



Course Syllabus

EDUC 3550-01

COURSE NUMBER AND SECTION

CAPIZZI, JANET

INSTRUCTOR

729-2450 ext. 5470

PHONE

HEALTH & PHYSICAL ED METHODS FALL 2004

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

CLASS 1: Introductions

Aug. 23 Review syllabus

Health/Physical Education Missouri Standards/Benchmarks

Health/Physical Education Show Me Standards

Discuss course requirements and assignments

MONDAY SEPTEMBER 6, 2004 HOLIDAY / NO CLASS

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

Aug. 30 Chapter 3 Planning for Quality Instruction

Chapter 9 Legal Liability, Supervision, and Safety

Chapter 7 Children With Disabilities

CLASS 3: Chapter 23 Basketball, lead-up activities
Sept. 13 Chapter 29 Volleyball, lead-up activities
Chapter 26 Soccer, lead-up activities

CLASS 4: Chapter 12 Circuit Training/ Challenge Course
Sept. 20 Chapter 24 Football Physical Education Lesson
Chapter 27 Softball Physical Education Lesson

CLASS 5: Chapter 17 Manipulative Skills
Sept. 27 Physical Education Lesson/ Bean bags/ Balloons/Juggling
Physical Education Lesson /Balls/Hoops/Scoops/ Rainy Day

CLASS 6: Chapter 22 Game Skills
Oct. 4 Physical Education Lesson-Level I
Physical Education Lesson-Level II
Physical Education Lesson-Level III

CLASS 7: Chapter 18 Body Management Skills
Oct. 11 Physical Education Lesson/Parachutes
Chapter 19 Rhythmic Movement
Physical Education Lesson
Physical Education Lesson
Physical Education Lesson/ Professor Capizzi

MONDAY OCTOBER 18, 2004 FALL BREAK NO CLASS

CLASS 8: Chapter 28 Track and Field Events
Oct. 25 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. 1 Discuss steps and procedures for Health project

CLASS 10: Health Unit Presentation-Safety

Nov. 8 Health Unit Presentation-Emotions

Health Unit Presentation-Nutrition

CLASS 11: Health Unit Presentation-Circulatory System

Nov. 15 Health Unit Presentation-Respiratory System

Health Unit Presentation-Consumer Health Issues (Mass Media)

CLASS 12: Health Unit Presentation-Digestive System

Nov. 22 Health Unit Presentation-Emergency Situations/First Aid

Health Unit Presentation-Character Plus

CLASS 13: Health Unit Presentation- Substance Abuse

Nov. 29 Health Unit Presentation-Disease Prevention and Control

Health Unit Presentation-Children with Disabilities

Philosophy of Teaching Health and Physical Education

CLASS 14: Health Unit Presentation-Sensory Organ

DEC. 6 Health Unit Presentation-Nervous System

Health Unit Presentation-Personal Health

Class Notebook Due

CLASS 15: Health Unit Presentation- Mental Health of Children and Adolescents

Dec. 13 Health Unit Presentation- Excretory System

Health Unit Presentation-Environmental Health

Show-Me-Standards

Class Notebooks Due

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	4-19-04
Philosophy of Teaching Health and Physical Education---	20	4-26-04
Class notebook-----	15	5-03-04
	TOTAL POINTS	150

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.

