



## Course Syllabus

EDUC 3550-01

COURSE NUMBER AND SECTION

CAPIZZI, JANET

INSTRUCTOR

729-2450 ext. 5470

PHONE

HEALTH & PHYSICAL ED METHODS SPRING 2005

COURSE TITLE

TERM

2

CREDIT HOURS

LONG ELEMENTARY SCHOOL, 9021 SAPPINGTON ROAD

ROOM #12 / GYM

SITE

1. **Course Description:** (provide details of student focus, rationale, scope, and prerequisites)

HEALTH AND PHYSICAL EDUCATION METHODS is designed to teach methods, techniques, learning styles, and skills necessary to recognize the developmental, physical, mental, emotional, and social growth of the elementary-age child. Emphasis will be placed on the importance of health and physical education as an integral part of the elementary curriculum and the impact on child development. Students will participate in class activities and discussions on relative topics in the specialized field of health and physical education. Prerequisites: EDUC 2800, and EDUC 2810, EDUC 2070 or PSYC 2040.

2. **Learning Outcomes:** (goals, objectives, course outcomes, etc.) Identify any MOSTEP or professional standards that are met by each learning outcome.

- \* Students will explore the importance of health and physical education as an integral part of the elementary curriculum and the development of the elementary age child (MoSTEP 2:2a).
- \* Students will examine and develop multiple methods of integrating health and physical education into classroom curriculum (MoSTEP 1:1b).
- \* Students will know and identify the Show Me Standards for the instructional areas of health and physical education (MoSTEP 2:2b, 4:4a).
- \* Students will demonstrate the importance of safety during Physical Education activities and incorporate provisions for safety in all lessons. (MoSTEP7:7a)

- \* Students will create instructional opportunities that enhance learning and success to meet students' needs. Adaptation and modifications for diverse learners will be present in all lessons (MoSTEP 3:3c, 4:4a, 5:5a, 7:7b).
- \* Students will develop, demonstrate, and teach physical education activities that engage active learning and performance (MoSTEP 5:5b,7:7b).
- \* Students will develop a health unit consisting of lessons, an experiment, and a measurable assessment in various formal and informal assessment techniques. Instruction will recognize individual learning styles, performance, and modify instructional approaches (MoSTEP 4:4b, 4:4c,5:5a, 8:8a).
- \* Students will reflect and evaluate their oral presentations by assessing their performance (MoSTEP 9:9a, 9:9c).
- \* Students will create a notebook filled with shared individual/group presentations, ideas, and lessons for future reference (MoSTEP 8:8c).
- \* Students will develop a personal philosophy for teaching health and physical education for the elementary-age student (MoSTEP 7:7b,9:9c).

3. Schedule of required readings, class preparations and assignments, lectures, discussions, student presentations, out-of-class assignments and exams.

## CLASS SCHEDULE

### MONDAY JANUARY 17, 2005 HOLIDAY / NO CLASS

CLASS 1: Introductions

Jan. 24 Review syllabus

#12 Health/Physical Education Missouri Standards/Benchmarks  
Health/Physical Education Show Me Standards  
Discuss course requirements and assignments

CLASS 2: Physical Education Lesson Plan/Step by Step Demonstration

Jan. 31 Chapter 3 Planning for Quality Instruction

GYM Chapter 9 Legal Liability, Supervision, and Safety  
Chapter 7 Children With Disabilities  
Discuss Physical Education Observation

CLASS 3: Chapter 23 Basketball, lead-up activities

Feb. 7 Chapter 29 Volleyball, lead-up activities

GYM Chapter 26 Soccer, lead-up activities Jan. 31

CLASS 4: Chapter 24 Football Physical Education Lesson  
Feb. 14 Chapter 27 Softball Physical Education Lesson  
GYM Chapter 19 Rhythmic Movement  
Physical Education Lesson

MONDAY FEBRUARY 21, 2005 HOLIDAY / NO CLASS

CLASS 5: Chapter 22 Game Skills  
Feb. 28 Physical Education Lesson-Level I  
GYM Physical Education Lesson-Level II  
Physical Education Lesson-Level III

CLASS 6: Chapter 17 Manipulative Skills  
March 7 Physical Education Lesson/Balls/Hoops  
GYM Chapter 17 Manipulative Skills  
Physical Education Lesson/Juggling/Bean Bags/Balloons  
Chapter 17 Manipulative Skills  
Physical Education Lesson/Long/Individual Jump Ropes

MONDAY MARCH 14, 2005 SPRING BREAK/NO CLASS

CLASS 7: Chapter 18 Body Management Skills  
March 21 Physical Education Lesson/Parachutes  
GYM Chapter 28 Track and Field  
Chapter 21 Personal Challenge Skills/Relays  
Physical Education Lesson/Relays  
Chapter 12 Fitness Testing

MONDAY MARCH 28, 2005/ OBSERVATION WEEK/ NO CLASS

CLASS 8: Health Unit: Skeletal/Muscular System  
April 4 Discuss steps and procedures for Health project  
#12

CLASS 9: Health Unit Presentation-Digestive System

April 11 Health Unit Presentation-Sensory Organ

#12 Health Unit Presentation-Substance Abuse

Due: Physical Education Observation

CLASS 10: Health Unit Presentation-Safety

April 18 Health Unit Presentation-Emotions

#12 Health Unit Presentation-Personal Health

Discuss Philosophy of Teaching Health and Physical Education

CLASS 11: Health Unit Presentation-Emergency Situations/First Aid

April 25 Health Unit Presentation-Consumer Health Issues (Mass Media)

#12 Health Unit Presentation-Nutrition

CLASS 12: Health Unit Presentation-Circulatory System

May 2 Health Unit Presentation-Respiratory System

#12 Health Unit Presentation- Character Education

Due: Philosophy of Teaching Health and Physical Education

CLASS 13: Health Unit Presentation-Mental Health of Children and Adolescents

May 9 Health Unit Presentation- Children with Disabilities

#12 Show-Me Standards

Due: Class Notebook

FINAL

4. **Resources:**

Text(s): **COURSE TEXT: DYNAMIC PHYSICAL EDUCATION FOR ELEMENTARY SCHOOL CHILDREN, 14th EDITION,**  
**ROBERT P. PANGRAZI & VICTOR DAUER**

5. **EVALUATION:** (basis of evaluation with explanation regarding the nature of the assignment and the percentage of the grade assigned to each item below)

<u>ASSIGNMENTS</u>	<u>POINTS</u>	<u>DUE DATE</u>
Lesson plans for Physical Education activities-----	25	
Teaching a Physical Education class----	25	
Create and write a Health Unit and Assessment-----	25	
Oral Health presentation, including a Health experiment	25	
Observation-----	15	4-11-05
Philosophy of Teaching Health and Physical Education---	20	5-02-05
Class notebook-----	15	5-09-05
	<b>TOTAL POINTS</b>	<b>150</b>

SPECIAL  
NOTES

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- \* Regular class attendance and participation is required.
- \* Failure to attend class will result in a grade reduction.
  - first absence: 5% reduction of final grade
  - second absence: 11% reduction of final grade
- \* All assignments are due on committed dates.
- \* Late assignments will not be accepted.
- \* Syllabus is subject to change at the discretion of the instructor.

## Classes that can be added

Health Unit Presentation- First Aid/CPR

Health Unit Presentation- Special Education

Health Unit Presentation-Excretory System

Health Unit Presentation-Environmental Health

Health Unit Presentation-Endocrine System

Nervous System

Chapter 28 Track and Field and Cross-Country Running

Physical Education Lesson/Long/Individual Jump Ropes

PE March 21 Rhythmic or jump ropes

May 9 Health Character education or nervous system