

**SUL ROSS STATE UNIVERSITY
COURSE SYLLABUS
PHYSICAL EDUCATION 2303
ACTIVITIES FOR CHILDREN
FALL 2016 TH 8:00-9:15**

INSTRUCTOR:

Dee Dee De La O

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Office hours:

MW – 9:00-10:00, TH 9:15-11:00, By Appointment

Required Textbook:

No Required Textbook

COURSE DESCRIPTION:

This course is designed to give a foundation for a working knowledge of activities that are appropriate for children. These activities include elements that are deemed necessary for the complete physical development of the child.

PURPOSE OF THE COURSE:

This course is designed to provide students with experiences that will enable them to develop knowledge, understanding and skills to plan and teach elementary physical education.

PHYSICAL EDUCATION STUDENT LEARNING OUTCOMES

The kinesiology student will:

1. Understand and apply principles of physical fitness in developing an individualized
2. Understand and apply principles of physical fitness in developing an individualized health fitness plan.
3. Demonstrate knowledge of movement concepts and biomechanical principles by analyzing movement and sport skills.
4. Know and use test and measurement concepts and principles to assess fitness and skill performance and be able to explain results
5. Health fitness plan.

STANDARDS & COMPETENCIES

- Standard II

The physical education teacher understands principles and benefits of a healthy, physically active lifestyle and motivates students to participate in activities that promote this lifestyle.

- *Competency 006*

The teacher understands major body systems, principles of physical fitness development and training and the benefits of a healthy, active lifestyle.

- Standard III

The physical education teacher uses knowledge of individual and group motivation and behavior to create and manage a safe, productive learning environment and promotes students' self-management, self-motivation and social skills through participation in physical activities.

- *Competency 002*

The teacher understands principles and practices developing, combining and integrating motor skills.

- *Competency 004*

The teacher understands and applies knowledge of individual, dual and team sports and activities.

- *Competency 005*

The teacher understands principles, techniques, skills and safety practices for dance, personal performance activities, cooperative and nontraditional games, recreational activities and outdoor pursuits.

- Standard IV

The physical education teacher uses knowledge of how students learn and develop to provide opportunities that support students' physical, cognitive, and emotional development.

- *Competency 010*

The teacher knows how to use effective, developmentally appropriate instruction and assessment to prepare physically educated individuals.

- Standard V

The physical education teacher provides equitable and appropriate instruction for all students in a diverse society.

- *Competency 011*

The teacher understands factors relevant to learning and performance in physical education and uses this knowledge to create learning environments and opportunities that promote students' development in various domains (e.g., cognitive, social, emotional).

- Standard VI

The physical education teacher uses effective, developmentally appropriate instructional strategies and communication techniques to prepare physically educated individuals.

- *Competency 010*

The teacher knows how to use effective, developmentally appropriate instruction and assessment to prepare physically educated individuals.

- Standard VII

The physical education teacher understands and uses formal and informal assessment to promote students' physical, cognitive, social and emotional development in physical education contexts.

- *Competency 012*

The teacher understands the structure, organization, goals and purposes of physical education programs.

- Standard X

The physical education teacher understands the legal issues and responsibilities of physical education teachers in relation to supervision, planning and instruction, matching participants, safety, first aid, and risk management.

- *Competency 013*

The teacher understands legal issues and responsibilities of physical education teachers in relation to supervision, planning and instruction, safety, first aid and risk management.

STUDENT LEARNING OUTCOMES:

Selected Competencies for the TExES Physical Education EC-12 (158)

Domain I - Movement skills and knowledge

- Competency 001: The teacher understands and applies principles of motor development and motor learning.
- Competency 002: The teacher understands principles of developing combining and integrating motor skills.
- Competency 003: The teacher understands and applies knowledge of movement concepts and biomechanical principles.
- Competency 004: The teacher understands and applies knowledge of individual, dual and team sports and activities.
- Competency 005: The teacher understands principles, techniques, skills and safety practices for dance, personal performance activities, cooperative and nontraditional games, recreational activities and outdoor pursuits.

Domain II- Health-Related Physical Fitness

- Competency 006: The teacher understands major body systems, principles of physical fitness development and training, and the benefits of a healthy, active lifestyle.
- Competency 007: The teacher understand principles and activities for developing and maintaining cardiovascular endurance.
- Competency 008: The teacher understands principles and guidelines for developing and maintaining flexibility, posture and muscular strength and endurance.
- Competency 009: The teacher understands health, and wellness concepts, including those related to nutrition, weight control and stress management, and analyses ways in which personal behaviors influence health and wellness.

Domain III – The physical Education Program

- Competency 010: The teacher knows how to use effective, developmentally appropriate instruction and assessment to prepare physically educated individuals.
- Competency 011: The teacher understands factors relevant to learning and performance in physical education and uses this knowledge to create learning environments and opportunities that promote students development in various domains (e.g., cognitive, social emotional).
- Competency 012: The teacher understands the structure, organization, goals and purposes of physical education programs.
- Competency 013: The teacher understands legal issues and responsibilities of physical education teachers in relation to supervision, planning and instruction, safety, first aid and risk management.

SELECTED TEKS THAT THE COURSE ADDRESSES:

The curriculum for each educator preparation program shall rely on scientifically-based research to ensure teacher effectiveness and align to the TEKS. The following subject matter shall be

included in the curriculum for candidates seeking initial certification:

- (3) child development;
- (4) motivation;
- (6) TEKS organization, structure, and skills;
- (7) TEKS in the content areas; for Elementary Physical Education
- (9) curriculum development and lesson planning;
- (11) classroom management/developing a positive learning environment;
- (12) special populations;
- (15) pedagogy/instructional strategies;

COURSE OUTLINE:

- I. Successful Teaching
- II. Planning to Maximize Learning
- III. Creating a Positive Learning Environment
- IV. Minimizing Off-Task Behavior and Discipline Problems
- V. Getting the Lesson Started
- VI. Instructing and Demonstrating
- VII. Motivating Children to Practice
- VIII. Observing and Analyzing
- IX. Developing the Content
- X. Providing Feedback
- XI. Building Critical-Thinking Skills
- XII. Building Positive Feelings
- XIII. Assessing and Reporting Children's Progress
- XIV. Continuing to Develop as a Teacher

METHOD OF INSTRUCTION:

Lecture, discussion, group activities, and demonstration.

CLASS ATTENDANCE:

Classroom attendance and participation is required. In accordance with the University Catalog, a student with nine (9) absences may be dropped from the course with a grade of F. Habitual tardiness is disruptive to the class and should happen infrequently. Therefore, six (6) absences without instructor approval may constitute the equivalent of nine (9) absences. Three (3) tardies may count as one unauthorized absence.

COURSE REQUIREMENTS:

- I. There will be three 100 point exams.

II. There will be daily quizzes taken from your notes and class discussions of 5 questions each. The 100 possible points available for quizzes will be given by dividing the total number of questions into 100 to arrive at the number of points for each question and then multiplying by the number of correct questions. (Example: 20 quizzes x's 5 = 100 questions divided into 100 pts. = 1 pt. for each question)

III. Class attendance and participation will be worth a possible 150 points. Points will be given based on the scale below:

0-1 unexcused absence = 150 pts.

2 unexcused absences = 140 pts.

3 unexcused absences = 100 pts.

4 unexcused absences = 60 pts.

5 unexcused absences = 20 pts.

6 unexcused absences = 0 pts. will be dropped from the class with an F.

3 tardies = one absence

IV. A lesson plan will be presented as a group (or individual depending on class numbers) that will be worth 200 points.

V. You will direct a lesson as a group (or individual depending on class numbers) that will be worth 200 points.

VI. You will evaluate another group's lesson which will be worth 150 points.

VII. You will submit a written essay discussion your project and it will be worth 150 points.

VI. Computation of the final grade will be based on the following:

Test 1 = 100 pts.

Test 2 = 100 pts.

Final = 100 pts.

Daily Quizzes = 100 pts.

Attendance = 150 pts.

Group Lesson Plan = 150 pts.

Group Skill/Activity Lesson = 100 pts.

Group Evaluation = 100 pts.

Discussion Essay = 100 pts.

Total pts. Possible = 1,000 pts.

A = 900-1,000 pts.

B = 800-899 pts.

C = 700-799 pts.

D = 600-699 pts.

F = below 600 pts.

VII. Preparation for class: This includes the following:

- 1) if you bring a cell phone (or any type of electronic device) make sure it is turned off and kept out of sight. If it makes any noise or is used in the class, then you will be asked to leave the class,
- 2) make necessary rest room stops, etc. to enable you to remain in the class for the duration.
- 3) do not bring food or drinks into the classroom
- 4) have copies of the power point slides copied from Blackboard

This is a required course to become a certified teacher and you will be expected to conduct yourself as such! This means appropriate dress and hygiene (such as no pajamas, clothing that shows too much skin, or any disruptive appearance or actions!)

If you leave the class for any of these reasons, it will count as an unexcused absence and the student will meet with Coach Carroll to discuss the situation.

If a student has two unexcused absences and/or tardies, he/she will be asked to meet with Coach Carroll to discuss possible ways to improve attendance/punctuality.

VIII. Academic Honesty: Students are expected to do their own work. Cheating in any form will be subject to disciplinary action that can result in dismissal from the class with a grade of F. This includes plagiarism.

All of the following are considered plagiarism: (taken from:

<http://www.plagiarism.org/>)

- ☒ turning in someone else's work as your own
- ☒ copying words or ideas from someone else without giving credit
- ☒ failing to put a quotation in quotation marks
- ☒ giving incorrect information about the source of a quotation
- ☒ changing words but copying the sentence structure of a source without giving credit
- ☒ copying so many words or ideas from a source that it makes up the majority of your work (25% or more) whether you give credit or not

COURSE ACCESSIBILITY INFORMATION:

Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is the student's responsibility to initiate a request for accessibility services. Students seeking accessibility services must contact Mary Schwartz, M. Ed., L.P.C., in Counseling and Accessibility Services, Ferguson Hall, Room 112. The mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Telephone: 432-837-8691. E-mail: mschwartz@sulross.edu

ESSENTIAL TECHNOLOGY: Access to a computer with a connection to the internet.

A word processing program compatible with Blackboard. A Sul Ross e-mail address where you can send and receive e-mail. Adequate skill to work with the technology.

COURSE EVALUATION: At the end of the semester, each student will have the opportunity to evaluate the course and instructor by completing an anonymous on-line evaluation form provided through the School of Professional Studies. A form to evaluate the technology will be provided through the Computer Center.