



Course Syllabus

EDUC 3550-01 CAPIZZI, JANET 729-2450 ext.
5470

COURSE NUMBER AND SECTION INSTRUCTOR PHONE

HEALTH & PHYSICAL ED METHODS FALL 2003 2
COURSE TITLE TERM CREDIT
HOURS

LONG ELEMENTARY SCHOOL, 9021 SAPPINGTON ROAD
GYM/ROOM #12
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. (MoSTEP 7:7a)

* 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

CLASS 1: Introductions

Aug. 25 Review syllabus

Health/Physical Education Missouri Standards/Benchmarks

Health/Physical Education Show Me Standards

Discuss course requirements and assignments

MONDAY SEPTEMBER 1, 2003 HOLIDAY / NO CLASS

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

Sept. 8 Chapter 3 Planning for Quality Instruction

Chapter 9 Legal Liability, Supervision, and Safety

Chapter 7 Children With Disabilities

Mental Health of Children and Adolescents

CLASS 3: Chapter 23 Basketball, lead-up activities

Sept. 15 Chapter 29 Volleyball, lead-up activities

Chapter 12 Fitness Testing

CLASS 4: Chapter 24 Football Physical Education Lesson

Sept. 22 Chapter 26 Soccer Physical Education Lesson

Chapter 27 Softball Physical Education Lesson

CLASS 5: Chapter 17 Manipulative Skills

Sept. 29 Physical Education Lesson/Bean bags/Balloons/Juggling

Physical Education Lesson/Balls/Hoops/Scoops

Physical Education Lesson/Bowling

CLASS 6: Chapter 22 Game Skills

Oct. 6 Physical Education Lesson

Physical Education Lesson

Physical Education Lesson

CLASS 7: Chapter 18 Body Management Skills

Oct. 13 Physical Education Lesson/Parachutes

Chapter 19 Rhythmic Movement

Physical Education Lesson

Physical Education Lesson

MONDAY OCTOBER 20, 2003 FALL BREAK NO CLASS

CLASS 8: Chapter 28 Track and Field Events

Oct. 27 Chapter 21 Personal Challenge Skills/Relays

Physical Education Lesson/Relays

Chapter 17 Manipulative Skills

Physical Education Lesson/Long Jump Ropes

Physical Education Lesson/Individual Jump Ropes

CLASS 9: Health Unit: Skeletal/Muscular System
Nov. 3 Discuss steps and procedures for Health project

CLASS 10: Health Unit Presentation-Safety
Nov. 10 Health Unit-Emotions
Health Unit Presentation- Nutrition

CLASS 11: Health Unit Presentation-Circulatory System
Nov. 17 Health Unit Presentation-Respiratory System
Health Unit Presentation-Consumer Health Issues (Mass Media)

CLASS 12: Health Unit Presentation- Digestive System
Nov. 24 Health Unit Presentation- Emergency Situations/First Aid
Health Unit Presentation- Character Plus

CLASS 13: Health Unit Presentation-Personal Health
Dec. 1 Health Unit Presentation-Substance Abuse
Health Unit Presentation-Disease Prevention and Control
Philosophy of Teaching Health and Physical Education

CLASS 14: Health Unit Presentation Excretory System
Dec.8 Health Unit Presentation-Nervous System
Health Unit Presentation- Sensory Organs
Class Notebook Due

CLASS 15: Presentation/Guest Speaker/Helen Geurkink
Dec. 15 Show-Me Standards
Class Notebooks Due
FINAL

4. Resources:

Text(s): **COURSE TEXT: DYNAMIC PHYSICAL EDUCATION FOR ELEMENTARY SCHOOL CHILDREN, 13th 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>PERCENTAGE</u>	<u>DUE DATE</u>
Lesson plans for Physical Education activities-----	20	
Teaching a Physical Education class-----	20	
Create and write a Health Unit and Assessment-----	20	
Oral Health presentation, including a Health experiment	20	
Philosophy of Teaching Health and Physical Education---	15	12-01-03
Class notebook-----	5	12-15-03
	TOTAL	100%

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.

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