

Common Course Outline
PELF 109
Movement Principles for Athletes
1 Semester Hour

The Community College of Baltimore County

Description

Employs alternative approaches toward achieving articulate movement. The athlete learns to maximize performance through the appropriate application of effort, clarity of space, and efficiency of body movement. NOTE: credit may be earned for DANC 109 or PELF 109, but not for both.

Overall Course Objectives

Upon successful completion of the course, the student will be able to:

1. Observe movement and identify the most significant components;
2. Describe articulate/effective movement as applied to sports;
3. Explain the role of the kinesthetic sense and motor planning to articulate movement;
4. Demonstrate the basic locomotor patterns effectively;
5. Demonstrate clarity of direction, facing, and pathway when moving through space;
6. Analyze and perform movement utilizing a variety of Effort elements;
7. Analyze a sport skill in terms of its main Body/Effort/Space requirements;
8. Evaluate personal performance in specific sport skills
9. Create drills to enhance performance in a specific sport skill;
10. Work independently and collaboratively to improve skills;
11. Apply the movement principles for athletes for self-improvement.

Major Topics

1. Components of movement
2. Kinesthetic sense, motor planning and articulate movement
3. Observation, perception and application
4. Basic locomotor patterns
5. Organizing the body in space
6. Exploring Efforts: Flow, Weight, Space and Time
7. Self-observation and analysis
8. Creating drills to improve skills

Course Requirements

Specific assignments and procedures for evaluating student performance in this course will be described in the individual class syllabus, but will include the following:

1. Attendance and active participation in class activities, collaborative work, and discussion
2. Log containing principles covered, observations, and responses for each class
3. Portfolio of worksheets, assignments, and self-assessments
4. Final Project with a movement and written component

Other Course Information

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending classes, completing all homework and other assignments, participating in class activities and preparing for tests.

We take seriously our responsibility to maintain high-quality programs and will periodically ask you to participate in assessment activities to determine whether our students are attaining the knowledge, attitudes and skills appropriate to various courses and programs. The assessment activities may take many different forms such as surveys, standardized or faculty-developed tests, discussion groups or portfolio evaluations. We ask that you take these activities seriously so that we can obtain valid data to use for the continuous improvement of CCBC's courses and programs.