

HHPK 324 – Health and Kinesiology for Children
Winter Mini 2025-2026 December 15, 2025-January 19, 2026

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Office hours: by appointment

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.

Evaluation

Sections 1-4	100 points per section
Final Exam	100 points

Grading Scale

450-500 pts	A
400-449 pts	B
350-399 pts	C
300-349 pts	D
0-299 pts	F

Section Quizzes and Participation

- Each section will contain several topics. Within each topic will be assigned readings, activities, videos, etc. You may be directed to do some laboratory/research-type work and then participate in a discussion, take a quiz, and/or complete an assignment.
- ALL portions of each section MUST be completed by that section’s “end date.” You MUST do the 4 sections in order. Assignments, quizzes, etc, not submitted by the due date will receive a grade of zero. Do not wait until the last minute.
- The total point value for each section accounts for 20% of the course grade. The total point value for each section will be 100.

Submitting assignments

All assignments have a submission folder. When you submit an assignment, it MUST be a WORD document (or EXCEL document if it is a spreadsheet), and it must be titled appropriately. For example, if one of the assignments is called "leadership assignment" and your last name is Collins, the name of the document you drop must be "Collins leadership."

Also, at the top of the first page of every assignment, you must include your name and the name of the assignment. If it is a spreadsheet, gridlines should be showing and a header should include your name and the name of the assignment. Print-preview your document so that if I print it, it is lined up correctly and does not have columns, rows, etc. hanging out off the edge of a sheet.

Feedback on assignments

For most of your assignments, I will save your work, then use the "track changes" feature on the document itself to make corrections, write comments, etc. I will then attach the document back to you so you will have written feedback from me. USE this information to improve your work on future assignments.

Final Examination

It is extremely important that you are LEARNING the information that is being covered in the lectures and the textbook. On the last day of the course, you will have a 24-hour period in which to take your final exam. Once you begin the exam, you will have 75 minutes to complete it. There will be a wide variety of questions which may include T/F, multiple choice, fill-the-blank, matching, short answer, essay, and application.

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!!!!

Course Policies

1. Because this is an online course, you may never meet me or your other classmates face-to-face. Written communication must be clear in all circumstances.
2. While completing assignments, chatting, etc. within the online environment (within this class), be professional. In other words, quality matters. Write clearly with correct spelling, punctuation, and grammar. Actively prepare by reading the assigned materials. Share your thoughts (i. e. ask and answer questions). Have course materials with you when you are online (you can use materials during quizzes, etc). Please refrain from anything that is not class-related while "in" this course. Unless you are quoting someone else directly, language should be "G-rated."
3. END DATES: The "end dates" listed for sections are the LAST chance to submit them. Please submit your work early. I DO NOT accept late assignments.
4. If you have a question or concern, e-mail me. Please include the course number in the subject of the e-mail ("HHPK 324") and the topic of the message. I will respond promptly during the week. If you want me to take a look at assignments before you submit them, you may ask me to do so through e-mail. I will NOT grade assignments ahead of time, but I will give you general feedback about how your work looks. Please give me at least 24 hours to reply (excluding weekends/holidays).
5. You MUST check your e-mail regularly. I will not e-mail you junk, and I request that you do the same for me and your classmates.
6. If you have a question or concern, communicate with 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.

Agenda/Schedule

Topics will be listed in D2L under each section.

Each section is worth 100 points (from discussions, assignments, quizzes).

Section		
1	Quality health and physical education	Section 1 due: December 21
2	National standards and TEKS for health/PE	Section 2 due: December 29
3	Skill themes/movement concepts	Section 3 due: January 4
4	Application and lesson planning	Section 4 due: January 9
	FINAL EXAM JANUARY 9	

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

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, 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](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](http://www.etamu.edu/admissions/registrar/generalInformation/attendance.aspx) webpage and [Procedure 13.99.99.R0.01](http://www.etamu.edu/admissions/registrar/generalInformation/attendance.aspx).
<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](http://www.etamu.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf)
[Undergraduate Student Academic Dishonesty Form](http://www.etamu.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf)

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

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

East Texas A&M University 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.

