



## Course Syllabus

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

COURSE NUMBER AND SECTION                      INSTRUCTOR                      PHONE

HEALTH & PHYSICAL ED METHODS      SPRING 2004                      2  
COURSE TITLE                      TERM                      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

Jan. 12 Review syllabus

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

MONDAY JANUARY 19, 2004 HOLIDAY / NO CLASS

CLASS 2: Health Unit: Skeletal/Muscular System

Jan. 26 Discuss steps and procedures for Health project

#12

CLASS 3: Health Unit Presentation-Safety  
Feb. 2 Health Unit Presentation-Emotions  
#12 Health Unit Presentation-Children with Disabilities  
Health Unit Presentation-Personal Health

CLASS 4: Health Unit Presentation-Circulatory System  
Feb. 9 Health Unit Presentation-Respiratory System  
#12 Health Unit Presentation-Mental Health of Children and Adolescents

### MONDAY FEBRUARY 16, 2004 NO CLASS

CLASS 5: Physical Education Lesson Plan/Step by Step Demonstration  
Feb. 23 Chapter 3 Planning for Quality Instruction  
GYM Chapter 9 Legal Liability, Supervision, and Safety  
Chapter 7 Children With Disabilities  
Discuss Physical Education Observation

CLASS 6: Chapter 23 Basketball, lead-up activities  
March 1 Chapter 29 Volleyball, lead-up activities  
GYM Chapter 26 Soccer, lead-up activities

### MONDAY MARCH 8, 2004 SPRING BREAK NO CLASS

CLASS 7: Chapter 24 Football Physical Education Lesson  
March 15 Chapter 27 Softball Physical Education Lesson  
GYM Chapter 19 Rhythmic Movement  
Physical Education Lesson

CLASS 8: Chapter 18 Body Management Skills  
March 22 Physical Education Lesson/Parachutes  
GYM Chapter 17 Manipulative Skills  
Physical Education Lesson/Balls/Hoops  
Discuss Philosophy of Teaching Health and Physical Education

## MONDAY MARCH 29, 2004 NO CLASS/ OBSERVATION

CLASS 9: Health Unit Presentation-Digestive System

April 5 Health Unit Presentation-Sensory Organ

GYM Health Unit Presentation-Nervous System

CLASS 10: Health Unit Presentation-Emergency Situations/First Aid

April 12 Health Unit Presentation-Character Education

#12 Health Unit Presentation-Nutrition

CLASS 11: Chapter 28 Track and Field and Cross-Country Running

April 19 Physical Education Lesson

GYM Chapter 21 Personal Challenge Skills/Relays

Physical Education Lesson/Relays

Chapter 17 Manipulative Skills

Physical Education Lesson/Juggling/Bean Bags/Balloons

Fitness Testing

Due: Physical Education Observation

CLASS 12: Chapter 22 Game Skills

April 26 Physical Education Lesson-Level I

GYM Physical Education Lesson-Level II

Physical Education Lesson-Level III

Due: Philosophy of Teaching Health and Physical Education

CLASS 13: Chapter 17 Manipulative Skills

May 3 Physical Education Lesson/Long/Individual Jump Ropes

GYM 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	4-19-04
Philosophy of Teaching Health and Physical Education---	20	4-26-04
Class notebook-----	15	5-03-04
<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.

