



HHPK 314-01E

Teaching Methods in Physical Education 1 - 3 semester credit

Fall 2025

Tuesday and Thursday (11:00am – 12:15pm)

NHS #161

INSTRUCTOR INFORMATION

Instructor: Henry H. Ross, EdD
Office: NHS #110
Office Hours: Monday and Wednesday – 8:00am – 11:00am, and 3:00pm – 4:00pm Tuesday and Thursday – 8:00am – 10:00am and 3:00pm – 4:00pm Friday – 10:00am – 11:50am (after 1:00pm by appointment only)
E-mail Address: Henry.Ross@etamu.edu

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: *Dynamic Physical Education for Elementary School Children* (20th edition). Aaron Beighle and Robert P. Pangrazi
ISBN# 978-1718214200

Software Required: Basic computer

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

Course Description

Principles and practices related to the learning of children's movement skills, fitness, and active lifestyles will be investigated. This course includes the scientific basis for motor performance, curricular organization, and pedagogical methodology related to the elementary school physical education program. Prerequisite: [HHPK 1338](#) with a minimum grade of C, and junior/senior standing. 2.5 GPA.

Student Learning Outcomes

1. Demonstrate a basic understanding of physical education history and influential leaders along with present-day issues.
2. Increase awareness of state (TEKS) and SHAPE America content standards and information.
3. Increase awareness of factors and issues related to quality physical education (e.g., public relations, promotion, image, teacher–coach role conflict).
4. Increase awareness of the duties and responsibilities of a physical educator.
5. Introduce basic principles pertaining to the understanding and application of the psychomotor, cognitive, and affective domains of learning.
6. Initiate thought processes for the development of a personal teaching philosophy.
7. Demonstrate a basic understanding of liability concepts and issues as they relate to creating and maintaining a safe teaching and learning environment.
8. Demonstrate basic lesson planning and delivery for various teaching opportunities.
9. Enhance the understanding and use of instructional teaching cues.
10. Demonstrate basic concepts and strategies to improve student time-on-task and factors affecting learning.
11. Demonstrate various types of feedback and describe how they affect the teaching and learning environment.
12. Demonstrate basic waiting techniques.
13. Demonstrate a basic understanding of motivational strategies.
14. Enhance the use of reflective practice as it relates to effective instruction.

COURSE REQUIREMENTS

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

There may be some travel required in this class (observations).

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!

2. Study the assigned material before every class! It is expected that you purchase and read the text.
3. Turn in all assignments ON TIME in D2L (late work will not be accepted). Assignment due dates will be at the start of the class time.
4. All assignments submitted in D@L should use the following format when saved: "yourlastname HHPK 314" At the top of the document, include your name, class #, and the name of the assignment.
5. 10% will be taken off for assignments turned in without class attendance.
6. Do quality work!
7. Proofread your work before it is submitted. Points may be taken off for submitted work that includes spelling errors, punctuation errors, and errors in sentence structure. No "TEXT" language.
8. Take responsibility for your own grade; I do not give you a grade—you earn a grade.
9. If you are late or absent, it is your responsibility to obtain any missed information. You should connect with a classmate prior to asking the instructor about missed content.
10. 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, SANDALS or CROCS). Shirts are required for both male and female students.
11. Be ready to move! Participation is required. Activity accommodations can be made.
12. Absences, late assignments, and missed exams will be considered in the event of medical or immediate family emergencies. Events must be communicated within three (3) days and documentation will be requested (date, time, location required). Communication is key!
13. Grades, updated class outlines and more in-depth assignment descriptions will be posted in D2L. You should check D2L often.
14. Volunteer opportunities and extra credit may be offered throughout the semester. Please seek to take advantage of these opportunities. Do Not ask for extra credit during the last week of classes.
15. PG-13 classroom language. Prepare for your future in a professional setting.
16. Student who are unprepared for class may be asked to leave (Attire, materials, attitude).

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

Assessments

1. 20% Quizzes – Each week or so there will be a quiz covering the topic discussed in class (in person and D2L).
2. 20% Assignments and Lesson Plans– All assignments must be typed unless otherwise specified.
3. 20% In-Class Teaching
 - a. Peer Teachings. Students will develop and plan lessons to lead their peers in classroom activities. The experience is designed to develop readiness for teaching practice, evaluate student’s ability to plan and execute a lesson.
 - b. Teaching Reflections – Each time you teach within the next 24 hours you need to submit a reflection of your teaching.
4. 20% Observations. Outside observations will be required for this course. Information will be available on the first day of the course, sign up early. If scheduling is an issue connect with the instructor at the beginning of the semester.
5. 20% Final Project.

COURSE OUTLINE / CALENDAR

Course outline subject to change. Please access the course syllabus on D2L once the site has been activated by the university.

HHPK 314 Fall 2025

Week	Date	Class	Assignment Due
1	T (8/26) TH (8/28)	Class Introduction and Syllabus Chapter 1 / Youth PA and Health	(TH) Syllabus Quiz
2	T (9/2) TH (9/4)	Chapter 2 / Growth and Development Chapter 2 / cont.	Observation Plan Due
3	T (9/9) TH (9/11)	Chapter 3 / Elementary PE Chapter 4 / Effective Teaching and Instruction	
4	T (9/16) TH (9/18)	Chapter 5 / Building Effective Learning Environments Chapter 6 / Lesson Plans	Philosophy Due
5	T (9/23) TH (9/25)	Chapter 7 / Curriculum Quiz /Chapters 1-7	Lesson Plan #1 Quiz / Chapters 1-7
6	T (9/30) TH (10/2)	Chapter 8 / Assessment Chapter 9 / Inclusion / Differentiation and Peer Teaching Overview Practice	
7	T (10/7)	Application – Gym (Into/Movement Themes)	

	TH (10/9)	No Class	
8	T (10/14) TH (10/16)	Peer Teaching Midterm Exam / Online	Lesson Plan #2 Midterm / Chapters 1-9
9	T (10/21) TH (10/23)	Chapter 12 / Foundational Skills and Peer Teaching Chapter 13 / Foundational Skills and Peer Teaching	
10	T (10/28) TH (10/30)	Chapters 14, 15, and 16 / Foundational Skills Quiz / Chapter 17/ Specialized Skills	Lesson Plan #3 Quiz – Chapters 12-16
11	T (11/4) TH (11/6)	Peer Teaching Chapters 18,19, 20, 21 / Specialized Skills	
12	T (11/11) TH (11/13)	Peer Teaching Quiz / Peer Teaching	Quiz – Chapters 17-21
13	T (11/18) TH (11/20)	Chapters 23 – 30 / Sport Skills Peer Teaching	Lesson Plan #4
14	T (11/25) TH (11/27)	Peer Teaching No Class (Thanksgiving)	Field Day Plans Due
15	T (12/2) TH (12/4)	Peer Teaching Quiz / Peer Teaching	Quiz – Chapters 23-30
16	12/8 – 12/12	Final Exam Week	

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas A&M University 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.etamu.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account

[nt.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@etamu.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 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](http://www.etamu.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx).
<http://www.etamu.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.etamu.edu/admissions/registrar/generalInformation/attendance.aspx>

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

Academic Integrity

Students at East Texas A&M University 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.etamu.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

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

<http://www.etamu.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

East Texas A&M University

Velma K. Waters Library Rm 162

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

Fax (903) 468-8148

Email: studentdisabilityservices@etamu.edu

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

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

Nondiscrimination Notice

East Texas A&M University 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 East Texas A&M University 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 East Texas A&M University 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.etamu.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all East Texas A&M University 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 East Texas A&M University, is 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.etamu.edu/counsel

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.

