

**HHPK 324- Health and Kinesiology for Children**  
**Spring 2025**

Instructor: Dr. Sandy Kimbrough	E-mail: <a href="mailto:sandy.kimbrough@tamuc.edu">sandy.kimbrough@tamuc.edu</a>
Office: NHS faculty suite	Instagram: DrKimbro
Class Meeting Time: TR 12:30 *see schedule	Office hours: TR 11-12, W 9:30-12:30
Email response time: within 1 business day	Class meeting place: NHS (classroom TBA)
Preferred method of communication: email or face-to-face	

No text is required. Readings for the course will be assigned from journals, websites, and other sources. Other documents will be shared in the “doc sharing” folder.

**Catalog 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.

**Course objectives**

Upon completion of the course, the student should be able to...

1. Discuss and defend the rationale for quality health and physical education in the elementary curriculum.
2. Apply the skill theme approach to teaching elementary physical education.
3. List, define, and explain the National Standards for Physical Education.
4. Apply relevant Texas Education Knowledge and Skills (TEKS) for health and physical education.
5. Plan appropriate lessons for movement based on skill proficiency, equipment, maturation and curricular constraints.
6. Demonstrate, explain, and teach movement concepts (including space awareness, effort, and relationships) and movement skills (including selected locomotor, non-locomotor, and manipulative).
7. Plan for assessment and improvement of physical fitness and activity.
8. Plan appropriate lessons for health education based on learner age, knowledge, and developmental level.
9. Apply concepts related to classroom management and diverse learners.

<u>Grading Scale</u>		<u>Points</u>		
90– 100 %	1000	A	(exceptional, excellent, mastery)	
80– 89%	800-899	B	(above average, good performance and learning)	
70– 79%	700-799	C	(average)	
60-69%	600-699	D	(below average)	
0-59%	0-599	F	(failing)	

<b><u>Evaluation:</u></b>	Test 1	10% (100)
	Test 2	10% (100)
	Final Exam	20% (200)
	Online quizzes	20% (200)
	Observation/reflection	10% (100)
	Class teach	10% (100)
	Mini teach/team teach	10% (100)

**Student and Instructor Expectations**

Expectations are high for both of us. I strive to be the best teacher possible. I expect you to perform to the best of your ability. Making an “A” in this class is quite an accomplishment, and will be earned only by those who are willing to put forth the necessary effort. There is no grading curve - you will be assigned the grade you earn!!!!

## Other helpful information

### CRUCIAL INFORMATION:

- CHECK YOUR EMAIL for critical updates from me about meeting places, etc.
- BEFORE you come to class each day, I HIGHLY recommend that you have read the assigned chapter in the textbook AND viewed the lectures for that chapter as well. To make taking notes easier, you can even screenshot, then cut and paste the slides into a Word document and bring those to class.
- Class time will be 100% active; be prepared to WORK HARD.
- Know how to use D2L WELL! Know how to record yourself with GOOD AUDIO (so those watching can hear and see you clearly). Know how to post on YouTube.

### Chat Sessions

Periodically throughout the semester, I will announce a “chat time” where you can meet with me and other students to talk about motor development. This is not me re-lecturing, nor is it me telling you what is on the test(s). It is an opportunity for you to engage your mind in the topic and enhance your grade (hopefully) by learning at a deeper level.

### Statement on Student Behavior

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student’s Guide Handbook). I have zero tolerance for disrespect for the learning environment or other human beings, present or not. Included in disrespect for others is the use of any tobacco product, any type of cigarette, or distracting use of cell phones in class. If you do any of the items listed above, I will ask you to leave class.

### Course Policies

1. Students are expected to be in class on time, ready to participate.
2. Each unexcused absence will result in a 30 point deduction from the final grade. Class begins at 12:30pm. If you are not present and ready to begin the day’s activity by that time, you may not get credit for attending class and may not be able to attend class that day. Students arriving late MAY be permitted to enter and participate (instructor’s decision). Leaving before class is dismissed is the same as being absent. These policies are in place to ensure safety and to promote professionalism.
3. An “excused absence” is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work. Online quizzes must be completed regardless of excused absences. They will not be reopened after the due date has passed. If the absence is for one of the reasons listed below, you will be able to make up the work (within two business days). To reserve this right, you MUST provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.
  - Religious Holy Day
  - Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician)
  - Participation in an activity appearing on the University’s authorized activity list.
  - Death or major illness in a student’s immediate family.
  - Illness of a dependent family member
  - Participation in legal proceedings or administrative procedures that require a student’s presence.
  - Required participation in military duty
4. Any student missing an exam or assignment without prior arrangement will receive a score of zero.
5. You MUST check your e-mail daily in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me. I will be using your TAMUC account.
6. While you are in class, I expect you to participate. That means that you should a) actively prepare by reading the assigned materials, b) TALK (ask and answer questions), c) bring your notes and textbook, d) bring your ideas, and e) refrain from anything that is not class-related during class (newspaper, reading for another class, text messages, etc). Students who choose to disrupt class by not participating will be asked to leave.

7 DUE DATES: The due dates listed for assignments are the LAST chance to submit them. Please turn in your work early. I DO NOT accept late assignments.

8 If you have a question or concern, TALK to me. I am here to help. If you need to reach me and I am not in my office, e-mail me.

### **PLAGIARISM**

- The handouts used in this course are copyrighted. By "handouts," I mean all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.
- As commonly defined, plagiarism consists of passing off as one's own the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it is as your own, even if you should have the permission of that person. Plagiarism is one of the worst academic sins, for the plagiarist destroys the trust among colleagues without which research cannot be safely communicated.
- If you have any questions regarding plagiarism, please consult me. If you plagiarize in this class, you will automatically receive a grade of "F" and disciplinary action will be sought.

### **Course Schedule**

THIS SCHEDULE IS TENTATIVE AND MAY CHANGE!!! I WILL TELL YOU WHEN/IF IT DOES! If you miss class, be sure to talk to someone in the class to find out if there have been any changes to the meeting place, time, etc. \*\*\*THIS SCHEDULE DOES NOT INCLUDE EVERY DETAIL OF WHAT WE WILL BE DOING EACH DAY. IT ONLY PROVIDES HIGHLIGHTS AND SOME OF THE DAILY ACTIVITIES.

This is a blended course, meaning that much of the course material and assessment will occur online and class discussion, application, and more will occur in a face-to-face setting. Please see the schedule below carefully.

	<b>Date</b>	<b>Topic for the Day/in-class activity</b>	<b>Due dates/other info</b>	<b>Specific handouts and videos to watch BEFORE CLASS</b>
T	1/14	Syllabus, intro to the content, how this is going to work ☺		
R	1/16	Health and PE in the Elementary Curriculum	Intro to class quiz due (20)	
T	1/21	Health and Physical Activity Data (US)	Health in the Elem quiz due (10); PE in Elem quiz due (10) Health and PA data quiz due 1/23 (10)	
T	1/28	Motor Development	Motor Development quiz due (10)	
T	2/4	Test #1 (100)		
T	2/11	Health National Standards and TEKS	Health NS and Health TEKS quizzes due 2/13 (10 each)	
T	2/18	PE National Standards and TEKS	PE NS and PE TEKS quizzes due 2/20 (10 each)	
T	2/25	Skill themes and movement concepts	Skill theme and movement concepts intro quiz due 2/24 (20)	
T	3/18	Skill themes...more	Skill themes quiz due (10)	
T	3/25	Movement concepts...more	All observations/reflections due (100) MC/Space Awareness quiz due 3/24 (10) MC/Relationship quiz due 3/24 (10) MC/Effort quiz due 3/24 (10)	
T	4/1	Test #2 (online) (100) , mini teach/group teach in class (100)		
T	4/8	Fitnessgram	Fitnessgram quiz due (10)	

T	4/15	Best Practices in Teaching	Master teachers quiz due (10)
T	4/22	Class teach (100)	Lesson planning quiz due 4/22 (10)
T	4/29		Class teach quiz 1 due 4/23 (10)
			Class teach quiz 2 due 4/30 (10)
R	5/9	Final Exam at 10:30am (200)	

## TECHNOLOGY REQUIREMENTS

### LMS

All course sections offered by ETAMU 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](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

### 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](mailto: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, an ETAMU 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](https://www.TAMUc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx).  
<https://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>

## **ETAMU 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 ETAMU 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/13Te.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/undergraduate/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**

ETAMU

Velma K. Waters Library Rm 162

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

Fax (903) 468-8148

Email: [studentdisabilityservices@TAMUc.edu](mailto:studentdisabilityservices@TAMUc.edu)

Website: <https://www.TAMUc.edu/student-disability-services/>

## **Nondiscrimination Notice**

ETAMU 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 EETAMU 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 ETAMU 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 ETAMU campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

\*\*\*\*\*

ETAMU 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

### **Mental Health and Well-Being**

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.

