**HP 321**

**School Health, Physical Education, Recreation K-5**

**Mrs. Karen Baum   
Assistant Professor   
Elementary Health/Physical Education**[**khbaum@campbellsville.edu**](mailto:khbaum@campbellsville.edu)

**Catalog Course Description:**

**HP 321**

This course introduces students to instructional methods and strategies relevant to teaching health, physical education, and physical activity in grades P-5. It is designed to prepare students to conduct an elementary health and physical education class and incorporate physical activity into traditional academic subjects.

**Text and Course Materials:**Health and Physical Education for Elementary Classroom Teachers: An Integrated Approach by Retta Evans and Sandra Sums.

Kentucky Practical Living Core Academic Standards will be made available to   
 students.

Course Objectives:

1. Describe the concept of health and physical education as defined by the profession and define their roles in providing health and physical education for their students.
2. Explain the value of health and physical education, as well as physical activity, in the elementary grades.
3. Identify motor development and motor learning concepts applicable to the teaching of physical activity and physical education.
4. Describe the characteristics of a quality elementary health and physical education program.
5. Identify fitness concepts and activities developmentally appropriate for elementary students.
6. Identify the National and Practical Living Standards of Kentucky appropriate for health and physical education.
7. Apply concepts involved in motivating students to be physically active.
8. Develop lesson plans and resources for teaching health and movement content.
9. Integrate movement into subject areas taught in the classroom and understand the benefits of providing those activities.
10. Teach a well-designed health and physical education lesson for elementary students.
11. Discuss the benefits of recess and construct quality recess time for students in the elementary school.

**Disability Statement**: Campbellsville University is committed to reasonable accommodations for students who have documented learning and physical disabilities, as well as medical and emotional conditions. If you have a documented disability or condition of this nature, you may be eligible for disability services. Documentation must be from a licensed professional and current in terms of assessment. Please contact the Coordinator of Disability Services at 270-789-5450 to inquire about services.

Campbellsville University and its faculty are committed to assuring a safe and productive educational environment for all students. In order to meet this commitment and to comply with Title IX of the Education Amendments of 1972 and guidance from the Office for Civil Rights, the University requires all responsible employees, which includes faculty members, to report incidents of sexual misconduct shared by students to the University's Title IX Coordinator.

Title IX Coordinator:

Terry VanMeter 1 University Drive UPO Box 944 Administration Office 8A Phone – 270-789-5016 Email – twvanmeter@campbellsville.edu

Information regarding the reporting of sexual violence and the resources that are available to victims of sexual violence is set forth at: [www.campbellsville.edu/titleIX](http://www.campbellsville.edu/titleIX)

CAMPUS SECURITY PHONE NUMBER-- 270-403-3611 (cell) 270 789-5555(office)

**Attendance Policy**

**Undergraduate Student Attendance Policy**Students are required to comply with the “Student Attendance Policy” as described in the Campbellsville University Student Handbook. Failure to attend class on time and regularly will have an adverse effect on the final grade. **Two absences are permitted with no penalty. For each absence thereafter, final grade will be lowered 5 points**.

After the **8th absence** the student will automatically be withdrawn from the class.

tardy/early departure results in a 2 point deduction from the final grade.

**Appropriate Dress**

No hats, hoods, or ear warmers are to be worn in class. Please wear comfortable clothes and tennis shoes for movement. When teaching at schools, please wear khaki pants and a collared shirt.

**Professional Behavior**

Students are expected to demonstrate professional behavior during all class sessions. This includes being respectful of the instructor and classmates, using appropriate language and tone of voice, and being attentive during class.

**NO PHONES OUT DURING CLASS!!!!**

**Course Requirements:**

1. **Practical Living Notebook - Health - 100 points**

Each student will develop a notebook that will be turned in near the end of the semester. The notebook will include lesson plans and activities that will facilitate the teaching of health education in the classroom.

1. **Practical Living Notebook – Physical Education - 100 points**

Each student will develop a notebook that will be turned in near the end of the semester. The notebook will include lesson plans and activities that will facilitate the teaching of physical education/movement in the classroom.

1. **Practical Living Posters – Health and Physical Education – 100 points**

Each student will develop **5** posters for Health education and **5** forphysical education for use in teaching Practical Living concepts in the classroom.

1. **Group Lessons – 100 points (50 points**

Working in groups, students will explain, demonstrate, and teach a **health** and **physical education/movement** lesson. Students will turn in a lesson plan , prepare for equipment needs, have developmentally appropriate activities, and provide for maximum participation. Each team will also create a visual aid for clarification of important points.

1. **Mid-Term and a Final** – 100 points each
2. **Evaluation Methods:**

A numerical value is assigned to each assignment. A weighted cumulative

point value will include the following:

|  |  |  |
| --- | --- | --- |
| Grades | Percentage | Points |
| A | 90-100% | 450-500 |
| B | 80-89% | 400-449 |
| C | 70-79% | 350-399 |
| D | 60-69% | 300-349 |
| F | Below 60% | 0-299 |

**Campbellsville University Schedule  
HP 321 School Health, PE, REC K-5 9:30 – 10:45**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Day** | **Topic** |  |
| Aug. 30 | T | Intro/Orientation |  |
| Sept. 1 | R | PL Standards | PL Standards |
| Sept. 6 | T | Coordinated School Health | Ch. 1 |
| Sept. 8 | R | CSH, cont. | Ch. 2 |
| Sept. 13 | T | Personal Wellness I | PL ST; Ch 3,8 |
| Sept. 15 | R | Personal Wellness II | PL ST.; Ch 3,8 |
| Sept. 20 | T | Personal Wellnes II, cont. |  |
| Sept. 22 | R | Safety | PL ST.; Ch 3,8 |
| Sept. 27 | T | Nutrition | PL ST.; Ch 3,8 |
| Sept. 29 | R | Nutrition, cont. |  |
| Oct. 4 | T | Class Assignments |  |
| Oct. 6 | R | Class Assignments |  |
| Oct. 11 | T | Integrating Health | PL ST.; Ch 8 |
| Oct. 13 | R | In-class Student Lessons |  |
| Oct. 18 | T | Mid-Term |  |
| Oct. 20 | R | **Fall Break** |  |
| Oct. 25 | T | PL Standards – Physical Education | PL ST.; Ch 4, 9 |
| Oct. 27 | R | Psychomotor skills | PL ST.; Ch 4,9 |
| Nov. 1 | T | Movement skills |  |
| Nov. 3 | R | Movement skills |  |
| Nov. 8 | T | Lifetime Wellness |  |
| Nov. 10 | R | Lifetime Wellness |  |
| Nov. 15 | T | Healthy and Active classrooms | Ch 6, 7 |
| Nov. 17 | R | Integrating Physical Education | Ch 9 |
| Nov. 22 | T | In-class Student Lessons |  |
| Nov. 24 | R | **Thanksgiving** |  |
| Nov. 29 | T | Teach Lessons – Health/PE |  |
| Dec. 1 | R | Teach Lessons – Health/PE |  |
| Dec. 6 | T | Teach Lessons – Health/Pe |  |
| Dec. 8 | R | Advocacy |  |
| Dec. 12-16 |  | **Finals Week** |  |