



Course Syllabus

COURSE NUMBER: EDUC 3550-01	COURSE TITLE: Health and Physical Education Methods	TERM: Fall 2005
SITE: Long Elementary School 9021 Sappington Rd Room #12/Gym	INSTRUCTOR CONTACT INFORMATION: Janet Capizzi 314 729-2450 X5470	CREDIT HOURS: 2

1. 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.

Prerequisites: EDUC 2070 or PSYC 2040, and EDUC 3150.

2. LEARNING OUTCOMES:

Course Outcomes	SOE Goals, SOE Dispositions, and MoSTEP/Prof Standards Addressed
<p>* 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</p> <p>* Students will examine and develop multiple methods of integrating health and physical education into classroom curriculum.</p> <p>* Students will know and identify the Show Me Standards for the instructional areas of health and physical education).</p> <p>* Students will demonstrate the importance of safety during Physical Education activities and incorporate provisions for safety in all lessons.</p> <p>* 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.</p> <p>* Students will develop, demonstrate, and teach physical education activities that engage active learning and performance.</p>	<p>SOE 1.1 MoSTEP 2:2a</p> <p>SOE 2.2 MoSTEP 1:1b</p> <p>MoSTEP 2:2b, 4:4a</p> <p>MoSTEP 7:7a</p> <p>SOE 4.3 MoSTEP 3:3c, 4:4a, 5:5a, 7:7b</p> <p>SOE 2.1 MoSTEP 5:5b,7:7b</p>

<p>* 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.</p> <p>* Students will reflect and evaluate their oral presentations by assessing their performance.</p> <p>* Students will create a notebook filled with shared individual/group presentations, ideas, and lessons for future reference.</p> <p>* Students will develop a personal philosophy for teaching health and physical education for the elementary-age student.</p>	<p>SOE 2.4, 4.3 MoSTEP 4:4b, 4:4c,5:5a, 8:8a</p> <p>SOE 3.1 MoSTEP 9:9a, 9:9c</p> <p>MoSTEP 8:8c</p> <p>SOE 3.2 MoSTEP 7:7b,9:9c</p>
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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. 22 Review syllabus

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

Aug. 29 Chapter 3 Planning for Quality Instruction

Chapter 7 Children With Disabilities

Chapter 9 Legal Liability, Supervision, and Safety

MONDAY SEPTEMBER 5, 2005 HOLIDAY/NO CLASS

CLASS 3: Chapter 12 Physical Fitness Testing

Sept. 12 Chapter 23 Basketball, lead-up activities

Chapter 29 Volleyball, lead-up activities

Chapter 26 Soccer, lead-up activities

CLASS 4: Chapter 12 Circuit Training/ Challenge Course

Sept. 19 Chapter 24 Football Physical Education Lesson

Chapter 27 Softball Physical Education Lesson

CLASS 5: Chapter 17 Manipulative Skills

Sept. 26 Physical Education Lesson/ Bean bags/Balloons

Physical Education Lesson/Hoops/Scoops

Physical Education Lesson/Long Ropes/ Individual Ropes
CLASS 6: Chapter 22 Game Skills
Oct. 3 Physical Education Lesson-Level I
Physical Education Lesson-Level II
Physical Education Lesson-Level III

CLASS 7: Chapter 18 Body Management Skills
Oct. 10 Physical Education Lesson/Parachutes
Chapter 19 Rhythmic Movement
Physical Education Lesson
Physical Education Lesson
Physical Education Lesson/Professor Capizzi

**MONDAY OCTOBER 7, 2005 FALL BREAK NO
CLASS**

CLASS 8: Health Unit: Skeletal/ Muscular System
Oct. 24 Discuss steps and procedures for Health project

CLASS 9: Health Unit Presentation- Safety
Oct. 31 Health Unit Presentation- Emotions
Health Unit Presentation- Nutrition

CLASS 10: **PHYSICAL EDUCATION OBSERVATIONS/NO CLASS**
Nov. 7

CLASS 11: Health Unit Presentation- Circulatory System
Nov. 14 Health Unit Presentation- Respiratory System
Health Unit Presentation-Consumer Health Issues (Mass Media)
Due: Physical Education Observation

CLASS 12: Health Unit Presentation- Digestive System

Nov.21 Health Unit Presentation- Emergency Situations/ First Aid
Health Unit Presentation- Character Plus
Philosophy of Teaching Health and Physical Education

CLASS 13: Health Unit Presentation-Substance Abuse

Nov. 28 Health Unit Presentation-Disease Prevention and Control
Health Unit Presentation-Children with Disabilities

CLASS 14: Health Unit Presentation-Sensory Organs

Dec. 5 Health Unit Presentation-Nervous System
Health Unit Presentation-Personal Health
DUE Philosophy of Teaching Health and Physical Education

CLASS 15: Health Unit Presentation-Mental Health of Children

Dec. 12 Health Unit Presentation-Special Education/Modifications and
strategies for children with disabilities
Due: Class notebook
FINAL

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

Assessments	Percentage of Grade	Due Dates
Lesson plans for Physical Education activities	20	
Teaching a Physical Education class	20	
Create/Write a Health Unit and Assessment	20	
Oral Health Presentation, including a Health experiment	20	
Physical Education Observation	15	11-14-05
Philosophy of Teaching Health and Physical Education	20	12-5-05
Class notebook	5	12-12-05

5. RESOURCES:

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

6. 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.

7. ACADEMIC HONESTY POLICY:

Students at Webster University are expected to practice academic honesty. Avoiding Plagiarism by creating your lesson and giving credit to all your sources.

Students:

- * Should not copy whole portions of text from another source as a major component of papers or projects.
- * Should identify the title, author, page number/webpage address, and publication date of works when directly quoting small portions of texts, articles, interviews, or websites.
- * Should appropriately identify the source of information when paraphrasing (restating) ideas from texts, interviews, articles, or websites.

Consequences of Academic Dishonesty:

Lesson plans and projects are a reflection of your best work. Plagiarism will not be tolerated.

8. ACCESSIBILITY/ACCOMODATIONS POLICY:

If you have a disability that may have some impact on your work in this class and for which you may require

accommodations contact the Director of the Academic Resource Center, Dr. Pat McLeese, at (314) 968-7495.