

EDUC550 16

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Course Summary

Course : EDUC550 **Title :** Elementary School Health and Physical Education

Length of Course : 16

Prerequisites : N/A **Credit Hours :** 3

Description

Course Description: Through interconnected activities, this course prepares elementary teacher candidates to address health education topics and physical education and movement to enhance children's learning. The course examines strategies related to developing children's motor skills, fitness, and appreciation of a healthy lifestyle. Topics such as physical growth and maturation, equipment and facilities, classroom management of physical movement activities, psychosocial factors, adaptations for diverse learners, assessment, and health/physical education lesson integration across elementary core curriculum will be addressed.

Course Scope:

EDUC550 includes learning objectives focused on enhancing participants' disciplinary knowledge and synthesizing this knowledge into impactful and appropriate lesson design for the elementary physical education and health classroom. Participants will develop their own teaching skills in a physical activity setting as they complete a 16-hour practicum experience where they can apply theory to practice.

Objectives

After successfully completing this course, candidates will be able to:

1. Synthesize current demographic trends in children's health status and the knowledge base surrounding the benefits of a healthy active lifestyle for children. (ISTE 3d, ACEI 2.7)
2. Apply knowledge of basic concepts of physical fitness, physical development and motor learning. (ACEI 2.7, 3.1)
3. Evaluate physical education equipment/facility options (safety considerations, large/small equipment, homemade equipment, indoors versus outdoors). (WVPTS 2F1)
4. Analyze psychosocial factors in physical education. (ACEI 3.4, NASPE 4; DQP 1)
5. Construct lesson plans based upon current issues (swine flu prevention, bullying, substance abuse) identified by the CDC in health education. (WVPTS 1D1, 3D1; ACEI 2.6; DQP 2)
6. Develop lesson plans that foster developmentally appropriate physical activity for all children including those with special needs; including students with disabilities, giftedness, and those who are English Language Learners. (ELLs) (WVPTS 1A1, 2A1, 2A3; ACEI 3.2; DQP 4)

7. Analyze core teaching skills in the physical education classroom (classroom management, communication, student feedback, supervision, time management, student behavior management). (WVPTS 3B2, 3C1, 3D2)
 8. Create lesson plans that integrate PE/HE and the core (e.g. language arts, science, math, social studies) curriculum. (WVPTS 1C3, ACEI 2.6, 2.7, 3.1)
 9. Apply physical fitness, skill, affective and cognitive measures, assessment techniques to health and physical education content. (WVPTS 1B2, 1E2, 3A3, 3E1; ISTE 2d; ACEI 4.0; DQP 2)
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Outline

Week 1: PURPOSE OF PHYSICAL EDUCATION

Learning Objectives

Analyze the benefits of physical activity for an individual student

Determine how health and physical education is a part of the elementary school mission

Investigate trends in health related risk factors of US adults and children

Appraise your own physical education experience and identify

Readings

Thomas & Thomas - Chapter 1 and 2

CDC

<http://www.cdc.gov/obesity/data/adult.html>

Interactive: Adult Obesity in the United States, 1990-2012

<http://www.fasinfat.org/adult-obesity/>

Fast Facts: Factors that Influence Nutrition and Physical Activity

<http://www.fasinfat.org/facts-nutrition-physical-activity/>

YRBSS

<http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

Assignments

Assignment: Letter to Curriculum Committee

Forum 1: Introductions

Week 2: CURRENT RESEARCH ASSOCIATED WITH PHYSICAL ACTIVITY AND CHILDREN

Learning Objectives

Synthesize current demographic trends in children's health status and the knowledge base surrounding the benefits of a healthy active lifestyle for children.

Create a fact sheet of research based findings associated with the benefits of physical activity for children.

Readings

Thomas & Thomas - Chapter 1 and 2

CDC

<http://www.cdc.gov/obesity/data/adult.html>

Interactive: Adult Obesity in the United States, 1990-2012

<http://www.fasinfat.org/adult-obesity/>

Fast Facts: Factors that Influence Nutrition and Physical Activity

<http://www.fasinfat.org/facts-nutrition-physical-activity/>

Assignments

Assignment: Physical Activity Benefits Presentation

Week 3: PHYSICAL FITNESS, PHYSICAL DEVELOPMENT AND MOTOR LEARNING

Learning Objectives

Define growth, maturation, loco-motor, nonloco-motor and manipulative skills.

Describe the impact of puberty on growth for boys and girls.

Relate growth to performance.

List the environmental factors that affect skill performance.

Readings

Thomas & Thomas - Chapters 3-4

Assignments

Forum: Forum 2: The Link Between Physical Activity and Learning

Week 4: PHYSICAL FITNESS

Learning Objectives

Explain each of the components of health related fitness (HRF).

Examine how to develop each component of HRF.

Participate in a self-assessment of personal HRF.

Formulate a one-month fitness improvement plan.

Readings

President's Challenge

<http://www.adultfitnessstest.org/>

President's Challenge Instruction Booklet

<http://www.adultfitnessstest.org/adultFitnessstestLanding.aspx>

Assignments

Assignment:

Personal Fitness Assessment and Improvement Plan

Physical Fitness Fact Check

Week 5: PHYSIOLOGICAL FUNCTIONING

Learning Objectives

Compare and contrast children and adult physiological response to physical activity.

Differentiate various measurements of body composition.

Contrast physical activity and physical education.

Readings

Thomas & Thomas - Chapter 6

Assignments

Assignment: Practicum placement preparation

Forum:

Forum 3: Body Composition Measures Debate

Forum 4: Practicum Preparation

Week 6: YOUTH HEALTH BEHAVIORS

Learning Objectives

Identify youth health risk behaviors.

Analyze the (informal) utility of health education in elementary school.

Create learning activities using credible information regarding HE for elementary school students.

Readings

Centers for Disease Control/Youth Behavior Risk Survey
<http://apps.nccd.cdc.gov/youthonline/App/Default.aspx?SID=MS>

Assignments

Assignment:

Health Education Scenarios

Week 7: PSYCHOSOCIAL ISSUES IN PHYSICAL EDUCATION

Learning Objectives

Analyze psychosocial factors in physical education.

Describe when children are ready for competition.

Dissect the issues associated with playing elimination games in elementary school.

Eliminate the key harmful issues in games by adapting with new rules and/or equipment.

Readings

Thomas, Lee & Thomas - Chapter 7

Assignments

Forum: Forum 5: Dodge Ball

Week 8: ACTION RESEARCH

Learning Objectives

Identify students in their practicum who are not participating in physical activity.

Explore options that help motivate the student (above) to participate.

Formulate an action research project.

Generate a plan to help this student (above) by seeking out experts regarding this child.

Readings

Chapter 7 - Thomas, Lee and Thomas

Assignments

Assignment: Action Research Project

Forum:

Forum 6: Practicum

Forum 7: Action Research Ideas

Week 9: SAFETY AND FACILITIES

Learning Objectives

Evaluate the appropriateness of equipment for skill development.

Apply safety guidelines for equipment and facilities.

Plan instructional time to maximize physical activity when you are using equipment and facilities.

State the benefits of unstructured physical activity.

Readings

Thomas, Lee & Thomas - Chapter 12

Week 10: DESIGNING QUALITY LEARNING EXPERIENCES IN ELEMENTARY SCHOOL HEALTH EDUCATION

Learning Objectives

Use information on the CDC web site to determine the current health education needs of elementary school

children.

Readings

Thomas, Lee & Thomas - Chapter 9

Williams - Seven Literacy Strategies That Work

Assignments

Forum: Forum 8: Action Research Project

Week 11: INCLUSIVE PHYSICAL EDUCATION

Learning Objectives

Analyze student needs in the physical education classroom

Differentiate activities and teaching styles to accommodate these students

Identify various methods to use for differentiation

Assignments

Forum: Forum 9: Inclusive Physical Education

Week 12: INTERDISCIPLINARY ACTIVITY: IT GOES BOTH WAYS

Learning Objectives

Illustrate various ways to integrate PE/HE content with common core subject matters.

Explain the benefits of physical activity on cognition.

Distinguish the Core Teaching Skills in physical education.

Readings

Marlet & Gorden - The Use of Alternative Texts in Physical Education

Ballinger & Deeney - Physical Educators as Teachers of Literacy

Assignments

Forum: Forum 10: Field Placement Observations

Week 13: LESSON PLAN DEVELOPMENT

Learning Objectives

Create a lesson plan for physical education.

Design lesson activities that are interdisciplinary.

Note appropriate ways to adapt activities for high or low skilled students.

Assignments

Week 14: ASSESSMENT IN PHYSICAL EDUCATION

Learning Objectives

Use evaluation appropriately for feedback, screening, assigning grades, adjusting objectives and continual improvement of student learning.

Identify a variety of assessment tools including checklists, rating scales, rubrics, fitness measures and tests.

Define and give examples of validity, reliability and objectivity.

Readings

Thomas, Lee & Thomas - Chapter 14

Week 15: ANALYSIS AND CRITIQUE

Learning Objectives

Analyze strengths and weaknesses in each other's' lesson plans.

Assist each other in a colleageual manner to improve the Video Analysis and Critique product.

Critically examine self-video assessments.

Assignments

Forum: Forum 11: Partner Activity

Week 16: WRAP-UP

Learning Objectives

Describe the knowledge base in physical education.

Explain criteria for relevant and accurate sources for teaching health education topics.

Describe quality physical education lesson components.

Analyze the core teaching skills in physical education.

Assignments

Assignment:

Review Activity

Video Analysis and Critique

Evaluation

Grading:

Materials

Book Title: Physical Education Methods for Elementary Teachers-3rd ed.

Author: Thomas, K, Lee, A. and Thomas, J.

Publication Info: Human Kinetics

ISBN: 9780736067041

Book Title: Digital Video Camera - please email booklist@apus.edu for specific requirements

Author:

Publication Info:

ISBN: AMN

Required Text

Thomas, K. T., Lee, A. M., & Thomas, J. R. (2008). *Physical education methods for elementary teachers* (3rd ed.). Champaign, IL: Human Kinetics.

Recommended Textbook

In addition to the required texts in this course, you are strongly encouraged to purchase the latest addition of the *Publication manual of the American Psychological Association* (Currently 6th Ed.) if you have not previously purchased this resource.

Required Readings

Ballinger, D. A., & Deeney, T. A. (2006). [Physical educators as teachers of literacy](#). *Journal of Physical Education, Recreation & Dance*, 77(5), 18-22.

Buell, C., & Whitaker, A. (2001). [Enhancing content literacy in physical education](#). *Journal of Physical Education, Recreation & Dance*, 72(6), 32-35.

Carlson, S. A., Fulton, J. E., Lee, S. M., Maynard, M., Brown, D. R., Kohl, H. W., & Diet, W. H. (2008). [Physical education and academic achievement in elementary school: Data from the early childhood longitudinal study](#). *American Journal of Public Health*, 98(4), 1-7.

Coe, D. P., Pivarnik, J. M., Womack, C. J., Reeves, M. J., & Malina, R. M. (2006). [Effect of physical education and activity levels on academic achievement in children](#). *Medicine & Science in Sports & Exercise*, 38(8), 1515-1519.

Fisher, D., Frey N., & Williams D. (2002). [Seven literacy strategies that work](#). *Educational Leadership*, 60(3), 69-73.

Marlet, P. B., & Gorden, C. G. (2004). [The use of alternative texts in physical education](#). *Journal of Adolescent & Adult Literacy*, 48(3), 226-237.

Websites

[Eat Smart Move More](http://www.eatsmartmovemorenc.com/Energizers/Middle.html)

<http://www.eatsmartmovemorenc.com/Energizers/Middle.html>

[President's Challenge](http://www.adultfitnessstest.org/)

<http://www.adultfitnessstest.org/>

Course Guidelines

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