Health and Kinesiology for Children KIN 332.03
Deborah Buswell Fall 2017

Department of Kinesiology and Health Science
KIN 332.03 Health and Kinesiology for Children
Fall 2017

Instructor: Dr. Deborah Buswell
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Alternate Contact: 936-468-3503(Department)

Course Time and Location: TR 11:12:15, HPE 224, Shelton Gym
Office Hours: TR – 9:15-10:45; W 11-12, 1:30-2:30;
Others times by appointment
Office Phone: 936-468-1661
Credits: 3
Email: buswelld@sfasu.edu
Course Website: Desire2Learn (Email direct to buswelld@sfasu.edu not Desire2Learn – D2L)

Prerequisites: None

I. Course Description & Purpose:
This course is designed to acquaint students with health information and principles of kinesiology appropriate for children age 5 through 12 years and provide experiences that lead to a general understanding of elementary age physical education and health education. This course will also provide students with a number of opportunities to micro teach in both small and large groups. Students will be provided with feedback (teacher and peers) to enhance the learning experience.

II. Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):

This course links with SFA Initiative #4: Develop a learner-centered environment.
This course links with SFA's COE Goal and Initiative #2: Prepare educators and industry professionals.
This course links with SFA Initiative #5: Create new learning opportunities through additional interdisciplinary, international, service learning, and civic engagement experiences.
This course links with SFA's COE Goal and Initiative #4: Teaching and student success.
This course links with SFA's COE Goal and Initiative #6: Collaborate with external partners.

Program Learning Outcomes:
Undergraduate Kinesiology
1. The student will identify and analyze critical components of physical movements.
2. The student will demonstrate an understanding of basic principles of physical fitness concepts and the utilization of available technology in assessing fitness levels, performance, and physiological effects during various levels of physical stress.
3. The student will apply knowledge of principles and stages of motor development.
4. The student will demonstrate knowledge of kinesiological principles and content.
5. The student will design and implement physical education learning experiences that are developmentally appropriate, safe, and that utilize principles of effective instruction.

Student Learning Outcomes:
Upon completion of the course the student will be able to:
1. Use effective communication and pedagogical skills and strategies to enhance student engagement and learning.
2. Describe techniques for class management and discipline in a physical activity setting (PLO #5).
3. Select and plan activities that are appropriate for widely diverse student populations in health and physical education (PLO #1, 2, 3, 4, 5; EC-6 Generalist Physical Education Standards 5, 6).
4. Plan and implement developmentally appropriate learning experiences aligned with local, state, and national standards to address the diverse needs of all students (NASPE Standard 3).
5. Utilize a variety of instructional methods and materials for educating widely diverse student populations in the areas of health and physical education (PLO #5).
6. Describe and apply motor development theory and principles related to skillful movement, physical activity, and fitness (EC-6 Generalist Physical Education Standard 2).
7. Apply knowledge of the concepts and purposes of health education to plan and implement effective and engaging health instruction activities (EC-6 Generalist Health Standards 2, 3, 4)
8. Apply knowledge of the concepts, principles, skills and practices of physical education to plan and implement effective and engaging physical education instruction activities (EC-6 Generalist Physical Education Standards 1, 2, 3, 4, 5, 8, 9).
9. Apply knowledge of developmental stages as they apply to physical skills (PLO #3, 4, 1, 5; EC-6 Generalist Health Standard 1; EC-6 Generalist Physical Education Standard 2)
10. Utilize knowledge regarding the integration of various subject areas with physical activity (PLO #5).
11. Demonstrate an understanding of the principles and techniques for modifying rules, games, equipment, and settings to address specific needs and objectives (PLO #5; EC-6 Generalist Physical Education Standards 7, 10)

TExES Standards for Physical Education Generalist EC-6 (State Board for Educator Certification)

Standard I: The physical education teacher demonstrates competency in a variety of movement skills and helps students develop these skills
Standard II: The physical education teacher understands principles and benefits of a healthy, physically active lifestyle and motivates students to participate in activities to promote this 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.
Standard IV: The physical education teacher uses knowledge of how students learn and develop to provide opportunities that support students’ physical, cognitive, social, and emotional development.
Standard V: The physical education teacher provides equitable and appropriate instruction for all students in a diverse society.
Standard VI: The physical education teacher uses effective, developmentally appropriate instructional strategies and communication techniques 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.
Standard VIII: The physical education teacher is a reflective practitioner who evaluates the effect of his/her actions on others (e.g., students, parents/caregivers, other professionals in the learning environment) seeks opportunities to grow professionally.
Standard IX: The physical education teacher collaborates with colleagues, parents/caregivers, and community agencies to support students’ growth and well-being.
Standard X: The physical education teacher understands the legal issues and responsibilities of physical education teacher in relation to supervision planning and instruction, matching participants, safety, first aid, and risk management.

TExES Standards for Health Generalist EC-6 (State Board for Educator Certification)

Standard I: The health teacher applies knowledge of both the relationship between health and behavior and the factors influencing health and health behavior
Standard II: The health teacher communicates concepts and purposes of health education.
Standard III: The health teacher plans and implements effective school health instruction and integrate health instruction with other content areas.
Standard IV: The health teacher evaluates the effect of school health instruction.

Students are expected to perform with integrity and responsibility both in the classroom and as a representative of the SFA community when off-site.

III. Course Requirements (Assignments and Activities):
1. Students will participate in a variety of physical, individual, and group activities, these Daily Application Tasks (DATs) done during class time are assigned a point value - these activities cannot be made up and unless noted on the schedule are not generally announced ahead of time. These tasks are used to determine classroom participation. Participation is a vital component for determining success in this course. DATs are also tracked to determine continued eligibility for financial aid. ~ 150 points (SLOs 1, 3, 4, 5, & 7)
2. Activity Development - Students will design physical education activities, health activities, and integrated academic activities for a diverse population of elementary age students – 200 points (SLOs 2, 3, 4, & 5)
3. Micro Teaching - Students will teach and evaluate themselves and others in micro teaching settings – ~ 100 points (SLOs 1, 5, 6, & 10)
4. Exams - 2 exams @ 75-90 points each - content of exams will include, but is not limited to, material discussed/presented in class, material presented in media format (i.e., videos or video clip segments used in presentations), material presented or discussed during labs, and material from handouts provided by
the instructor. Both specific content and application of content are stressed on examinations. See schedule for chapters and content covered for each of the exams. (SLOs 2, 4, 7, 8, & 9)

5. There will be other reading assignments and short papers assigned throughout the semester (i.e., homework) @ 5-15 points each depending on expected amount of time to complete ~ 100 points total (SLOs 6, 10, & 11)

Instructional Methods and Activities:
A variety of instructional methods are modeled during the course and include, but are not limited to the following:
1. Traditional Experiences such as lecture (using PowerPoint), and class discussion
2. Clinical Experiences such as group work, cooperative activities, and lab exercises
3. Micro/peer teaching and evaluation
4. PowerPoint presentations are posted on D2L and should be printed out prior to class
5. D2L is also used for presentation of class quizzes, discussion, posting of student resources, and other assignments.

Please see Appendix I for Alignment of Assignments with Standards Assessed in this Course

IV. Grading Policy:
Grade is based on the % of the total points assigned during the semester (approximately 700 points). See Section III for points available for each assignment

A = 90 – 100% of point total
B = 80 – 89.9% of point total
C = 70 – 79.9% of point total
D = 60 – 69.9% of point total
F = below 60% of point total

All assignments must be typed.....no work will be accepted unless it is typed

V. Tentative Course Outline/Calendar:

Week 1 & 2  Introduction, Mutual Benefits (Chapter 1)
(Covers information on the values of physical activity and the variety of health, cognitive, and emotional benefits for elementary children)

Week 3  Teaching and Benefitting the Whole Child, (Chapters 1, 2, & 6)
(Covers the interaction between academics and physical education, defines physical activity and physical education, and examines various components/principles of fitness/health).

Week 4 & 5  Teaching and Benefiting the Whole Child (continued)

Week 6  Instructing Students (Chapter 13)
(Covers what to do to facilitate learning during class, instructing, demonstrating and providing feedback to students).

Week 7  Motor Development (Chapters 3 & 4)
(Covers a variety of concepts related to growth, development, and maturation of children and how these interact with children’s ability to perform motor skills. Concepts are connected to the appropriate selection of activities based on this knowledge.)

Week 8  Exam 1

Week 9 & 10  Motor Skills, Movement Concepts, & Movement Analysis Wheel (Chapter 4)
(Variety of movement skills and concepts are explored in laboratory setting, i.e., gymnasium)

Week 11  Teaching Children with Disabilities & Adapting Activities
(Covers information on a variety of common childhood disabilities and how to adapt/modify physical activities to accommodate for the needs of those students with disabilities)

Week 12  Teaching Practices (Chapters 5, 9, & 10)
(Covers a variety of teaching practices both in lecture and in practical settings including how to break down skills and organize practices, teaching approaches and student management)

Thanksgiving week – NO CLASSES

Week 13  Teaching Practices/micro teaching – no class on Thursday 11/30 – TAHPERD Conference

Week 14  Teaching Practices/micro teaching
FINAL EXAM Exam II – Thursday, December 14, 2017—10:30-12:30

VI. Required Text/Readings/Materials:

Access to Desire2Learn to download class lectures and handouts - recommend bringing them to class

Other readings as assigned by instructor – may be articles or internet readings

Appropriate footwear during physical activity in the gym is essential for your safety and the safety of your classmates. Students may be limited in activities they will be permitted to do (at the discretion of the instructor) if they do not have appropriate footwear. If you can’t do the activity you cannot earn the points. These are Daily Application Tasks and cannot be made up.

VII. Course Evaluations:
Near the conclusion of each semester, students in the College of Education electronically evaluate courses taken within the COE. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation; 2. Instruction evaluation purposes; and 3. Making decisions on faculty tenure, promotion, pay, and retention. As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the COE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Other Policy Information: Found at http://www.sfasu.edu/policies/

Attendance and Preparation for Class:
SFA Attendance Policy (6.7) – Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories and other activities for which a student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports (including the first 12 day attendance report) and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.


Daily attendance and active participation is expected and required of all professionals, therefore your attendance, which includes being tardy and/or leaving class early, may affect your final grade. Daily Application Tasks (DATs), completed during class cannot be made up. Test material comes from class – if you miss class you miss test materials. Students arriving after attendance is taken (and/or after their name has been called for roll) are responsible for notifying the instructor at the end of the class period or they will be marked absent. Exceptions will be made for students who miss class for university-sponsored trips, verifiable serious illness, or a verifiable family emergency. Students should contact the Judicial Office (room 315 Rusk Building, 936-468-2703) and provide documentation for excused absences. Documentation must be received within 2 class periods. Excuses need to have a beginning and ending date. It is the responsibility of the student to be aware of due dates for assignments announced in class and obtain class related information if absent. It is the responsibility of the student to notify the instructor immediately prior to an anticipated absence for a school-sponsored trip. For reporting
purposes, a student who does not attend class and/or who does not show participation will be dropped from financial aid for that course.

There is a 10-point perfect attendance bonus at the end of the semester – no absences or tardies of any kind earns the bonus.

Absence is no excuse for not knowing. You are responsible for being ready for class each day, therefore if you are absent (excused or unexcused*) – be sure to get the previous day’s notes and assignments from another student in the class AND come to the next class prepared. If an assignment is due on your return date, then your assignment is also due that same day. Take your responsibilities seriously. I am more than happy to help you but you must do your part.

*The only difference between an excused and an unexcused absence is that the student will have the opportunity to make up the work missed. An unexcused absence is still an absence.

Class preparation is your responsibility. Read your assignments prior to the assigned class discussion and be prepared to offer input and ask questions. Late assignments are accepted but will have a minimum automatic 25% point deduction if turned in within one week of the due date. Assignments later than one week will not be accepted.

Students with Disabilities Policies (6.1 & 6.6)
To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004/468-1004 (TDD) as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/. Location: Human Services Building, room 325. Phone: (936) 468-3004.

It is your responsibility to discuss specific accommodations with the instructor as soon as possible so that your needs can be met appropriately.

Student Academic Dishonesty Policy (4.1)
Abiding by university policy on academic integrity is a responsibility of all university faculty and students. Faculty members must promote the components of academic integrity in their instruction.

Definition of Academic Dishonesty
Academic dishonesty includes both cheating and plagiarism. Cheating includes but is not limited to: using or attempting to use unauthorized materials on any class assignment or exam; falsifying or inventing of any information, including citations, on an assignment; and/or; helping or attempting to help another in an act of cheating or plagiarism. Plagiarism is presenting the words or ideas of another person as if they were one’s own. Examples of plagiarism include, but are not limited to: submitting an assignment as one's own work when it is at least partly the work of another person; submitting a work that has been purchased or otherwise obtained from the Internet or another source; and/or, incorporating the words or ideas of an author into one's paper or presentation without giving the author credit.

Penalties for Academic Dishonesty - Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, resubmission of the work, make-up exam, failure of the course, or expulsion from the university.

Student Appeals - a student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

Please read the complete policy at http://www.sfasu.edu/policies/student_academic_dishonesty.pdf

Withheld Grades Policy (5.5)
At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed through policy [i.e., Active Military Service 6.140]. If students register for the same course in future semesters the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.
Students will be required to file a “Withheld Grade Report,” an internal Kinesiology & Health Science Department Form, with the faculty member prior to the end of the semester, which documents the work to be completed to remove the ‘withheld’ grade.

**Student Code of Conduct Policy (10.4): Acceptable Student Behavior**

Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program (see the Student Conduct Code, policy D-34.1). Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This prohibition applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare Program: Early Alert Program at SFA. Information regarding the iCare program is found at [https://www.sfasu.edu/judicial/earlyalert.asp](https://www.sfasu.edu/judicial/earlyalert.asp) or call the office at 936-468-2703. This program provides students with recommendations for resources or other assistance that is available to help SFA students succeed.

**To complete Certification/Licensing Requirements in Texas related to public education, and other professional settings, you will be required to:**

1. Undergo criminal background checks for field or clinical experiences on public school campuses; the public school campuses are responsible for the criminal background check; YOU are responsible for completing the information form requesting the criminal background check. If you have a history of criminal activity, you may not be allowed to complete field or clinical experiences on public school campuses. At that point, you may want to reconsider your major while at SFASU.

2. Provide one of the following primary ID documents: passport, drivers license, state or providence ID cards, a national ID card, or military ID card to take the TExES exams (additional information available at [www.texes.ets.org/registrationBulletin/](http://www.texes.ets.org/registrationBulletin/)). YOU must provide legal documentation to be allowed to take these mandated examinations that are related to certification/licensing requirements in Texas. If you do not have legal documentation, you may want to reconsider your major while at SFASU.

3. Successfully complete state mandated a fingerprint background check. If you have a history of criminal activity, you may want to reconsider your major while at SFASU.

   For further information concerning this matter, contact Katie Martin 936-468-1740 or snyderke1@sfasu.edu

**Undergraduate Teacher Certification:**

The “Undergraduate Initial Teacher Certification Handbook” contains all policies and procedures related to undergraduate teacher certification. Teacher education candidates are responsible to know and understand the policies and procedures outlined in this handout. ([http://www.sfasu.edu/education/departments/educatorcertification/docs/edcert-undergrad_handbook.pdf](http://www.sfasu.edu/education/departments/educatorcertification/docs/edcert-undergrad_handbook.pdf))

**Insurance:**

Physical activity by its very nature may put you at some level of physical risk. It is strongly advised that you carry your own health/accident insurance. You are not covered by a Departmental or University insurance policy.
Electronic Devices:

Cell phone use (including texting) is not permitted during class. To prevent disruption of class due to cell phones, all cell phones must be turned off and placed out of sight and remain out of sight during class. Please remove any earpieces or Bluetooth devices during class. (See also General Classroom Civility)

Laptops and tablets may be used for note-taking only. Use for any other purpose may result in the loss of the privilege to use the laptop during class at the discretion of the instructor. Use of other devices such as PDAs, iPods, phones or any other device of this kind is not permitted during class. Use of such devices during class may be disruptive to students and the instructor and shows a lack of respect on the part of the user. Students using electronic devices may be requested to leave the classroom.

General Classroom Civility:

Students should be respectful of the instructor and other students during class time. Please do not interrupt your classmates or the instructor when they are speaking, and do not talk when someone else is talking. Students will not be allowed to read the newspaper, complete work from other classes, talk to their neighbors, sleep during class, text, or engage in other activities that are distracting to the instructor or other students. Any student found violating this code of conduct will be asked to leave the classroom and will be given an unexcused absence for the class period. Students engaging in such behaviors are not demonstrating the dispositions essential to becoming effective professionals (NASPE Standard 6)

Exam Conduct:

- You may not wear sunglasses during an exam
- You will be asked to either remove your hat or turn it around backwards
- You must place all class materials out of sight in a backpack or under your desk
- Bathroom breaks or leaving the room for any reason will not be allowed during exams (so plan ahead!)
- No food or drinks will be allowed during exams - this includes water and gum
- Engagement in suspicious behaviors such as talking with others, roving eyes, tapping your hands or feet repeatedly during exams, etc. may be construed as cheating by the instructor and are grounds for dismissal from the examination and an automatic 0 on the examination as well as further disciplinary action at the discretion of the instructor
- All cell phones and electronic devices must be turned off and placed out of sight during examinations. Use of such devices during examination may be construed as cheating and result in associated disciplinary action.
Appendix 1
KIN 332 - links to the standards can be found on the PCOE and Department website.

<table>
<thead>
<tr>
<th>Assessment/Assignment</th>
<th>Program Standards NASPE</th>
<th>CAEP Standards</th>
<th>EC-6 Gen Phys Ed Standards</th>
<th>EC-6 Gen Health Standards</th>
<th>ISTE Standards</th>
<th>InTASC Standards</th>
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</thead>
<tbody>
<tr>
<td>Activity Development – creation of physical activities appropriate to match PE TEKS, Health TEKS, and academic TEKS.</td>
<td>1.2, 1.3, 3.2, 3.3, 3.4, 3.5</td>
<td>1.3</td>
<td>4, 9</td>
<td>3</td>
<td>1a</td>
<td>1b, 2a, 4h, 4j, 5a, 5j, 5r, 5s, 7a, 7b, 7g, 7h,</td>
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<tr>
<td>Micro Teaching – activities designed will be taught in both large and small group settings, self-evaluated, and peer-evaluated</td>
<td>1.5, 2.1, 2.3, 3.7, 5.3</td>
<td>1.3</td>
<td>1, 3, 5, 6, 8</td>
<td>2, 4</td>
<td>1a</td>
<td>3i, 4l, 8a, 8d, 8h, 9c, 9g</td>
</tr>
<tr>
<td>Exam #1 – Ch. 1, 2, 3, 4, 6, 13. Content covered includes an introduction to elementary physical education, value and benefits of physical activity and wellness, interaction between academics and physical education, components/principles of fitness, instructing, demonstrating, providing feedback, motor development, and selection of appropriate activities.</td>
<td>1.1, 1.2, 1.4</td>
<td>1.3</td>
<td>2</td>
<td>1</td>
<td>1d, 1f,</td>
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<tr>
<td>Exam # 2 – Ch. 4, 5, 9, 10, 13. Content covered includes students with disabilities, adapting activities, organizing practices, teaching approaches, and student management, instructing, demonstrating, and providing feedback/assessment.</td>
<td>1.4</td>
<td>1.3</td>
<td>6, 7, 10</td>
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<td>1d, 2h</td>
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<td>Daily Application Tasks – variety of movement experiences in the physical education environment</td>
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