Course Specifications
Valid as from the academic year 2019-2020

Due to Covid 19, the education and evaluation methods may vary from the information displayed in the schedules and course details. Any changes will be communicated on Ufora.

**Course size**
(nominal values; actual values may depend on programme)

- Credits: 4.0
- Study time: 120 h
- Contact hrs: 40.0 h

**Course offerings and teaching methods in academic year 2020-2021**

<table>
<thead>
<tr>
<th>A (semester 1)</th>
<th>English</th>
<th>Gent</th>
<th>practicum</th>
<th>Contact hrs</th>
</tr>
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<td></td>
<td></td>
<td></td>
<td>5.0 h</td>
<td>35.0 h</td>
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<td>lecture</td>
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</tbody>
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**Lecturers in academic year 2020-2021**

- Coppens, Eline
  - GE30
  - staff member
- Warlop, Griet
  - GE30
  - staff member
- Deconinck, Frederik
  - GE30
  - lecturer-in-charge
- Lenoir, Matthieu
  - GE30
  - co-lecturer

**Offered in the following programmes in 2020-2021**

| Bachelor of Science in Physical Education and Movement Sciences | 4 | A |
| Exchange Programme Physical Education and Movement Sciences | 4 | A |

**Teaching languages**

- English

**Keywords**

- physical development, growth, child, motor development, motorische competentie

**Position of the course**

This course addresses the development of motor competence using the interaction between changing/developing physical properties and motor control and coordination. In doing so, we use knowledge and principles taught in Motor Control and Motor Learning (2nd y) and General Physiology (2nd y). In addition to this, we use an extensive selection of international studies, including work by our own research group. This course prepares students for the development-oriented approach required in training and teaching and other courses such as Methodology of movement activities (3rd y), Specialisation in movement activities (3rd y), and Diagnostics of movement problems and the internships at master's level.

**Contents**

**Physical development:**
- Definitions, general principles and methods
- Body dimensions, body composition, and somatotype
- Somatic growth
- Growth and body composition
- Somatotype and growth
- Skeletal growth and maturation: skeletal age
- Muscle mass and strength during growth
- Changes in cardiovascular and pulmonary system, and aerobic capacity during growth
- Indexes of sexual maturity
- Regulating factors of growth and maturation

**Motor development:**
- Definitions of motor development
- Different approaches of human development and motor behavior
- Prenatal development, development of the central nervous system, cerebral lateralisation
- Prenatal development and development of motor behavior of newborns, infants and children

(Approved)
• Development of perception
• Intercultural influences on motor competence and development

Initial competences
This course builds upon certain competences obtained in Motor Control and Motor Learning and General Physiology

Final competences
1. Relate current knowledge on typical motor development to theoretical developmental models.
2. Relate current knowledge on typical physical development to underlying principles of physical development.
3. Have insight into the reciprocal relationship between physical and motor development.
4. Use frequently used instruments and methods for the evaluation of motor development.
5. Use frequently used instruments and methods for the evaluation of physical development.
6. Interpret results of tests for the evaluation of motor and physical development.
7. Describe age-related changes with respect to motor behavior and physical characteristics in humans.
8. Explain the intercultural differences in motor competence and development.

Conditions for credit contract
Access to this course unit via a credit contract is determined after successful competences assessment.

Conditions for exam contract
This course unit cannot be taken via an exam contract.

Teaching methods
Lecture, practicum

Extra information on the teaching methods
This course is taught in English and can be followed by incoming exchange students. In addition to the general lectures, during which the theory is taught and discussed, there are two practicals:
• anthropometry
• measuring motor competence

Learning materials and price
Syllabus Physical and Motor Development including recent international research papers.

References
• See syllabus for an extensive list of international research papers.

Course content-related study coaching
Frederik.Deconinck@UGent.be

Evaluation methods
end-of-term evaluation and continuous assessment

Examination methods in case of periodic evaluation during the first examination period
Written examination with open questions, written examination with multiple choice questions.

Examination methods in case of periodic evaluation during the second examination period
Written examination with open questions, written examination with multiple choice questions, report.

Examination methods in case of permanent evaluation
Report.

Possibilities of retake in case of permanent evaluation
examination during the second examination period is possible

(Approved)
Extra information on the examination methods
   Knowledge of and insight into the principles addressed in the general lectures is assessed with a written exam, if logistically feasible with an oral part. Participation in the practical sessions and insight into the matter addressed there is evaluated on the basis of a written report.

Calculation of the examination mark
   The total mark is the weighted mean of the practical sessions (20%) and the exam (80%).

Addendum
   This course is open for incoming mobility students (Erasmus)