



HHPK 324.02W Health Kinesiology for Children

COURSE SYLLABUS: Spring 2023

INSTRUCTOR INFORMATION

Instructor: Clara Roberson, Instructor

Office Hours: By appointment

Office Phone: 254-562-7487

University Email Address: Clara.Roberson@tamuc.edu

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(optional): Physical Education for Elementary Teachers by Thomas, Lee, Thomas

Course Description

A course designed to acquaint student with principles of kinesiology and health information appropriate for elementary students (K-6th grade)

Student Learning Outcomes:

1. Students will learn how to teach physical education to K-6th graders and the appropriate skills.
2. Students will learn how to teach health to K-6th graders and the appropriate content areas.
3. Students will learn how to teach various curriculum subjects by integrating physical education.
4. Students will learn the appropriate Physical Education /Health TEKS and how to implement them as they teach a certain skill.

COURSE REQUIREMENTS

Use Microsoft Word

Instructional / Methods / Activities Assessments

The syllabus/schedule are subject to change.

Discussion – teacher and student participation in writing submitted weekly
 Students will present physical activities on paper.
 Students will teach physical education & health skills and concepts by video.

Grading

Weekly reading notes & answering questions.....	6%
Lesson Plans.....	24%
Special Assignments.....	8%
Presentations.....	22%
Final: 3) Lessons taught by video with written explanation.....	40%

Total Possible Points = 1500 pts

Final grades in this course will be based on the following scale:

- A = 90%-100%
- B = 80%-89%
- C = 70%-79%
- D = 60%-69%
- F = 59% or Below

Grading Breakdown:

Category	# of assignments	% of each assignment	Points possible for each assignment	Total % of final grade	Total possible points
Weekly participation	12	.50%	7.50 pts	6%	90 pts
Lesson Plans	6	4%	60 pts	24%	360 pts
Special Assignments	4	2%	30 pts	8%	120 pts
Final Videos	1	40%	600 pts	40%	600 pts
Presentations	2	11%	165 pts	22%	330 pts

Lesson Plan Grading Rubric:

- Lesson Title – 6 pts
- TEKS – 12 pts
- Objective – 6 pts
- Grade Levels – 6 pts
- Materials Needed – 6 pts
- Number of Students – 3pts
- Class Formation – 3 pts
- Description of Activity – 18 pts
- **Lesson plans are due into E-College by midnight on Monday night.**
- **Points will be deducted for each day the assignment is late.**

Special Assignments & Presentations:

- **All assignments must be turned by midnight on Monday night of due date.**
- **Points will be deducted for each day the assignment is late.**

FINAL:

- **Video Lessons on Healthy Snack, Mental/Emotional Health, & Fitness.**
- **Written explanation of videos**
- **Explain purpose & materials needed for the videos**
- **Points will be deducted for each day the assignment is late.**

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TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

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Interaction with Instructor Statement

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:

<https://www.britannica.com/topic/netiquette>

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

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[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

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For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

COURSE OUTLINE / CALENDAR

Week 1 - 1/17/23 first day of Spring classes

Week 2 – 1/23/23 Student information sheet

Week 3 - 1/30/23 Discuss Ch. 1 Health and Developmental Benefits of Physical Education
Discuss Ch. 2 Meeting the Mission of the Elementary School
Students will receive a copy of the K-6th physical education TEKS
#1 Special assignment: P.E. Programs & Supporting PE/Classroom teachers

Week 4 - 2/6/23 Discuss Ch. 3 Physical Growth and Maturation
Discuss Ch. 4 Motor Performance During Childhood
Discuss Ch. 5 Cognition, Learning, And Practice
#2 Special assignment: Words of Encouragement

Week 5 - 2/13/23 Discuss Ch. 6 Physical Activity for Children
Discuss Ch. 7 Psychosocial Factors in Physical Education
#1 Presentation is due (Submit video of yourself as child's physical education/health teacher for the school year.)
Explain the lesson plans that students will be planning according to the following guidelines:

From 2/20/23 – 4/10/23 students will plan a lesson according to the specific skill listed by each week. Students will type up the name and description of activity, objective of lesson, grade level (K-2) (3-4) or (5-6), number of participants, equipment needed, class formation and the TEKS that correlate. Each student's name and number will also be typed on their lesson. Students submit the lesson on-line for instructor only.

All lesson plans are due by midnight on Mondays!

Week 6 - 2/20/23 Discuss Ch. 8 Planning Your Curriculum
Students prepare & submit Locomotor/Movement Lessons

Week 7 - 2/27/23 Discuss Ch. 9 Organizing for Teaching
Students prepare & submit Games & Sports Lessons

Week 8 – 3/6/23 Discuss Ch. 10 Managing Students
Students prepare & submit Rhythmic Activity & Dance Lessons

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3/13/23 SPRING BREAK

Week 9 - 3/20/23 Discuss Ch. 11 Teachers' Rights, Responsibilities, and Best Practices
Students prepare & submit Gymnastics Lessons

Week 10 - 3/27/23 Discuss Ch. 12 Equipment and Facilities
Students prepare & submit Fitness & Health Lessons

Week 11 – 4/3/23 Discuss Ch. 13 Instructing Students
#3 Special assignment - Students submit by photo their homemade equipment
#4 Special assignment – Students will explain materials used and purpose of their homemade equipment. (No lesson plan due)
Instructor explains more about Integrated Physical Education Across the Curriculum lesson

Week 12 - 4/10/23 Discuss Ch. 14 Evaluating Students
Students prepare & submit Integrated Physical Education Across the Curriculum Lessons

Week 13 - 4/17/23 Discuss Ch. 15 Growing as a Teacher
#2 Presentation: Submit 5 healthy at home activities that parents can do with their elementary children

Week 14 - 4/24/23 Instructor will explain & answer any questions about the final videos due on the 5/1/23

Week 15 - 5/1/23 **FINAL: 3 VIDEOS & EXPLANATIONS ARE DUE**

1) Nutrition – healthy snack

2) Mental Health/Psychological Development

3) Physical Education – flexibility, strength, & cardio

5/12/23 Hopefully grading will be completed

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