

WEBSTER UNIVERSITY
COURSE SYLLABUS

COURSE TITLE: HEALTH & PHYSICAL EDUCATION METHODS EDU 3550-01
INSTRUCTOR: JANET CAPIZZI
PHONE: 729-2450 ext. 5470
TERM: FALL 2002, 2 CREDIT HOURS, 8/19/02-12/13/02
COURSE SITE: WEBSTER HALL RM. 325/SUNNEN LOUNGE
COURSE TEXT: DYNAMIC PHYSICAL EDUCATION FOR ELEMENTARY
SCHOOL CHILDREN, 13th EDITION,
ROBERT P. PANGRAZI & VICTOR DAUER

COURSE DESCRIPTION

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.

LEARNING OUTCOMES

Students will explore the importance of health and physical education as an integral part of the elementary curriculum.

Students will examine and develop methods of integrating health and physical education into classroom curriculum.

Students will understand how health and physical education can enhance the development of the elementary-age child.

Students will understand the importance of safety during activities and incorporate provisions for safety.

Students will develop, demonstrate, and teach physical education activities.

Students will develop a health unit consisting of lessons, an experiment, and a measurable assessment.

Students will create a notebook filled with shared individual/group presentations, ideas, and lessons.

Students will develop a personal philosophy for teaching health and physical education for the elementary-age student.

CLASS SCHEDULE

-ASS 1: Introductions

ug. 19 Review syllabus

Discuss course requirements and assignments

Health/Physical Education Show Me Standards

-ASS 2: Health Unit: Skeletal/Muscular System

ug. 26 Discuss steps and procedures for Health project

MONDAY SEPTEMBER 2, 2002 HOLIDAY / NO CLASS

-ASS 3: Physical Education Lesson Plan/Step by Step Demonstration

zpt. 9 Chapter 3 Planning for Quality Instruction

Chapter 9 Legal Liability, Supervision, and Safety

Chapter 7 Children With Disabilities

-ASS 4: Meet off campus

zpt. 16 Long Elementary School

9021 Sappington Road

Chapter 23 Basketball, lead-up activity

Chapter 29 Volleyball, lead-up activities

Chapter 24 Football Physical Education Lesson

Chapter 26 Soccer Physical Education Lesson

-ASS 5: Health Unit Presentation-Digestive System

zpt. 23 Health Unit Presentation-Character Plus

Health Unit Presentation-Character Plus

Health Unit-Special Education Services

-ASS 6: Chapter 22 Game Skills

zpt. 30 Physical Education Lesson

Physical Education Lesson

Physical Education Lesson

Physical Education Lesson

-ASS 7: Health Unit Presentation-Nervous System

ct. 7 Health Unit Presentation-Safety

Health Unit Presentation-Mental Health of Children and Adolescents

Health Unit-Emotions

Philosophy of Teaching Health and Physical Education

MONDAY OCTOBER 14, 2002 FALL BREAK NO CLASS

- ._ASS 8:** Philosophy of Teaching Health and Physical Education
ct. 21 Health Unit Presentation-Respiratory System
Health Unit Presentation-Consumer Health Issues (Mass Media)
Health Unit Presentation-Circulatory System
- ._ASS 9:** Chapter 18 Body Management Skills
ct.28 Physical Education Lesson/parachutes
Chapter 17 Manipulative Skills
Physical Education Lesson/bean bags/balloons
Physical Education Lesson/juggling
Physical Education Lesson/hoops
- ._ASS 10:** Health Unit Presentation-Sensory Organs
ov. 4 Health Unit Presentation-Nutrition
Health Unit Presentation-First Aid/CPR/Emergency Situations
- ._ASS 11:** Chapter 17 Manipulative Skills
ov. 11 Physical Education Lesson/long jump ropes
Physical Education Lesson/individual jump ropes
Chapter 19 Rhythmic Movement
Physical Education Lesson
Physical Education Lesson
- ._ASS 12:** Meet off campus
ov. 18 Long Elementary School
9021 Sappington Road
Chapter 27 Softball, lead-up activity
Physical Education Lesson
Chapter 28 Track and Field and Cross-Country Running
Physical Education Lesson
Chapter 21 Personal Challenge Skills/Relays
Physical Education Lesson/relays
Chapter 12 Physical Fitness Testing

.ASS 13: Health Unit Presentation-Personal Health
ov. 25 Health Unit Substance Abuse
Health Unit Presentation-Disease Prevention and Control

.ASS 14: Presentation/Guest Speaker/Helen Geurkink
ec. 2 Show-Me Standards
Class Notebook Due

.ASS 15:
ec. 9 Health Unit Presentation-Excretory System
Health Unit Environmental Health
Health Unit Special Education
Class Notebook Due
FINAL

ASSIGNMENTS

DUE DATE

Lesson plans for Physical Education activities	-----	
Teaching a Physical Education class	-----	
Create and write a Health Unit and Assessment	-----	
Oral Health presentation, including a Health experiment	-----	
Philosophy of Teaching Health and Physical Education	-----	October 21, 2002
Class notebook	-----	December 2, 2002
Class notebook	-----	December 9, 2002

SPECIAL NOTES

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.