

MAYVILLE STATE UNIVERSITY
HPER 319 Health and PE in the Elementary School
2 Semester Hours/Credits

Fall, 2018

Instructor Name and Contact Information: FH 136, Ashley.N.Nelson.2@mayvillestate.edu, 701-788-5202

Hours of Availability: Posted on Office Door or By Arrangement

Learning Management System (LMS) used for this Course: Blackboard Learn

Instruction Mode: on-campus face-to-face

Time Zone: All times indicated throughout this syllabus reflect Central Time (CT)

How to address your instructor:

Given my rank at MSU and my degree, I prefer to be called, "Ashley or Ms. Nelson".

Meeting Times and Location: Monday, Wednesday, and Friday (First 10 weeks) 1:00 – 1:50 pm FH 113

Course Description

A course designed specifically for the Elementary Education majors and HPER majors/minors. Areas of study include: understanding the need for physical education; the instructional process; program implementation; and teaching the objectives of physical education (personal health skills, motor skills, lifetime activities and sport skills). Practical applications of methods in an elementary school setting will be included through peer teaching. The 10 content areas of health will be studied.

Pre-/Co-requisites: Elementary Block II, Junior Standing.

Purpose of the Course

This course will help students understand the need for quality physical education programs in schools, how to be a quality instructor and the keys to program implementation. The students will learn activities and strategies designed to help them accomplish the content standards of a quality physical education and health program.

The program requires the study of physical education. Candidates know, understand, and use, as appropriate to their own understanding and skills, human movement and physical activity as central elements to foster active, healthy life styles and enhanced quality of life for elementary students. The program requires the study of health education. Candidates know, understand, and use the major concepts in the subject matter of health education to create opportunities for student development and practice of skills that contribute to good health.

Conceptual Framework

Teacher education courses are based upon the Conceptual Framework: Reflective Experiential Teacher. See the document 'Conceptual Framework' provided in the course shell.

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Course Objectives

1. Identify the purpose and objectives of an elementary school physical education and health program.(INTASC 1,2,4,7)
2. Understand the needs for and values of an elementary physical education and health program. (INTASC 1,7,10)
3. Demonstrate knowledge of motor learning principles and mechanical principles involved in skill performance.(INTASC 1,2,3,4)
4. Apply the sequence of steps to follow when writing a curriculum for elementary students. (INTASC 1,6,7)
5. Describe the four basic parts of a lesson plan and the requisite planning required for effective presentation of the plan. (INTASC 1,4,6,7)
6. Describe the major ways to establish and maintain a teaching environment which is conducive to learning. Major categories should include instructional cues, feedback, teaching styles, and skill presentation. (INTASC 1-6, 8)
7. Describe effective ways to manage and discipline students in the physical education & health classes. (INTASC 5,9)
8. Demonstrate effective planning skills when teaching a lesson to 4 to 5 classes of elementary school students.(INTASC 1,6,7,9)
9. Prepare students for activities using introductory activities. (INTASC 1,2,5,6)
10. Prepare fitness routines to be used with students at the appropriate grade level. (INTASC 1,2,4,5)
11. Explain how to modify low organized and lead-up games to meet the needs of all students.(INTASC 2,3,4,5)
12. Describe important steps to follow to avoid liability due to accidents in a physical education class. (INTASC 5,9,10)
13. Explain the 10 content areas of health to be taught.(INTASC 1,7)
14. Apply effective verbal and non-verbal communication, multi-media, computers, and current technology skills in education settings. (INTASC 6)

Program Student Learning Outcomes (SLOs) Addressed in This Course

SLO # 1 – Through the demonstration and application of discipline specific concepts, HPER students will serve as advocates for fitness.

SLO #2 – HPER students will effectively communicate through a variety of methods with a discipline specific population.

The Academic Program Student Learning Outcomes document can be found in your course shell. It contains all learning outcomes pertaining to Essential Studies courses and all majors and minors. The document has an index so you can quickly find the degree you are pursuing.

Course Improvements Based on Most Recent Assessment Findings

The importance of completing and turning in all written assignments on time will be stressed. Using the writing center will be a class assignment.

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Recommended/Required PE Materials

Dynamic Physical Education for Elementary School Children (18th ed.) Pangrazi, Robert P. (2016)
Lesson Plans for Dynamic Physical Education for Elementary School Children (18thed.). Pangrazi
Physical Best Activity Guide: Elementary Level. (3rd ed) NASPE.

Instructional Strategies

Active Learning – Brainstorming – Discussion Forums – Feedback – Presentations – Reflective Writing

Learning Experiences

1. Students will engage in class discussions surrounding issues that pertain to movement education in early childhood settings.
2. Students will work individually and in small groups in planning and implementing movement education activities.
3. Students will observe children at the MSU Child Care Center as well as in the MSU fieldhouse.
4. Students will work with children in appropriate settings. We will work closely with the campus Child Care Center. Approximately 18 hours of interaction in a gymnasium is required. Children will range from 4 years old to 5 years old.
5. Participate actively in movement activities with the children.
6. Students will read all assigned books, papers, articles.

Instructional Technologies Utilized in this Course

- Blackboard
- YouTube
- Google

Expectations/Protocols

1. Attend class, read all assignments prior to class, generally-be prepared for class.
2. Participate actively in cooperative learning activities and class discussion
3. Practice oral skills by preparing and presenting short classroom topics.
4. Develop time management skills.

Instructor/Student Communication

Students can email me at anytime during the semester via Ashley.N.Nelson.2@mayvillestate.edu. Office hours are posted on the door for “pop in” meeting times, otherwise the student may set up an arranged time with the instructor that fits best for both parties. Students should expect an email response within 24 hour window unless otherwise noted. Students need to check their email every day.

Students are accountable for all academic communications sent to their Mayville State University e-mail address.

Method of Evaluation/Grading

Grades will be determined on the following criteria:

1. Class attendance—you are expected to be in class every day.
2. Portfolio
3. Written tests or quizzes
4. Written assignments

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5. Activity plans and implementation of activity
6. Participation in class, attitude, and disposition

A = 90% - 100%
B = 80% - 89%
C = 70% - 79%
D = 60% - 69%
F = below 60%

(Points are subject to change throughout the semester)

Enrollment Verification

The U.S. Department of Education requires instructors of online courses to provide an activity which will validate student enrollment in this course. The only way to verify that a student has been in this course is if he or she takes an action in the LMS, such as completing an assignment or a taking a quiz. Logging into the LMS is **NOT** considered attendance. Please see the enrollment verification activity and complete it by the date indicated. If it is not complete your enrollment in this course will be at risk.

Proctor Notification

No proctors are required for this course.

Late Arrivals

The grading system for students adding this course after the first day of instruction will be modified. The student will be graded only on the activities that transpired while the student is enrolled. Students will not be penalized for missed assignments but the student is still responsible for learning the course material that was covered during their initial absence.

Important Student Information

In the course shell, you will find a document entitled, "Important Student Information," which includes information about:

- ✓ Academic Grievance Concerns and Instructor English Proficiency
- ✓ Starfish - Student Success System
- ✓ Students with Documented Disabilities
- ✓ Academic Honesty
- ✓ Emergency Notification
- ✓ Continuity of Academic Instruction for a Pandemic or Emergency
- ✓ Family Educational Rights and Privacy Act of 1974 (FERPA)
- ✓ Diversity Statement

This class will participate in Starfish Early Alert and Connect, which promotes student success through coordination and communication among students, instructors, advisors, and campus support service departments. If I observe that you are experiencing difficulties in the course (attendance concerns, low test scores or participation, in danger of failing, etc.), I may send an email to your mayvillestate.edu email account through the Starfish system. My message will tell you about my concerns and the next steps to take to resolve the issue. Your advisor, the Director of Student Success, and/or I will work with

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you to create success strategies to address any difficulties you are having. In addition, if I observe that you are doing well in my course, you may also receive “kudos” from me acknowledging your efforts.

Starfish may involve taking advantage of various campus support services, such as academic tutoring or advising. If I recommend that you use campus support services, I, your advisor, or the Director of Student Success will redirect you to that support office so they will be better prepared to assist you. Starfish provides essential notices by email, so please check your mayvillestate.edu account frequently and respond quickly if you receive an email from Starfish.

Please see the Starfish webpage for additional details: <https://mayvillestate.edu/academics/starfish/>.