

FALL TERM 2020

UWSP PHED 150

Foundations of Teaching K-12 Physical Education & Fitness

Contact Information: Justin Stoffel, M.ED

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Office Hours: by appointment

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Credits and Meetings:

Credit Hours: 3

Course Days: M & W 11:00-12:15pm. OFFICIAL MEETING DATES IN SYLLABUS

Course Location: (hybrid model between meeting in BERG GYM COHORT and online instruction)

FINAL EXAM: Tuesday, Dec 15 from 10:15AM-12:15PM (ONLINE)

Course Description: Introduction to pK-12 Physical Education teaching content leading to teacher licensure in Wisconsin. Topics include teaching standards, career and professional development, best teaching practices, physical fitness in educational settings, instruction and assessment of fitness activities.

The *Introduction to K-12 Physical Education* course is required courses in the physical education concentration for teacher certification. Physical education is a broad field that has its roots in physiology, movement, pedagogy and sport. This course is designed to familiarize the student with historical, philosophical, educational, psychological, biological, sociological, and career emphases related to the field of physical education. Furthermore, this course will help the future candidates develop a personal philosophy that may be used in future professional endeavors. The course provides physical education majors with an overview of key concepts, programs, professions, issues, and trends. Content will include a general overview of the historical aspect, concepts, principals, current trends and issues involving physical education, sport and fitness.

Course Texts & Materials:

- Siedentop, D. & van der Mars, (2012) *Introduction to Physical Education, Fitness & Sport* (8thed.) H New York: McGraw-Hill Humanities/Social Sciences/L. (rental)
- *Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide* (rental)
- *Moving Into the Future, National Physical Education Standards: A Guide to Content and Assessment* (recommended purchase)
- Pedometer or pedometer app
- Clothes & shoes to be active (dry pair of shoes needed for HEC facilities)

Course Objectives:

Upon successful completion of this course, the candidate will be able to:

1. Trace the history and impact of physical education leading into the 21st century.
2. Value and promote physical education as an integral component of the K-12 school curriculum.
3. Understand what is expected of physical education majors at UWSP, and the sequence of coursework required for completing the degree, including School of Education admission policies.
4. Examine one's own beliefs, philosophy and rationale for wanting to be a physical education teacher/coach.
5. Develop an understanding of the requirements and responsibilities of being a physical educator and the critical issues facing physical educators and certified coaches in locally and nationally.
6. Develop professionalism in physical education and get involved in professional organizations like WHPE, SHAPE America, SHAPERD Club activities, and job related volunteer work.
7. Appreciate the role of the public and private school and the current issues which impact physical education (Examine the impact of racism, sexism, elitism, Title IX, as well as the sociological impact).
8. Discuss career opportunities in the field of physical education.
9. Discuss current testing practices for future teacher licensure.
10. Review and discuss the (5) "National PE Standards" (Shape America.com).
11. Begin the process of building an electronic portfolio and professional materials in support of licensure requirements for PI-34 and PE 400.
12. Improve writing, speaking, and computer skills through assignments, presentations and use of technology.
13. Demonstrate a commitment to improve his or her level of fitness and involvement in fitness-oriented activities by choosing to engage in fitness activities beyond class time. The Pedometer Log will be used to document achievement of this competency.
14. Using the results of your health-related fitness assessments and the frequency, intensity, time, and type principles to construct a personal fitness plan that improves or maintains each of the health-related components of physical fitness.
15. Access and analyze his/her level of fitness level by administering and completing the FITNESSGRAM.
16. Analyze your own lifestyle and associated behaviors and understand how various behaviors can influence wellness factors such as obesity, cardiovascular disease and cancer.
17. Develop an understanding of each of the factors (internal and external) affecting an individual's overall fitness.
18. Develop the skills and knowledge necessary to assess and analyze the fitness needs of others and plan programs that will enable those individuals to improve their fitness and wellness profiles.
19. Develop a variety of fitness skills that will provide a foundation for teaching fitness skills to others in the future.
20. Demonstrate competency in strategies to overcome barriers to physical fitness including time, resources, disability, age, socioeconomic status, gender, ethnicity, culture, and motivation.

Grade Calculation Formula:

Grades are calculated by total points earned over the course of the semester: **450 TOTAL POINTS**

93-100% A	90-92% A-
87-89% B+	83-86% B
80-92%B-	77-79%C+
73-76%C	70-72%C-
67-69%D+	63-66%D
Below 63% F	Example: 350 points earned out of 400= 87.5% (B+)

Assignment Descriptions

Exams – 150 points

- Mid-Term Exam (**ONLINE OCT 28, 2020**) will cover Chapters 1-8 and is worth **75 points** (multiple choice, T/F, matching, short answer).
- Final Exam (**ONLINE DEC 15, 2020**) is not cumulative. Chapters covered are determined by information covered in class. **75 points**. (multiple choice, T/F, matching, short answer).

Projects- 175 points

- **Physical Educator Interviews – 25 points (DUE: October 14, 2020)**
 - Each student will interview two separate (K-6 & 7-12) physical educators via phone or email
 - Objective is to learn more about teaching styles, successes, failures & perspectives
 - 2-3 page reflective summary required. See Canvas/email handout for details
- **Fitness Trend Project*** – 50 points (DUE: November 23, 2020)**
 - Each student will research a current fitness trend
 - Generate a PREZI/PowerPoint/Google Slide and submit to the instructor.
 - Objective of project is to research current fitness trends and decide relevancy
- **Project Fit*** – 100 points (DUE: December 7, 2020)**
 - Following the initial FitnessGram pre-test on Sept 14th, students will evaluate their current fitness and movement patterns during the course of the semester. An independent project that affords use of intramurals, fitness facilities, outdoor areas or home/apartment gyms.
 - Students will generate a reflective paper on their experience and provide improvement details.
 - The objective of the project is to get active and/or see what is available in the community to stay active.

Fitness Goals & Reflections – 75 points

- **FITNESSGRAM Testing – 15 points (DUE: September 14, 2020)**
 - Students will be tested at the beginning and end of semester in the 5 areas of Health-Related Fitness via the FITNESSGRAM. Students will also learn how to administer the test.
- **Fitness Contract – 10 points (DUE: September 16, 2020)**
 - After testing, students will assess what level of fitness they are at, where their strengths and weaknesses are, and what their goals are for the semester. A contract and plan for the semester will be submitted.
- **Weekly Reflections – 50 points (DUE: weekly, starting September 14)**
 - After a contract is submitted, students will record their progress and activity each week through a reflection. Reflections will be submitted **every Monday** of the semester.

Refer to handouts provided in-class and syllabus for all assignment details

Course Policies:

1. **Accommodations of Candidates with Disabilities** - UWSP is committed to providing equal educational opportunities for candidates with documented disabilities. The modifications should not affect the substance of educational programs or compromise academic standards; nor should they intrude upon academic freedom. Examinations or other procedures used for evaluating students' academic achievements may be adapted. The results of such evaluation must demonstrate the student's achievement in the academic activity, rather than describe his/her disability. *If modifications are required due to a disability, please inform the instructor and contact Dr. Susan Rood in the Disability Services Office in 101 SSC, and complete an Accommodations Request form. Phone: (715)346-3365*

2. **Academic Integrity** - The board of regents, administrators, faculty, academic staff and students of the university of Wisconsin system believe that academic honesty and integrity are fundamental to the mission of higher education and of the university of Wisconsin system. The university has a responsibility to promote academic honesty and integrity and to develop procedures to deal effectively with instances of academic dishonesty. Students are responsible for the honest completion and representation of their work, for the appropriate citation of sources, and for respect of others' academic endeavors. Students who violate these standards must be confronted and must accept the consequences of their actions.

UWSP 14.03 Academic misconduct subject to disciplinary action. See Students Handbook

3. **Examination Policy** - All candidates are required to submit exams online by the assigned deadline with regards to dates and times. In the event of professional development conflict, accommodations will be considered. Should you require testing accommodations see Accommodations of Candidates with Disabilities section.

4. COVID-19 Campus Guidance: Below are a number of other guidelines regarding physical attendance on campus:

- Please monitor your own health each day using [this screening tool](#). **If you are not feeling well or believe you have been exposed to COVID-19, do not come to class; email your instructor and contact Student Health Service (715-346-4646).** As with any type of absence, students are expected to communicate their need to be absent and complete the course requirements as outlined in the syllabus.
- Maintain a minimum of 6 feet of physical distance from others whenever possible.
- Do not congregate in groups before or after class; stagger your arrival and departure from the classroom, lab, or meeting room.
- Wash your hands or use appropriate hand sanitizer regularly and avoid touching your face.
- Please maintain these same healthy practices outside the classroom.

Mask Policy: The University has instituted a mask policy for all in-person instruction and campus buildings. The following language will be included in all syllabi, and will be enforced:

- At all UW-Stevens Point campus locations, the wearing of face coverings is mandatory in all buildings, including classrooms, laboratories, studios, and other instructional spaces. Any student with a condition that impacts their use of a face covering should contact the [Disability and Assistive Technology Center](#) to discuss accommodations in classes. Please note that unless everyone is wearing a face covering, in-person classes cannot take place. This is university policy and not up to the discretion of individual instructors. Failure to adhere to this requirement could result in formal withdrawal from the course.

5. **Late work:** All work is due by the posting date or the BEGINNING of the class period it is assigned. If it is not received, it is considered late, and will result in a 50% grade reduction for up to 24 hours after the due date. After 24 hours, all work submitted will receive a grade of "0".

6. **Electronic Devices** - Use of cell phones, tablets, MP3 players or the alike at any time during class is strictly prohibited unless permission is provided. Phones especially, should be silenced and stored out of sight. Violations of this policy will result in a reduction of points and /or the students being dismissed from class and marked absent without warning.

7. Risk Awareness - Candidates should be aware that physical activity is expected as partial fulfillment of the requirements of this class. This includes participation in practice lessons taught by the instructor and/or peers. Candidates should make the instructor aware of any physical limitations that will limit participation in the class.

8. From the office of Risk Management: *"In the event of a medical emergency, call 911 or use red emergency phone. Offer assistance if trained and willing to do so. Guide emergency responders to victim.*

In the event of a tornado warning, proceed to the lowest level interior room without window exposure. See

www.uwsp.edu/rmgt/Pages/em/procedures/other/floor-plans for floor plans showing severe weather shelters on campus. Avoid wide-span rooms and buildings.

In the event of a fire alarm, evacuate the building in a calm manner.

Active Shooter – Run/Escape, Hide, Fight. If trapped hide, lock doors, turn off lights, spread out and remain quiet. Follow instructions of emergency responders. ^[17]_{SEP}

See UW-Stevens Point Emergency Management Plan at www.uwsp.edu/rmgt for details on all emergency response at UW-Stevens Point."

9. Religious Beliefs: Relief from any academic requirement due to religious beliefs will be accommodated according to UWS 22.03, with notification within the first three weeks of class.

PED 150 - FALL 2020 Schedule (outline subject to change)

Date	Location & Topic	Readings/Assignments DUE
Sept 02	Location: MEET IN BERG GYM Intro/Syllabus/Projects	
Sept 09	Location: MEET IN BERG GYM Introduction to FITNESSGRAM & Physical Best	Read chapter #1 PowerPoint
Sept 14	LOCATION: Your Choice Sept 14 FitnessGram Testing.	-Complete initial (PRE-TEST) FitnessGram testing by yourself -Fitness Contract due Sept 16: 10 pts -Complete weekly Log #1-5 points
Sept 16	LOCATION:ONLINE Physical Activity Behavior & Motivation	Read Chapter #2 PowerPoint
Sept 21	LOCATION: ONLINE Basic Training Principles	Read Chapter# 3 PowerPoint -Complete weekly Log #2-5 points
Sept 23	LOCATION: ONLINE	Email jstoffel@uwsp.edu your "project fit" location plan -15 pts
Sept 28	LOCATION: ONLINE Aerobic Fitness	Read Chapter #5 PowerPoint -Complete weekly Log #3-5 points
Sept 30	LOCATION: ONLINE Muscular Strength & Endurance	-Read Chapter #6 Ppwerpoint
Oct 5	LOCATION: MEET IN BERG GYM Muscular Strength & Endurance	-Complete weekly Log #4-5 points
Oct 7	LOCATION: ONLINE Flexibility	Read Chapter# 7 PowerPoint
Oct 12	LOCATION: ONLINE Flexibility	-Complete weekly Log #5-5 points
Oct 14	LOCATION: ONLINE Nutrition	Read Chapter# 4 PowerPoint Teacher Interview DUE 10/14
Oct 19	LOCATION: ONLINE Nutrition/BMI	-Complete weekly Log #6-5 points
Oct 21	LOCATION: ONLINE BMI	Read Chapter #8 PowerPoint
Oct 26	LOCATION: ONLINE Mid-Term Review	-Complete weekly Log #7-5 points
Oct 28	ONLINE: Midterm Exam (chapters 1-8)	Mid Term
Nov 02	LOCATION: MEET IN BERG GYM Curriculum Development	Chapter 9 -Complete weekly Log #8-5 points
Nov 04	LOCATION: ONLINE Curriculum Development	Fitness Topic Ideas Submitted
Nov 09	LOCATION: ONLINE Multiple Intelligences	-Complete weekly Log #9-5 points
Nov 11	Teaching Styles & Strategies	Chapter 10
Nov 16	LOCATION: MEET IN BERG GYM	-Complete weekly Log #10-5 points -Complete (POST-TEST) final FitnessGram testing
Nov 18	LOCATION: ONLINE TBD	
Nov 23	LOCAITON: ONLINE Finish fitness Trend Project and submit via Canvas	Fitness Trend Project -Due 11/23

Nov 25	No CLASS! Holiday ☺	
Nov 30	LOCATION: ONLINE Project Fit	
Dec 02	LOCATION: ONLINE Project Fit	
Dec 07	LOCATION: ONLINE Complete Project Fit assignment	Project Fit- Due 12/07
Dec 09	LOCATION: ONLINE STUDY FOR FINAL EXAM	
Dec 15	Final Exam –Tuesday, DECEMBER 15 th (10:15--12:15PM)	
	Thank you for your time and effort this semester!	