

Physical Literacy and Active Living

Concordia University of Edmonton

Faculty of Education

Active Living

Respect for the Environment

Healthy Mind, Healthy Body

Physical Literacy

Social Responsibility

Wellness

Physical Literacy and Active Living

The Canadian Sport Centre suggests physical literacy is “... *the development of fundamental movement skills and fundamental sport skills that permit a child to move confidently and with control, in a wide range of physical activity, rhythmic (dance) and sport situations. Physical literacy also includes the ability to ‘read’ what is going on around them in an activity setting and react appropriately to those events.*”¹

The Faculty of Education works to strengthen understanding of, and commitment to, the physical literacy journey. Research reports, such as the recently published Active Healthy Kids Canada Report Card,² highlight the need to develop programs and initiatives to promote regular sustained physical activity by children and youth.

Bachelor of Education (After Degree)

In the first year of studies, all students complete the Physical and Health Education component of EDUC 511—*Curriculum Design and Instructional Methods in the Elementary School*. It is taught over nine weeks, and includes the delivery of instruction in the gymnasium and a limited amount of time in classroom work. The focus is to educate pre-service teachers on how to provide a comprehensive health and wellness program in the elementary school setting.

In the second year, students take a thread of classes on active living as part of the curriculum.

Education Minor and Early Childhood Education Minor

The Education Minor and the Early Childhood Education Minor include a required course, PESS 293—*Introduction to the Movement Activities of Children Aged 5 - 12*. In addition, the Education Minor requires 3 to 6 credits chosen from the suite of Physical Education and Sport Studies courses, which includes Physical Activity, Physical Activity Team, Physical Education and Sport Studies and Dance. The Early Childhood Education Minor may include 3 to 6 credits from the Physical Education suite of courses.

Physical Education and Sport Studies Minor

The Physical Education and Sport Studies Minor is intended to focus on active living and to develop defined career streams. Students take 18 to 24 credits in courses that include both activity and pedagogy necessary for sport instruction.

1. Higgs, C., Balyi, I., Way, R., Cardinal, C., Norris, S., Bluecharde, M. (2008). *Developing physical literacy: A guide for parents of children ages 0-12*. Vancouver, BC: Canadian Sports Centres. (p.5)

2. Active Healthy Kids Canada Report Card (2014)
<http://www.activiehealthykids.ca/ReportCard/2014ReportCard.aspx>

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