



HHPK 324, Health and Kinesiology for Children

COURSE SYLLABUS: Spring 2024
T/TR 12:30-1:45 pm, NHS 160B

PROFESSOR INFORMATION

Professor: Dr. Kelly Featherston, Assistant Professor
Office Location: NHS 139
Office Hours: MW 10:30-12:00; 1:00-2:00
Office Phone: 903.886.5549
Office Fax: 903.886.5365
University Email Address: Kelly.Featherston@tamuc.edu

Preferred Form of Communication: email*

*Emails should be professionally written. Include YOUR first and last name, course name, subject line...

Communication Response Time: within 24 hours (weekdays)

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required:

Health and Physical Education for Elementary Classroom Teachers 2nd Edition: An Integrated Approach. Authors: Retta R. Evans, Sandra Kay Sims

ISBN: 9781492599364

Optional Texts and/or Materials: other readings will be posted in D2L

Course Description

A course designed to acquaint elementary education majors with current health information and activities appropriate for the pre-kindergarten through fourth grade child. Principles of kinesiology, analysis of motor skills, and age-appropriate interdisciplinary activities will be explored.

Student Learning Outcomes

1. Students will learn the physical and psychological benefits of physical activity for children.

2. Students will learn the components of a successful physical education program.
3. Students will learn how to infuse physical activity and health education into their classroom curriculum.
4. Students will learn initiatives that can be incorporated into a class and school to positively impact the school's culture of health.

COURSE REQUIREMENTS

You will be expected to use D2L, to use Microsoft Word and Microsoft Excel. You may also be required to record videos, use video software and submit videos in the format discussed during class.

Instructional Methods

Independent learning, guided discovery, peer teaching, direct instruction.

Student Responsibilities or Tips for Success in the Course

How to succeed in this class:

1. Be in class every day, with your cell phone off and your brain engaged! It is YOUR responsibility to sign-in for attendance at the beginning of class.
2. Study the assigned material before every class! It is expected that you purchase and read the text (bring to class).
3. Turn in all assignments ON TIME in D2L (late work will NOT be accepted).
4. 10% will be taken off for assignments turned in without class attendance.
5. Do quality work!
6. Take responsibility for your own grade; I do not give you a grade—you earn a grade.
7. If you are late or absent, it is your responsibility to obtain any missed information.
8. On activity/lab days, students need to be dressed appropriately for activity (comfortable/athletic clothes, APPROPRIATE/MODEST clothing, and proper gym shoes, NO FLIP FLOPS OR SANDALS).
9. Be ready to move!
10. Absences, late assignments or other will only be considered in the event of medical or immediate family emergencies. Events must be communicated within 3 days and documentation will be requested (date, time, location required).
11. Grades, updated class outline and more in-depth assignment descriptions will be posted in D2L. CHECK IT
12. Volunteer opportunities and extra credit may be offered throughout the semester. Take advantage, do not ask for extra credit the last week of classes.

GRADING

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

Quizzes & Assignments (35%)

Quizzes & Assignments will be based on assigned readings and course discussions. Submission of work and full assignment descriptions will be in D2L. Assignments will be due at the beginning of class on the assigned date (12:30pm). Students may be asked to share and talk about completed work to further group discussion. Handwritten assignments will not be accepted.

Exams (35%):

Three (3) exams will be given to determine student progress and assist students in learning.

Final Exam (20%)

A comprehensive exam will give students the opportunity to apply content learned from course (material from text, class discussions, and assignments).

Participation (10%)

Students are expected to attend class on a regular basis AND contribute to discussions during class. Attendance and participation will be tracked and monitored. It is the students' responsibility to sign-in at the beginning of class.

324 TENTATIVE CLASS SCHEDULE

This can change as necessary. Check D2L for most up to date version
Gym = NHS 179

T/TH	<u>TOPIC</u>	<u>Assignment/To Do</u>
TH Jan 11	Introduction and syllabus overview	
T Jan 16	Physical Education perspectives	
TH Jan 18	Ch 1 Healthy Bodies, Healthy Minds	Syllabus Quiz
T Jan 23	Ch 2 Contextual Considerations	PE Reflection Assignment
TH Jan 25	Ch 3 Coordinated Approach	
T Jan 30	Ch 4 Health Education	
TH Feb 1	Ch 5 Physical Education	'The Why' Quiz
T Feb 6	Review/Overflow	Meet in the gym
TH Feb 8	Exam 1	
T Feb 13	Importance of Recess	
TH Feb 15	Ch 6 Creating a Healthy Classroom	
T Feb 20	Ch 6 Creating a Healthy Classroom	Indoor Recess Plan Due
TH Feb 22	Ch 7 Creating an Active Classroom	

T Feb 27	Active Learning Class/Flexible Seating	
TH Feb 29	Supporting your PE teacher	Flexible Seating Plan Due
T Mar 5	Review/Overflow	
TH Mar 7	Exam 2	
No Classes - Spring Break Mar 11th – 15th		
T Mar 19	Ch 8 Integrating Health Education	
TH Mar 21	Ch 9 Integrating Physical Education	Phys Ed Classroom Review Due
T Mar 26	Ch 10 Advocating for a Healthy School	
TH Mar 28	School culture Initiatives	
T Apr 2	Recent research initiatives	Instant Activity Due Meet in the gym
TH Apr 4	Cross discipline plans	
T Apr 9	Review/Overflow	
TH Apr 11	Exam 3	
T Apr 16	Application/locomotor skills	Meet in the gym
TH Apr 18	Application/fitness	Meet in the gym
T Apr 23	Application/cooperative games	Meet in the gym, Healthy Classroom Plan Due
TH Apr 25	Application/Class Management	Meet in the gym
T Apr 30	Review/Overflow	
May 1, 2, 3 – No TAMUC Classes (Study Days)		
FinalsWeek	Final Exam Thursday, May 9th 10:30-12:30	

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

Zoom Video Conferencing Tool

https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu

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>

COURSE AND UNIVERSITY 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).
<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>

[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.

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.

A&M-Commerce Supports Students' Mental Health

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

AI Use in Courses

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty

13.99.99.R0.10 Graduate Student Academic Dishonesty