



Course Syllabus

COURSE NUMBER: EDUC 3550-01	COURSE TITLE: HEALTH & PHYSICAL EDUCATION METHODS	TERM: SPRING 2006
SITE: LONG ELEMENTARY SCHOOL 9021 SAPPINGTON ROAD ROOM #12 / GYM	INSTRUCTOR CONTACT INFORMATION: Janet Capizzi 314-729-2450 X5470 capizzi@lindberghschools.ws	CREDIT HOURS: 2

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 2070 or PSYC 2040 and EDUC 3150.

2. LEARNING OUTCOMES

Course Outcomes	SOE Goals, SOE Dispositions, and MoSTEP/ Professional Standards Addressed
<ul style="list-style-type: none"> • 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. • Students will examine and develop multiple methods of integrating health and physical education into classroom curriculum • Students will know and identify the Show Me Standards for the instructional areas of health and physical education • Students will demonstrate the importance of safety during Physical Education activities and incorporate provisions for safety in all lessons • 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 • Students will develop, demonstrate, and teach physical education activities that engage active learning and performance • 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 	<p>SOE 1.1 MoSTEP 2:2a</p> <p>SOE 2.2 MoSTEP 1:1b</p> <p>MoSTEP 2:2b, 4:4a</p> <p>MoSTEP7:7a</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>SOE 2.4, 4.3 MoSTEP 4:4b, 4:4c,5:5a, 8:8a</p>

<p>instructional approaches</p> <ul style="list-style-type: none"> • Students will reflect and evaluate their oral presentations by assessing their performance • Students will create a notebook filled with shared individual/group presentations, ideas, and lessons for future reference • Students will develop a personal philosophy for teaching health and physical education for the elementary-age student 	<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

MONDAY JANUARY 17, 2005 HOLIDAY / NO CLASS

CLASS 1: Introductions

Jan. 23 Review syllabus

#12 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

Jan. 30 Chapter 3 Planning for Quality Instruction

GYM Chapter 9 Legal Liability, Supervision, and Safety
Chapter 7 Children With Disabilities

CLASS 3: Chapter 23 Basketball, lead-up activities

Feb. 6 Chapter 29 Volleyball, lead-up activities

GYM Chapter 26 Soccer, lead-up activities

CLASS 4: Chapter 24 Football Physical Education Lesson
Feb. 13 Chapter 27 Softball Physical Education Lesson
GYM Discuss Physical Education Observation

MONDAY FEBRUARY 20, 2006 HOLIDAY / NO CLASS

CLASS 5: Chapter 22 Game Skills
Feb. 27 Physical Education Lesson-Capizzi
GYM Physical Education Lesson-Level II
Physical Education Lesson-Level III

CLASS 6: Chapter 17 Manipulative Skills
March 6 Physical Education Lesson/Beanbags and balls
GYM Chapter 17 Manipulative Skills
Physical Education Lesson/Long/Individual Jump Ropes
Chapter 19 Rhythmic Movement
Physical Education Lesson/Movement
Rhythmic Movement Developmental I-Capizzi

MONDAY MARCH 13, 2005 SPRING BREAK/NO CLASS

CLASS 7: Chapter 18 Body Management Skills
March 20 Physical Education Lesson/Parachutes
GYM Chapter 28 Track and Field
Chapter 21 Personal Challenge Skills/Relays
Physical Education Lesson/Relays
Chapter 12 Fitness Testing- Capizzi

MONDAY MARCH 27, 2005/ OBSERVATION WEEK/ NO CLASS

CLASS 8: Health Unit: Skeletal/Muscular System
April 3 Discuss steps and procedures for Health project
#12

CLASS 9: Health Unit Presentation-Digestive System

April 10 Health Unit Presentation-Substance Abuse

#12 Due: Physical Education Observation

CLASS 10: Health Unit Presentation-Safety

April 17 Health Unit Presentation-Emotions

#12 Discuss Philosophy of Teaching Health and Physical Education

CLASS 11: Health Unit Presentation-Emergency Situations/First Aid

April 24 Health Unit Presentation-Consumer Health Issues (Mass Media)

#12 Health Unit Presentation-Nutrition

CLASS 12: Health Unit Presentation-Circulatory System

May 1 Health Unit Presentation-Respiratory System

#12 Health Unit Presentation- Character Education

Due: Philosophy of Teaching Health and Physical Education

CLASS 13: Health Unit Presentation-Mental Health of Children and Adolescents

May 8 Health Unit Presentation- Children with Disabilities

#12 Show-Me Standards

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 OR 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	
Philosophy of Teaching Health and Physical Education	15	
Class notebook	10	

5. **Resources:**

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

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.

