PHYSICAL EDUCATION DEPARTMENT

COURSE OUTLINE IN MOVEMENT ENHANCEMENT

COURSE TITLE: Movement Enhancement

COURSE CODE: 7PE1

NUMBER OF UNITS: 2 units

CONTACT HOURS: 2 hours

Pre-requisite subject/s: None

COURSE REQUIREMENTS: Wearing of PE uniform, physical activity log, food log, individual / group performance, participation to prepared moderate to vigorous physical activities

COURSE DESCRIPTION: This course provides training in different movement patterns and core engagement in conjunction with principles of healthy eating and a physically active life. Students will be able to adapt and transfer the movement competency in different contexts (i.e. use of training equipment).

COURSE LEARNING OUTCOMES:

At the end of the course, students are expected to:

1. determine personal fitness from baseline (pre-test) levels;
2. demonstrate movement competence and confidence;
3. assess a personal food log based on dietary recommendations beneficial to one’s body;
4. execute the movement patterns properly;
5. display the value of fair play, empathy, respect for others’ abilities and diversity by understanding how these can influence their interaction with others;
6. devise and apply a range of strategies to improve one’s physical activity performance and those of others
7. enhance and advocate for one’s personal and other’s fitness, safety and wellness through physical activity participation and/or leadership.

COURSE CONTENT

<table>
<thead>
<tr>
<th>MIDTERM PERIOD</th>
<th>FINAL PERIOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Physical Fitness</td>
<td>b. Locomotor Skills</td>
</tr>
<tr>
<td>a. Fitness Concepts and Assessments</td>
<td>- Crawl and Creep</td>
</tr>
<tr>
<td>b. Health Related Fitness Tests (Pre – test)</td>
<td>- Jumping and Landing Series</td>
</tr>
<tr>
<td>- BMI</td>
<td>- Linear Movements (hop, skip, leap, jog, run, backpedal)</td>
</tr>
<tr>
<td>- Waist Circumference</td>
<td>- Lateral Movements (slide,</td>
</tr>
</tbody>
</table>
- Beep Test
- Trunk Rotation Test
- Planking
- Stork Balance Test
- Wall Sit Test
c. Physical Activity (PA) recommendations
d. Exercise Principles (overload, progression, variety, specificity, warm up and cool-down)

2. Specific Activity Skills
   a. Non-locomotor skills
      - Bracing the core
      - Dead bug series
      - Rolling
      - Bird Dog Series
      - Press up, push up
      - Plank Series
      - Squat Series
crossover, grapevine)

3. Primary Movement Patterns
   - Squat
   - Hinge
   - Lunge
   - Push & Pull

3. Healthy Eating Habits
   a. Nutrients: Its Functions and Recommended intake

4. Circuit Training Program (Moderate to vigorous movement competency training)
   a. Non – locomotor
   b. Locomotor
c. Vigorous Physical Activity Circuit Training Program

**GRADING SYSTEM:**

Grading Scheme: 70% Class Standing & 30% Major Examination(s)
Formula:
CSM- Class Standing Midterms
CSF- Class Standing Final
ME- Midterm Examination
FE- Final Examination
Final Grade = 70% (CSM) + 30% (ME) + 70% (CSF) + 30% FE)
50% Passing

**References:**


Pate and Buchner. (2014). *Implementing physical activity strategies*: USA: Human Kinetics