



**EDUC 408A Health and PE Methods
Spring 2015**

Instructor: Kristie R. Dionne

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2 Credits

Wed. 1:00-2:50



Textbook: Pangrazi, Robert P. , Dynamic Physical Education for Elementary School Children, Fourteenth Edition., 2004. Benjamin Cummings.

Course Description: This course focuses on health and physical education curriculum, materials with an emphasis on innovative methods used to teach health and physical education. Also, included is research on holistic approaches to teaching to the whole person.

Methods of Instruction: Methods of instruction will include direct instruction, discussion, group work, hands-on projects, student presentation, power points, videos, guest speakers, along with reading and writing reflections.

Attendance, class participation, and in class writing assignments: Many of the outlined activities require active participation on the part of YOU, the student! Therefore attendance and active participation are very important and will count toward final course grade. Excused/Unexcused absences will be subject to loss of 10 grade points for each. If you are ill or have a family emergency, please call my office, leave a message or email. I expect valid excused absences to be reported to me prior to class.

Periodically, I will ask students to write responses to class activities, assigned readings, or some other topic. Only those students who are in class at the time of the writing will receive credit-no make-ups.

In respect for all students and the instructor, please have your cell phones on silent in class and do not text during class. Please do not bring your children to class.

During the PE portion of this class, we will be spending time in the gym and on the track. Please wear appropriate clothing and gym shoes for this class.

Your rights and responsibilities: If you have emergency medical information to share with me, if you need special arrangements in case the building must be evacuated, or if you need accommodations in this course because of a disability, please make an appointment with me. My office location and office hours are Room 219, 8:00-4:30 Monday through Thursday and

some Fridays. If you plan to request disability accommodations, you are expected to register with the TMCC counselor (Rm. FA 103) 477-7947.

Cultural Content: The seven teachings of the Anishinabe are examined. Students will gain knowledge (**Wisdom**) about the proper way to help children exercise and choose the right foods to keep them healthy. Students will be able to help children recognize keeping themselves healthy is part of living a proper life (**Honesty**). Students will help children to understand that eating the right foods and getting enough rest and physical activity are ways to show **Love** and **Respect** for our bodies. Students will help children to accept themselves for who they are (**Humility**).

Statement of Academic Integrity: Scholastic honesty is expected. Dishonesty includes cheating, plagiarism, and collusion. Students are expected to do individual work unless directed by a project and or permission is given. If dishonesty is found, the student will be reported to the Academic Dean.

Teacher Education Performance Standards:

1. Learner Development
2. Learning Differences
3. Learning Environments
4. Content Knowledge
5. Application of Content
6. Assessment
7. Planning for Instruction
8. Instructional Strategies
9. Professional Learning and Ethical Practice
10. Leadership and Collaboration

Course Goals:

1. Students will **recognize** the importance of health and physical education as an integral part of the elementary curriculum.
2. Students will **discuss** and **develop** multiple methods of integrating health and physical education into classroom curriculum.
3. Students will **observe** and **construct** instructional opportunities that enhance learning and success to meet students' needs.
4. Students will **develop** and **model** physical education activities that engage active learning and performance.
5. Students will **construct** a health unit consisting of lessons, a lab, technology, and a measurable assessment; both formal and informal.

Assignments:

Assignments must be completed as assigned and "ON TIME." Points will be deducted for late work. In class assignments may be hand written. Out of class assignments should be typed in size 12 font, using APA format, with all sources cited. A reference page must be included.

Assignments will be graded on accuracy in punctuation, content, spelling, appropriate grammar, and sentence and paragraph structure. Reading assignments are required reading out of class.

Please be sure to submit your assignments on Jenzabar.

Class Participation: Ten points will be given for class participation. If you are not in class or if you are not participating you will not receive the ten points. (10x 16= 160 pts.)

Quizzes: There will be two quizzes in class. The quizzes will be based on the assigned readings and lectures/notes. (2x20= 40 pts.)

Midterm Test: The midterm will be based on the assigned readings, class discussions, and lectures/notes. (50 pts.)

Papers: You have two assigned reflection papers. The topics are indicated in the class schedule under the assignment column. For each reflection paper you will need to write 2-3 pages on the assigned topic. The paper should: provide a summary of the topic, add additional information to the topic, or provide a different view of the topic. The papers must be in APA format (ie: typed, double spaced, etc.) Students should read, reflect and write what the topic means to them as educators. (2x 36 = 72 pts.)

Poster- You will work with a partner and develop a poster educating the public on a health topic. Use the Vari Quest machine. (25 pts.)

Lesson Plans/Instruction of Lesson: Using the lesson plan format provided in class, you will develop and present two lesson plans related to topics covered in class. Lesson plans should also relate the lesson to the Physical Education & Health Standards (2x56=112 pts.)

Lesson Plan- Native American game/activity (36 pts)

Final: The final will be the development of a Health/PE unit plan that could be used in your classroom. (100 pts.)

Extra Credit: Walking on the TMCC track. 1 mile=1 extra credit point. Time will usually be allowed toward the end of class for this activity. Also, add walking into your daily life, as it fits your schedule. Exercise should become a daily activity. **Wear walking shoes on Wednesdays.**

Class participation/In class assignments: 16x 10=160 pts.

Papers: 36 x 2= 72 pts.

Quizzes: 20 x 2= 40 pts.

Poster-Group work- 25 pts.

Lesson plans/Instruct lessons: 56 x 2= 112 pts.

Lesson plan- 36 pts.

Midterm: 50 pts.

Post test- 50 pts

Final Unit: 100 pts.

Total Points: 645 pts.

Grading Scale:

100%-90%= A

89%-80%= B

79%-70%= C

69%-60%=D

59% and Below= F

Course	Course Description	ND Standards	INTASC Standards	Instructional Outcomes
EDUC 408 Health and Physical Education Methods 2 Credits	This course focuses on health and physical education curriculum, materials with an emphasis on innovative methods used to teach health and physical education. Also, included is research on holistic approaches to teaching to the whole person.	50015.2a, g, h, i	2. Learning Differences 4. Content Knowledge 5. Application of Content 6. Assessment 7. Planning for Instruction 8. Instructional Strategies	1. Students will recognize the importance of health and physical education as an integral part of the elementary curriculum. 2. Students will discuss and develop multiple methods of integrating health and physical education into classroom curriculum. 3. Students will observe and construct instructional opportunities that enhance learning and success to meet students' needs. 4. Students will develop and model physical education activities that engage active learning and performance. 5. Students will construct a health unit consisting of lessons, a lab, technology, and a measurable assessment; both formal and informal.

Tentative Course Schedule

Date	Topic	Chapter/Book	Activity/Assignment	Possible Points
1/14/15	Intro to Course Syllabus	ND P.E. & Health Standards	Pretest Read: Chap. 1 Bring your Bloom's Wheels and computers to class! Native American Games	10- Class Points
1/21/15	Importance of Health & P.E. Elementary School PE Health- Fitness	Chapter 1	Content Review Reflection: Importance of Physical Education in school- Due 1/28 2 – 3 pages Read: Chap. 2	10- Class Points
1/28/15	Physical Activity Behavior & Motivation Teaching Children in the PE Environment	Chapter 2	Reflection Paper #1 Due- Jenzabar Read: Chap. 3 & 4 Develop a Physical Education Lesson Plan-Due 2/4- I want to preview these before you teach your lesson. Sign up to teach lesson plan	36 pts.- Reflection Paper 1 10- Class Points
2/4/15	Planning for Quality Instruction Instructional Effectiveness Legal Liability, Supervision, & Safety	Chapters 3 & 4	6 Student Lesson Presentations-GYM Read: Chap. 8, 9, 11	10-Class Points 56 pts.-Lesson Plan/Presentation
2/11/15	Rainy Day Activities Physical Activity & Fitness Physical Activity & Fitness	Chapters 8, 9, 11	6 Student Lesson Presentations-GYM Quiz 1 Read: Ch. 12 & 14 Group Work: Research Rainy Day Activity (in class) Small Group: Content Review Ch. 12	10-Class Points 20 pts.-Quiz 1
2/18/15	Physical Activity and Fitness Movement Concepts & Themes	Chapters 12 & 14	6 Student Lesson Presentations-GYM Video on Movement Read: Chapters 15,16, 17	10-Class Points

2/25/15	Review for Midterm	Ch. 15, 16 & 17	Video Quiz 2 Class Discussion on Ch. 15, 16 & 17 Native American Games	10-Class Points 20 pts.- Quiz 2
3/4/15	MIDTERM	MIDTERM	MIDTERM Native American Games/Lesson Posters- group work	10-Class Points 50 pts.- Midterm 36 Pts.-Native American Game/Lesson 25 pts-Poster
3/11/15	Team Nutrition	Internet ND Health State Standards	Introduce Unit Plan Expectations for final Research web site, choose lesson plan from web site – Hand In Sign up to teach Health Lesson Myplate.com	10-Class Points
3/25/15	Managing a Health Related Fitness Program Nutrition & Health Related Fitness Healthy Snacks	Team Nutrition	6 Student Presentations- Healthy snacks Video Reflection Paper #2: Research Vitamin Deficiency (2 -3 pages)-due 4-8	10-Class Points 56 pts.- Lesson Plan/Presentation
4/1/15	Team Nutrition Healthy Snacks	Team Nutrition	6 Student Presentations- Healthy snacks Class Discussion	10-Class Points
4/8/15	Team Nutrition Healthy Snacks	Team Nutrition	6 Student Presentations- Healthy snacks Discuss final unit plans	10-Class Points 36 pts.- Reflection Paper
4/15/15	Health/Food Labels Healthy snacks	Team Nutrition	Guest Speaker: Food Labels	10-Class Points
4/22/15	Diabetes	Team Nutrition	Guest Speaker: Diabetes Assigned Journal Article- Diabetes	10-Class Points
4/29/15	Diabetes	Team Nutrition	Video: Diabetes Assigned Journal Article Post test	10-Class Points 50 pts. Post test
5/6/15	Health Unit Plan	Students	Student Presentations – Share Unit Plan	10-Class Points 100 pts.-Unit Plan