

ILLINOIS VALLEY COMMUNITY COLLEGE



COURSE OUTLINE

DIVISION: Natural Sciences Business

COURSE: HPE 1008 Physical Education Activities
for Elementary School Children

Date: 11/6/13

Credit Hours: 2

Prerequisite(s): none

Delivery Method: Lecture 2 Contact Hours (1 contact = 1 credit hour)
 Seminar 0 Contact Hours (1 contact = 1 credit hour)
 Lab 0 Contact Hours (2 contact = 1 credit hour)
 Clinical 0 Contact Hours (3 contact = 1 credit hour)
 Online
 Blended

Offered: Fall Spring Summer

IAI Equivalent –**Only for Transfer Courses**-go to <http://www.itransfer.org>:

CATALOG DESCRIPTION:

This course is designed to present elementary classroom teachers the concepts involved in teaching physical education to elementary school children. Curriculum and assessment, motor learning and development, exercise physiology and fitness, movement concepts and skill development, legal issues, and teaching and managing physical education lessons will be covered. Students will be challenged to explore strategies for increasing movement during recess and regular classroom activities and to integrate movement activities into other curricular subject areas.

GENERAL EDUCATION GOALS ADDRESSED

[See the last page of this form for more information.]

Upon completion of the course, the student will be able:

[Choose those goals that apply to this course.]

- To apply analytical and problem solving skills to personal, social and professional issues and situations.
- To communicate orally and in writing, socially and interpersonally.
- To develop an awareness of the contributions made to civilization by the diverse cultures of the world.
- To understand and use contemporary technology effectively and to understand its impact on the individual and society.
- To work and study effectively both individually and in collaboration with others.
- To understand what it means to act ethically and responsibly as an individual in one's career and as a member of society.
- To develop and maintain a healthy lifestyle physically, mentally, and spiritually.
- To appreciate the ongoing values of learning, self-improvement, and career planning.

EXPECTED LEARNING OUTCOMES AND RELATED COMPETENCIES:

[Outcomes related to course specific goals.]

Upon completion of the course, the student will be able to:

1. Describe the concept of physical education as currently defined by the profession and define their role in providing physical education for their students.
2. Explain the value of physical education programs in the elementary grades.
3. Identify motor development and motor learning concepts applicable to the teaching of physical education.
4. Identify developmentally appropriate practices and activities for teaching movement to children.
5. Identify fitness concepts and activities appropriate for students in grades K–6.
6. Develop strategies to integrate students with special needs into the movement activities of the elementary school.
7. Describe the characteristics of a quality elementary physical education program.
8. When teaching movement, understand how to: organize activities, provide feedback on skill performance, and help students choose responsible behavior.
9. Implement various teaching strategies and organizational techniques when teaching movement.
10. Integrate movement into subject areas taught in the classroom and understand the benefits of doing so.
11. Understand and apply the concepts involved in motivating students to be physically active.
12. Understand and apply the concepts involved in teaching and assessing social skills in the movement setting.
13. Discuss injury prevention, first aid care, and legal liability issues relevant to situations where students are physically active.
14. Identify current “best practices” of instruction that lead to a safe movement environment.

15. Discuss the benefits of recess to the child in elementary school and construct quality recess time for students.

COURSE TOPICS AND CONTENT REQUIREMENTS:

What is Physical Education?

Motor Development and Motor Learning for Children

Movement Components and Skill Development

Exercise Concepts and Fitness Education

Planning for Children with Diverse and Special Needs

Physical Education Curriculum

Managing and Teaching the Physical Education Lesson

Curriculum Integration in the Classroom

Motivating Children to Be Physically Active

Sociological Aspects of Children Moving

Creating a Physically Safe Movement Environment

Recess as Quality Movement Time

INSTRUCTIONAL METHODS:

Lecture

Demonstration (gym and athletic field)

Class participation

Guided practice and modeling

INSTRUCTIONAL MATERIALS:

Textbook: Kovar, S. K., C. A. Combs, K. Campbell, G. Napper-Owen, and V. J. Worrell (2012). *Classroom teachers as movement educators, 4th ed.* New York, NY: McGraw-Hill.

Internet Access: Required to access resources relevant to course study. An active email account is also suggested.

STUDENT REQUIREMENTS AND METHODS OF EVALUATION:

Students are expected to attend class; therefore each class period is counted as points toward attendance. The final grade will be based on total points accumulated from attendance, quizzes, assignments and comprehensive final exam. The following scale will be used to determine the letter grade for the course:

Percent of Total Points / Letter Grade

100-90% = A

89-80% = B

79-70% = C

69-60% = D

59-0% = F

OTHER REFERENCES

Course Competency/Assessment Methods Matrix

Course Prefix, Number and Name	Assessment Options																															
HPE 1008 – Physical Education Activities for Elementary School Children	Assessment of Student Learning	Article Review	Case Studies	Group Projects	Lab Work	Oral Presentations	Pre-Post Tests	Quizzes	Written Exams	Artifact Self Reflection of Growth	Capstone Projects	Comprehensive Written Exit Exam	Course Embedded Questions	Multi-Media Projects	Observation	Writing Samples	Portfolio Evaluation	Real World Projects	Reflective Journals	Applied Application (skills) Test	Oral Exit Interviews	Accreditation Reviews/Reports	Advisory Council Feedback	Employer Surveys	Graduate Surveys	Internship/Practicum /Site Supervisor Evaluation	Licensing Exam	In Class Feedback	Simulation	Interview	Written Report	Assignment
Assessment Measures – Are direct or indirect as indicated. List competencies/outcomes below.	Direct/Indirect	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	I	I	I	I	D	D							
1. Describe the concept of physical education as currently defined by the profession and define their role in providing physical education for their students.								X				X	X					X														X
2. Explain the value of physical education programs in the elementary grades.								X				X	X		X			X														X
3. Identify motor development and motor learning concepts applicable to the teaching of physical education.								X				X	X		X			X														X
4. Identify developmentally appropriate practices and activities for teaching movement to children.								X				X	X		X			X														X
5. Identify fitness concepts and activities appropriate for students in grades K–6.								X				X	X		X			X														X
6. Develop strategies to integrate students with special needs into the movement activities of the elementary school.								X				X	X		X			X														X
7. Describe the characteristics of a quality								X				X	X		X			X														X

