the notes before each lecture. All the files posted on the web will be in Portable Document Format (PDF). You must have Adobe Acrobat Reader software installed on your computer to download and print notes.

Prescribed Text Books

The course will be derived from a number of different sources.

Further Readings

- Auxter, Pyfer, & Huettig. (1997). Principles and Methods of Adapted Physical Education. Brown and Benchmark, 8th Edition.
- Lepore, M., Gayle, G. & Stevens, S. (2007). Adapted Aquatics Programming: A Professional Guide. Human Kinetics, 2nd Edition.

Class Schedule

The class schedule is tentative, so there may be deviations from the dates shown. The main purpose of this schedule is to provide students an idea of the topics that will be covered and the sequence that will be followed in class.

CHAPTER OUTLINE	WEEK
CHAPTER 1: Introduction to Adapted Aquatics	9 FEB 2015
CHAPTER 2: Individualized Instructional Planning	23 FEB 2015
CHAPTER 3: Planning Developmentally Appropriate Games	16 MARCH 2015
PRAC TEST (Chapter 2-3) 13 APRIL 2015	
CHAPTER 4: Specific Needs of Adapted Aquatics Participants	13 APRIL 2015
CHAPTER 5: Aquatic Therapy	27 APRIL 2015
CHAPTER 6: Planning & Administration for Adapted Aquatic Programmes	11 MAY 2015
THEORY TEST (CHAPTER 4-5) 18 MAY 2015	

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Practicals

The practical's focus of this course will be to equip students with basic "Learn to Swim" knowledge and to apply this knowledge to improve their own swimming proficiency. *The student will be asked to perform one practical examination.*

Assignments

Full details for each assignment will be given in class. Please follow these guidelines for all assignments:

1. All assignments must have an attached declaration (posted on Moodle).
2. All assignments must be typed.
3. Use 12 Times New Roman font, and 1.5 line spacing.
4. Make provision for a table of contents.
5. Reference all outside sources that you use.

Assignments turned in late are deducted by 15% per day; assignments submitted more than 1 week late are given a zero unless prior arrangements have been made with the lecturer.

Types of Delivery and Estimated Notional Study Hours

Contact Study	Notional Hours	Self-Study	Notional Hours
Lectures	40	Lecture related	40
Practicals	30	Practical related	10
Tutorials	10	Tutorials	3
Total contact:	80	Revision	8
		Assessments	4
		Assignment study	5
		Total Self Study:	70
Total Notional Hours: 150			

Methods of Assessment (% weighting)

Continuous Assessment Marks (CAM)	Paper I	Paper II	Final Mark
Tests	15%	15%	40%
Assignments:	15%	15%	
Practicals	20%	20%	
Terminal Assessment	30%	30%	60%
Total			100%

Duly Performed (DP) Requirements

A subminimum of 40% is required for the CAM and a minimum attendance of 80% will be monitored by the lecturer in class.

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Attendance

If the student has missed a class, test, or exam, it is the student's responsibility to inform the lecturer of the reason for the absence and will only be counted as excused if accompanied by a medical certificate or appropriate documentation.

Consultation Hours

The Department of Biokinetics and Sport Science offer students 5 consultation hours per week. These hours are determined by individual lecturers and provide students access to academic consultation. Please adhere to these times displayed on my office door. Consultations outside of the prescribed times may be made upon early appointment. To have this arrangement, please email me at vanbiljona@unizulu.ac.za or call my office at (035) 902 6555.

Medical Certificates

Students who miss tests and exams due to illness or for other reasons must submit a copy of medical certificates or other acceptable documentations to the lecturer.

Plagiarism

Plagiarism is the act of submitting or presenting work, study material, assignments, research work or inventions of someone else, irrespective of its source, as one's own creation; in some instances, even where credit or acknowledgement is given to the original source (UNIZULU's Plagiarism Policy: 12 December 2012). Penalties for such acts may result in suspension or probation. For more information on UNIZULU's Academic Policies and Procedures, visit <http://www.unizulu.ac.za/research-and-innovation/policies-and-guidelines/>.

<u>IMPORTANT DATES</u>	
9 FEBRUARY 2015	LECTURES START
30 MARCH 2015	RECESS
7 APRIL 2015	LECTURES START
13 APRIL 2015	PRAC TEST
27 APRIL 2015	PUBLIC HOLIDAY (FREEDOM DAY)
1 MAY 2015	PUBLIC HOLIDAY (WORKERS' DAY)
18 MAY 2015	THEORY TEST
21 MAY 2015	PUBLICATION OF DP MARKS
	LECTURERS END

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EXAMINATIONS START

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