Health and Kinesiology for Children KIN 332.2
Department of Kinesiology and Health Science
KIN 332.002 Health and Kinesiology for Children
Spring 2020

Instructor: Mihae Bae, PhD
Office: HPE 208
Office Phone: 936-468-3988
Alternate Contact: 936-468-3503(Department)
Course Website: Brightspace
Prerequisites: None

Course Time and Location: MW 11-12:15pm, HPE 224
Office Hours: MW 12:45pm -2:15pm; Tue. 10-11am & 1-2pm
Other times by appointment
Credits: 3
Email: baem@sfasu.edu
(Email direct to baem@sfasu.edu not Brightspace)

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.

Course Justification - “Health and Kinesiology for Children” (3 credits) typically meets 150 minutes of class time each week for 15 weeks, and also meets for a 2-hour final examination. Students will have significant weekly out of class assignments, such as; chapter and article readings, study for quizzes/exams over the course content, complete material in preparation for “daily application tasks” and/or complete reflections of tasks after completion. Students will work throughout the semester on the development of an “Activity Project” – working both individually and with a group to create various activities to teach to elementary age children to meet TEKS in physical education, health, and other academic areas. Students will also be preparing to teach at least two of these activities to their classmates. These activities average at a minimum 6 hours of work each week to prepare outside of classroom hours.

Perkins College of Education Diversity Statement - The James I. Perkins College of Education is committed to proactively recruiting and retaining a diverse faculty, staff, and student population. Through open dialogue, mutual respect, and shared responsibility, faculty, staff, and students will demonstrate an understanding and sensitivity to ethnicity, race, gender, exceptionalities, culture, language/dialect, age, social class, family structure, sexual orientation, religion, and spiritual values in order to enhance the quality of life in a diverse, global community.

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 #2: Prepare educators and industry professionals.
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, and 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 TEKS-based health and physical education programs (PLO #1, 2, 3, 4, 5; EC-6 Generalist Physical Education Standards-See Activity Development Appendix 2).
4. Plan and implement developmentally appropriate learning experiences aligned with local, state, TEKS-based, and national standards to address the diverse needs of all students (NASPE Standard 3).
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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 Standards – See Exam 1, Micro Teaching and Daily Application Tasks – Appendix 2).

7. Apply knowledge of the concepts and purposes of health education to plan and implement effective, TEKS-based, and engaging health instruction activities (EC-6 Generalist Health Standards – See Exam 1, Exam 2, Activity Development, and Micro Teaching – Appendix 2)

8. Apply knowledge of the concepts, principles, skills and practices of physical education to plan and implement effective, TEKS based, and engaging physical education instruction activities (EC-6 Generalist Physical Education Standards – See Activity Development, Micro Teaching, and Daily Application Tasks – Appendix 2).

9. Apply knowledge of developmental stages as they apply to physical skills (PLO #3, 4, 1, 5; EC-6 Generalist Health Standard – See Exam 1 – Appendix 2; EC-6 Generalist Physical Education Standard – See Exam 1 and Micro Teaching – Appendix 2)

10. Utilize knowledge regarding the integration of various subject areas with physical activity (PLO #5; EC-6 Generalist Physical Education – See Activity Development and Micro Teaching – appendix 2).

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 – See Exam 2, Daily Application Tasks and Activity Development – Appendix 2)

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 Assignments, Activities, Instructional Strategies, use of Technology:

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/Practice - Students will teach and evaluate themselves and others in a variety of micro teaching/practice settings ~ 100 points (SLOs 1, 5, 6, & 10)

4. Exams and quizzes - 3 exams @ 75-90 points each & 3 quizzes (15-20 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) @ 5-25 points each depending on expected amount of time to complete ~ 100 points total (SLOs 6, 10, & 11)

   ➢ All assignments, unless specified by the instructor, must be typed. No work will be accepted unless it is typed. No late work will be accepted without special permission.

Please see Appendices 1 for Content Specific Standards and for Alignment of Assignments with Standards Assessed in this Course

Instructional Strategies, use of Technology:

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), class discussion and demonstration
   PowerPoint presentations and handouts are posted on Brightspace and it is highly recommended that these be printed out prior to class meetings so that you can take notes in class. NOT EVERYTHING YOU NEED TO KNOW IS ON THE SLIDES!

2. Clinical Experiences such as group work, cooperative activities, and lab exercises

3. Micro/peer teaching and evaluation

4. Brightspace is also used for presentation of class quizzes, discussion, posting of student resources, and other assignments.

5. DATs Daily Application Tasks that apply content in discussion, group or individual assignments, quick labs, etc.
IV. Grading Scale:

Grade is based on the % of the total points assigned during the semester (approximately 700-900 points).

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

V. Tentative Course Outline/Calendar:

Reading should be done before class and lecture printouts from Brightspace should be brought to class. Remember that not everything you need to know is on the slides so NOTES SHOULD BE TAKEN DURING CLASS!

Assignments will include activity development, microteaching and practice, individual assignments, group assignments, article submissions, and classroom discussions. An absence must be documented with the Judicial Office in order to be excused. It is suggested that you print the schedule and mark off quizzes/assignments as you complete them. The Course Calendar, a detailed class schedule, is at the end of this document.

VI. Required Text and Other Required Materials & Course References:

Required Textbook:

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

Additional Resources for planning activities and lessons:

Appropriate footwear during physical activity in the gym is essential for your safety and the safety of your classmates as well as for the maintenance of the facility. 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:

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.


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. Students can expect a response to emails and phone calls within 24-48 hours Monday-Friday.

**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.

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 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 Office of Community Standards (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.

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
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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, this form 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 Early Alert Program at SFA. Information regarding the Early Alert program is found at 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.

Code of Ethics for the Texas Educator: The Texas educator shall comply with standard practices and ethical conduct toward students, professional colleagues, school officials, parents, and members of the community and shall safeguard academic freedom. The Texas educator, in maintaining the dignity of the profession, shall respect and obey the law, demonstrate personal integrity, and exemplify honesty and good moral character. The Texas educator, in exemplifying ethical relations with colleagues, shall extend just and equitable treatment to all members of the profession. The Texas educator, in accepting a position of public trust, shall measure success by the progress of each student toward realization of his or her potential as an effective citizen. The Texas educator, in fulfilling responsibilities in the community, shall cooperate with parents and others to improve the public schools of the community. This chapter shall apply to educators and candidates for certification.


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

1. Candidates must undergo a criminal history background check prior to clinical teaching and prior to employment as an educator. The public school campuses are responsible for completing the criminal background check. A person who is enrolled or planning to enroll in a State Board for Educator Certification-approved educator preparation program or planning to take a certification examination may request a preliminary criminal history evaluation letter regarding the person's potential ineligibility for certification due to a conviction or deferred adjudication for a felony or misdemeanor offense.

A Preliminary Criminal History Evaluation is a non-mandatory, non-binding evaluation of an individual’s self-reported criminal history. In addition, the agency obtains your name-based Texas criminal history information. The service is provided to the requestor for a non-refundable fee. The requestor will receive an evaluation letter by email from agency staff advising of potential ineligibility for educator certification.
You are eligible to request a Preliminary Criminal History Evaluation if:

- You enrolled or planning to enroll in an educator preparation program or
- You are planning to take a certification exam for initial educator certification, and
- You have reason to believe that you may be ineligible for educator certification due to a conviction or deferred adjudication for a felony or misdemeanor offense.

You are not eligible for a preliminary evaluation of your criminal history if you do not have a conviction or deferred adjudication for a felony or misdemeanor offense.

In addition, you must complete the fingerprinting process when you apply for certification. Participation in the evaluation does not preclude you from submitting to a national criminal history review at the time you apply for your educator certification. Your criminal history will be reviewed and you may be subject to an investigation based on that criminal history, including any information you failed to submit for evaluation.

Additional information can be found at https://tea.texas.gov/Texas_Educators/Investigations/Preliminary_Criminal_History_Evaluation-FAQs/.

2. Provide one of the following primary ID documents: passport, driver’s license, state or providence ID cards, a national ID card, or military ID card to take the TEES exams (additional information available at www.texas.ets.org/registrationBulletin/ <http://www.texas.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 Snyder Martin at 936-468-1740 or snyderkel@sfasu.edu.

Insurance:
This course contains physical activity which may consist of but not limited to running, jumping, lifting, throwing, leaping, striking, etc. Participation in these activities comes with inherent risks of injury. Possible injuries include, but are not limited to heat stroke, strains, sprains, scrapes, bruises, and fractures. By registering and participating in this course, students are aware of the possible injuries that may occur and acknowledge that they participate at their own risk. The university is not responsible for any medical costs associated with any injury students may sustain; therefore, students are strongly recommended to procure personal health and accident insurance to cover any medical costs. Students are encouraged to notify the instructor of any relevant prior medical history regarding injuries, surgeries, medications, or other considerations which may affect or impair participation in this course. If necessary, students will provide, upon request, a physician’s statement clearing them to participate in this course.

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 to silent and placed out of sight and **remain** out of sight during class. Please remove any earpieces or Bluetooth devices during class. **Students demonstrating inappropriate professional dispositions, which are essential to becoming effective professionals, may be prevented from clinical teaching.**

**Laptops** and **tablets** may be used for **NOTE TAKING ONLY**, unless directed by the instructor for assignments during class. 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 i**Watches**, **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. **Students demonstrating inappropriate professional dispositions, which are essential to becoming effective professionals, may be prevented from clinical teaching.**

**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). **Students demonstrating inappropriate professional dispositions, which are essential to becoming effective professionals, may be prevented from clinical teaching.**
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

Content Specific Standards for EC-6 Courses in Kinesiology Department

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 professional 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.
### Appendix 2
**KIN 332 – Assessment/Assignment Standards Matrix**

Links to additional standards can be found on the PCOE 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>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Activity Development</strong> – 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>1.6s, 1.9s, 2.1s, 2.2s, 2.3s, 2.4s, 3.8s, 4.1s, 4.2s, 4.3s, 4.4s, 4.5s, 4.6s, 4.7s, 6.1k, 6.2k, 6.3k, 6.4k, 6.8k, 6.1s, 6.2s, 6.3s, 8.2k, 8.3k, 8.4k, 8.1s, 8.2s, 8.3s</td>
<td>1.8s, 3.1s, 3.2s, 3.3s, 3.4s, 3.5s, 3.6s, 3.7s, 3.8s, 3.10s, 3.11s, 3.12s, 3.13s, 3.14s</td>
<td>1a</td>
<td>1b, 2a, 4h, 4j, 5a, 5j, 5r, 5s, 7a, 7b, 7g, 7h, 9g</td>
</tr>
<tr>
<td><strong>Micro Teaching/Practice</strong> – 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>1.5s, 2.5s, 2.6s, 2.7s, 2.8s, 3.1s, 3.2s, 3.3s, 3.4s, 3.5s, 3.6s, 3.7s, 3.8s, 6.5k, 6.6k, 6.7k, 6.4s, 6.5s, 6.6s, 6.7s, 6.8s, 6.9s, 6.10s, 8.1k, 9.7s, 10.1s, 10.2s, 10.3s, 10.4s, 10.5s, 10.6s, 10.7s</td>
<td>2.1k, 2.7k, 2.1s, 2.3s, 3.9s, 4.1s, 4.2s</td>
<td>1a</td>
<td>3i, 4l, 8a, 8d, 8h, 9c, 9g</td>
</tr>
<tr>
<td><strong>Exam 1 &amp; Quiz 1</strong> – Ch. 1, 2, &amp; 3 Content covered includes an overview of health risk behaviors, health initiatives and historical practices, health disparities, health behaviors and the importance of classroom teachers taking an active role in their students’ health. Also covered are relationships between academic achievement and risky health behaviors; coordinated health programs; health and physical education standards; and physical growth and brain development and their relationship to health.</td>
<td>1.4</td>
<td>1.3</td>
<td>1.1k, 1.2k, 1.3k, 1.4k, 1.5k, 1.6k, 1.7k, 1.8k, 1.9k, 2.1k, 2.2k, 4.1k, 4.2k, 4.3k, 4.4k, 4.5k, 8.3k, 8.4k, 9.1k, 9.2k, 9.3k, 9.4k</td>
<td>1.1k, 1.2k, 1.3k, 1.4k, 1.5k, 1.6k, 1.7k, 1.8k, 1.9k, 1.10k, 1.11k, 1.12k, 1.14k, 1.15k, 1.16k, 1.17k, 1.18k, 1.19k, 1.20k, 1.21k, 1.22k, 1.23k, 2.1k, 2.2k, 2.3k, 2.4k, 2.5k, 2.6k, 3.1k, 3.2k, 3.3k, 3.4k, 3.5k, 3.6k, 3.7k, 3.8k, 3.9k, 3.11k</td>
<td>1d, 1f, 2j, 2k</td>
<td></td>
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</tbody>
</table>
### Exam 2 & Quiz 2 – Ch. 4, 5, 6, & 7
Content covered includes the development of physically literate students coordinated by school-wide efforts of teachers and administrators; advocating for a healthy active school; developing habits that promote everyday health in the classroom; strategies for being a healthy role model and incorporating various dimensions of health and active movement into the classroom.

| 1.1, 1.4 | 1.3 | 2.3k, 2.4k, 2.5k, 2.6k, 2.7k, 3.3k, 3.4k, 3.5k, 5.3k, 6.4k, 6.7k, 6.8k | 1.13k, 2.4k, 2.7k, 3.10k, 4.1k, 4.2k | 1d, 1f, 2h |

### Exam 3 & Quiz 3 – Ch. 8, 9, & 10
Content covered includes implementation and planning to integrated health and physical education into the academic curriculum. Also covered are practical approaches to teaching health and physical education, assessment of content, and incorporation of policies and practices.

| 1.2, 1.3, 1.4 | 1.1, 1.3 | 3.1k, 3.2k, 3.3k, 3.4k, 3.5k, 3.6k, 3.7k, 3.8k, 5.1k, 5.2k, 5.3k, 7.1k, 7.2k, 7.3k, 7.4k, 10.1k, 10.2k, 10.3k, 10.4k, 10.5k, 10.6k | 1.13k, 3.2k, 3.3k, 3.4k, 3.5k, 3.6k, 3.7k, 3.8k, 3.10k, 4.1k, 4.2k | 1d, 2g, 2h |

### Daily Application Tasks – variety of movement experiences in the physical education environment

| 1.1s, 1.2s, 1.3s, 1.4s, 1.7s, 1.8s, 5.1s, 5.2s, 5.3s, 6.1s, 6.12s, 7.1s, 7.2s, 7.3s, 7.4s, 7.5s, 9.1s, 9.2s, 9.3s, 9.4s, 9.5s, 9.6s, 9.8s | 1.1s, 1.2s, 1.3s, 1.4s, 1.5s, 1.6s, 1.7s, 1.9s, 1.10s, 1.11s, 1.12s, 1.13s, 1.14s, 1.15s, 1.16s, 1.17s, 1.18s, 1.19s, 1.20s, 1.21s, 1.22s, 1.23s, 1.24s, 1.25s, 1.26s, 1.27s, 2.2s, 2.3s, 2.4s, 3.15s, 3.16s | 1d, 1f, 2h |
**Tentative Course Outline/Calendar**  
(KIN332.2 - MW)

Reading should be done before class and lecture printouts from Brightspace should be brought to class. Remember that not everything you need to know is on the slides so NOTES SHOULD BE TAKEN DURING CLASS!

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Orientation, Introduce the Course</td>
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<tr>
<td>Week 2</td>
<td>Introduction, Healthy Bodies, Healthy Minds (Chapter 1)</td>
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<tr>
<td></td>
<td>(Covers overview of health risk behaviors seen in today’s children,</td>
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<td></td>
<td>describes health initiatives and historical health practices,</td>
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<td></td>
<td>discusses health disparities, and priority health behaviors linked</td>
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<td>to leading causes of illness and death among Americans, explains</td>
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<td>importance for classroom teachers taking active role in their</td>
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<td></td>
<td>students’ health.)</td>
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<tr>
<td>Week 3</td>
<td>Coordinated School Health: A Team Approach (Chapter 2)</td>
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<td></td>
<td>(Chapter 2 covers relationship between poor academic achievement</td>
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<td>and risky health behaviors; development of Coordinated programs</td>
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<td>to create healthier, more successful students; National Health</td>
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<td></td>
<td>Education and Physical Education Standards are introduced.</td>
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<td></td>
<td>Health Education (Chapter 3)</td>
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<td>(Chapter 3 covers information on how physical growth and brain</td>
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<td>development in children is related to health and how it affects</td>
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<td>a growing child’s ability to learn and move during physical activity.</td>
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<td>Examines why children engage in risky health behaviors and</td>
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<td></td>
<td>attitudes.)</td>
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<td>Week 4</td>
<td>Physical Education (Chapter 4)</td>
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<td>(Covers general overview of physical education and the development</td>
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<td>of physically literate students. School-wide effort and</td>
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<td></td>
<td>involvement of all teachers and administrators is discussed.)</td>
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<td></td>
<td>Quiz 1 &amp; *Article Review 1</td>
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<tr>
<td>Week 5</td>
<td>Chapter 4 continued</td>
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<td>*Exam 1 (Covers Chapters 1-4)</td>
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<td>Activities for Chapter 1-4</td>
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<tr>
<td>Week 6</td>
<td>Advocating for a Healthy, Active School (Chapter 5)</td>
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<td></td>
<td>(Covers an overview of advocacy and how to advocate for a healthy,</td>
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<td>active school)</td>
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<td></td>
<td>Creating a Healthy Classroom (Chapter 6)</td>
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<td></td>
<td>(Covers habits that promote everyday health in the classroom.</td>
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<td>Discusses strategies for being a healthy role model and</td>
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<td>providing healthy options for celebrations, monthly health</td>
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<td>topics, and creative ways to incorporate various dimensions of</td>
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<td>health into the classroom are discussed and developed.)</td>
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<tr>
<td>Week 7</td>
<td>Creating an Active Classroom (Chapter 7)</td>
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<td>(Covers information about how to add activity to a classroom</td>
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<td>through activity or brain breaks. Various levels of infusion of</td>
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<td></td>
<td>movement and activity are discussed and planned. Benefits of an</td>
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<td></td>
<td>active classroom, such as improved attention span, better classroom</td>
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<td></td>
<td>behavior, and higher achievement test scores are discussed.)</td>
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<td>Quiz 2</td>
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<td>Week 8</td>
<td>Exam 2 (Chapters 5-7)</td>
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<td>Activities for Chapter 5-7</td>
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<td>Spring Break</td>
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<tr>
<td>Week 9</td>
<td>Best Practices in the Classroom and Beyond (Chapter 10) &amp; Micro</td>
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<td></td>
<td>Teaching (Covers a summary of practical approaches to teaching</td>
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<td>health and physical education including scaffolding, assessment</td>
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<td>and evaluation, and incorporation of policies and practices to</td>
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<td></td>
<td>facilitate a healthy school environment.)</td>
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<tr>
<td>Week 10</td>
<td>Integrating Health Education into the Classroom (Chapter 8) &amp;</td>
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<td></td>
<td>Micro Teaching (Covers an implementation plan to integrate health</td>
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<td>education into the academic curriculum.)</td>
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<td></td>
<td>*Article Review II</td>
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<tr>
<td>Week 11</td>
<td>Integrating Physical Education into the Classroom (Chapter 9) &amp;</td>
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<td></td>
<td>Micro Teaching (Covers an implementation plan to integrate physical</td>
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<td>education into the academic curriculum.)</td>
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<td>Week 12</td>
<td>Activities for chapters 8-10</td>
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<td>Quiz 3</td>
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<td>Week 13</td>
<td>Presentations</td>
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<td>Week 14</td>
<td>Presentations</td>
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<td>Week 15</td>
<td>Presentations</td>
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<tr>
<td>Week 16</td>
<td>May 6 (Final Exam Day) 10:45am-1:15pm, Teaching Practices/micro</td>
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<td>teaching if needed</td>
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*This schedule is tentative and subject to change. All changes, if any, will be announced in class.*