COURSE INFORMATION:

Instructor: Scott Melville, Ph.D
Office: PEB 251
Office hours: 10-11 MTWTF and by arrangement
Phone: 359 7069
E-Mail smelville@ewu.edu
Room: still to be determined
Time: Section 01 (8-9 MWF), Section 02 (1-2 MWF)
Credit: 3

COURSE DESCRIPTION:

The students are introduced to the basics of physical function/development of children, a wide range of appropriate physical activities/games/dance skills, teaching objectives/methods, and formal/ informal assessment techniques in health and physical education. Also, information relative to the development of the cognitive and affective domains is considered.

RATIONALE:

Course is designed to enable elementary classroom teachers to play an important role in a school-wide approach to improving children’s health and physical activity practices. To do this, they must have a basic understanding of the physical development of children, know appropriate activities and teaching methods in health and physical education, and must be able to use valid assessment techniques.

COURSE OBJECTIVES:

The course covers...

* physical, motor and psychological development of elementary age children

* Elementary health and physical education teaching methods and content relevant to the development of physically educated individuals

* Elementary health and physical education teaching methods and contents relevant to the development of good affective domain skills
* Formal and informal assessment procedures in elementary health and physical education.

**INSTRUCTIONAL METHODS AND MATERIAL:**

Instructional Methods that will be used throughout the course:

* Monday and Wednesday are generally activity sessions
* Friday generally lecture/discussions

Instructional Materials that will be used throughout the course:


* Instructional videos

**NACATE/WAC KNOWLEDGE AND SKILLS REQUIREMENTS:**

* 1 – Foundations of health and fitness
* 3 – Scientific foundations for health and fitness
* 5 – Coordinated health education

**COURSE REQUIREMENTS:**

* Two written exams totaling approximately 134 points. The mid-term exam is based on chapters 1-5 (53 points). The final exam is based on chapters 6-10 (81 points). This exam is given during final’s week as scheduled by the university. Both exams are of a multiple-choice format.

* Weekly chapter quizzes (approximately 5 points each). Make-ups are only given when requested with a good reason (essay format). The purpose of the quizzes is to bring the students to class with a conversant knowledge of the chapters.

* Attendance (approximately 20 activity periods - 3 points apiece for a total of 60). The instructor fully participates in all activity sessions and expects all students to do the same. If someone has an illness or disability they are excused from some inappropriate physical participation. If a student is late to class and missed role, he/she is responsible for reminding the instructor at the completion of the period to have the absence removed.
* Journals (60 points). Turned in at the beginning of class on the last scheduled Monday class. The instructor checks for 10 randomly selected items (6 points apiece). The journals must be TYPED, BOUND, AND HAVE A TABLE OF CONTENTS – WITH SPECIFIC TITLES AND PAGE NUMBERS. Points can be taken-off for weak descriptions and overall disorderliness of the journal. Each day the journal is late two points are removed. Journals are returned Friday, the last day of class. Those not picked-up within two weeks are discarded.

**GRADE SCALE:**

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**CLASS SCHEDULE:**

**Week 1**
- M – Course introduction and coverage of syllabus
- W – activity session
- F – quiz and discussion of chapter 1
  *The Importance of Teaching Health and Physical Education.*

**Week 2**
- M – activity session
- W – activity session
- F – quiz and discussion of chapter 2
  *Goals for Teaching Health and Physical Education*

**Week 3**
- M – VACATION
- W – activity session
- F – quiz and discussion of chapter 3
  *Getting Children to Enjoy Physical Activities and Conditioning Exercises*

**Week 4**
- M – activity session
- W – activity session
F  - quiz and discussion of chapter 4
Physical Fitness and the Physiological Principles of Physical Activity/Exercise

Week 5
M – activity session
W – quiz and discussion of chapter 5 and review for mid-term
F – MID-TERM

Week 6
M – activity session
W – activity session
F – quiz and discussion of chapter 6
Useful Procedures for Teaching and Practicing Movement Skills

Week 7
M – VACATION
W – activity session
W – quiz and discussion of chapter 7
Making Games and Sports Fun and Educational

Week 8
M – activity session
W – activity session
F – quiz and discussion of chapter 8
Evaluating the Psychomotor Domain

Week 9
M – activity session
W – activity session
F – quiz and discussion of chapter 9
How Can You Change Their Habits

Week 10
M – activity session
W – activity session
F – quiz and discussion for chapter 10 and review for final

Exam Week
Final as scheduled in the quarter announcements (81 multiple choice questions)
Dispositions Rubric

Student Name: ___________________  Class: _____________
Qrt/Yr: _______________

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<td>Values Collaboration</td>
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<td>Group Work</td>
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<td>Ethical Behavior &amp; Role Model</td>
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Comments: