



Course Syllabus

COURSE NUMBER: EDUC 3550-01	COURSE TITLE: HEALTH & PHYSICAL EDUCATION METHODS	TERM: SPRING 2007
SITE: LONG ELEMENTARY SCHOOL 9021 SAPPINGTON ROAD ROOM #12/GYM	INSTRUCTOR CONTACT INFORMATION: Janet Capizzi 314-729-2450 x 5470 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 15, 2007 HOLIDAY/ NO SCHOOL

CLASS 1: Introductions

Jan. 22 Review syllabus

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

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

Jan. 29 Chapter 3 Preparing for a Quality Lesson

GYM Chapter 9 Legal Liability, Supervision, and Safety
Chapter 7 Children with Disabilities
Chapter 24 Basketball, lead-up activity
Chapter 30 Volleyball, lead-up activity

CLASS 3: Chapter 19 Rhythmic Movement

Feb. 5 Physical Education Lesson Developmental level I

GYM Physical Education Lesson Developmental level II

Physical Education Lesson Developmental level III
Chapter 23 Lifetime Activities/ Racquetball Sports

CLASS 4: Chapter 25 Football Physical Education Lesson
Feb. 12 Chapter 27 Soccer, Physical Education Lesson
GYM Chapter 28 Softball Physical Education Lesson
Discuss Physical Education Observation

MONDAY FEBRUARY 19, 2007 HOLIDAY / NO CLASS

CLASS 5: Chapter 22 Game Skills
Feb. 26 Physical Education Lesson Developmental level I
GYM Physical Education Lesson Developmental level II
Physical Education Lesson Developmental level III

CLASS 6: Chapter 17 Manipulative Skills
Mar. 5 Physical Education Lesson/Beanbags and balls
GYM Chapter 17 Manipulative Skills
Physical Education Lesson/ hoops
Chapter 17 Manipulative Skills
Physical Education Lesson/Long/Individual Jump Ropes
Chapter 17 Manipulative Skills
Physical Education Lesson/Jump Bands/Capizzi

MONDAY MARCH 12, 2007 SPRING BREAK/ NO SCHOOL

CLASS 7: Chapter 21 Cooperative Skills
Mar. 19 Physical Education Lesson/ Parachutes
GYM Chapter 29 Track and Field/ Relays
Chapter 12 Fitness Testing- Capizzi

MONDAY MARCH 26, 2007 OBSERVATION WEEK/ NO CLASS

CLASS 8: Health Unit: Skeletal/Muscular System

Apr. 2 Discuss steps and procedures for Health Unit project

#12

CLASS 9: Health Unit Presentation- Nutrition

Apr. 9 Health Unit Presentation-Safety

#12 Health Unit Presentation-Emotions

Due: Physical Education Observation

CLASS 10: Health Unit Presentation-Digestive System

Apr. 16 Health Unit Presentation-Nervous System

#12 Health Unit Presentation-Sensory

Discuss Philosophy of Teaching Health and Physical Education

CLASS 11: Health Unit Presentation-First Aid

Apr. 23 Health Unit Presentation-Emergency Situations

#12 Health Unit Presentation-Consumer Health Issues (Mass Media)

CLASS 12: Health Unit Presentation-Respiratory System

Apr. 30 Health Unit Presentation- Character Education

#12 Health Unit Presentation-Circulatory System

Due: Philosophy of Teaching Health and Physical Education

CLASS 13: Health Unit Presentation-Substance Abuse

May 7 Health Unit Presentation-Mental Health of Children and Adolescents

#12 Health Unit Presentation-Personal Health

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	4-9-07
Philosophy of Teaching Health and Physical Education	15	4-30-07
Class notebook	10	5-7-07

5. **Resources:**

Text(s): **COURSE TEXT: DYNAMIC PHYSICAL EDUCATION FOR ELEMENTARY SCHOOL CHILDREN, 15th 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. Avoid 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 for 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.