

**FALL TERM 2023**

**UWSP PHED 150**

**Foundations of Teaching K-12 Physical Education & Fitness**

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**Credits and Meetings:**

Credit Hours: 3

Course Days: Tuesday & Thursday 11:00-12:15pm

Course Location: Champions Fitness Hall – MCCH 146

**FINAL EXAM:** Thursday, Dec 14 from 11:00AM-12:15PM (TBD online in Canvas the week of finals)

**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* (8<sup>th</sup>ed.) H New York: McGraw-Hill Humanities/Social Sciences/L. (rental)
- Fitness tracking required (*option to use: phone/watch/written logs*)
- Clothes & shoes to be active (dry pair of shoes needed for MCCH facilities)

**Future reference:**

**Shapeamerica.org**

HPE Fact Sheet

PE & Health State Standards

ESSA PowerPoint

## 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 21<sup>st</sup> 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 locally and nationally.
6. Develop professionalism in physical education and get involved in professional organizations like WHPE, SHAPE America, SHAPER 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. Review and discuss the (5) "National PE Standards" (Shape America.com).
10. Improve writing, speaking, and computer skills through assignments, presentations and use of technology.
11. 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 "Project Fit" Log will be used to document achievement of this competency.
12. Using the results of your health-related fitness assessments and the frequency, intensity, time, and type (FITT) principles to construct a personal fitness plan that improves or maintains each of the health-related components of physical fitness.
13. Access and analyze his/her level of fitness level by completing Project Fit.
14. Analyze your own lifestyle and associated behaviors and understand how various behaviors can influence wellness factors such as obesity, cardiovascular disease and cancer.
15. Develop an understanding of each of the factors (internal and external) affecting an individual's overall fitness.
16. 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.
17. Develop a variety of fitness skills that will provide a foundation for teaching fitness skills to others in the future.
18. Demonstrate competency in strategies to overcome barriers to physical fitness including time, resources, disability, age, socioeconomic status, gender, ethnicity, culture, and motivation.
19. Familiarize oneself with Shapeamerica.org and the resources available (state and national standards).
20. Every Student Succeeds Act (ESSA) -TITLE IV-Part A. Explore the modern funding formula for HPE.

## Grade Calculation Formula:

Grades are calculated by total points earned over the course of the semester: **365 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: 315 points earned out of 365= 86.3% ("B")

## Assignment Descriptions

### Exams – 150 points

- Mid-Term Exam (Thursday, **OCT 19, 2023**) includes content in the course textbook, lecture materials, and handouts. **75 points** (multiple choice, T/F, matching, short answer). Online in Canvas.
- Final Exam (Thursday, **DEC 14, 2023**) includes content in course textbook, lecture materials, and handouts. **75 points**. (multiple choice, T/F, matching, short answer). Online in Canvas.

### Projects- 140 points

- **“Derber” Project – 15 points (DUE: September 12, 2023)**
  - Each student will read the Derber handout and then eavesdrop on a conversation
  - Objective is to learn more about communication styles and professional development
  - 1-page reflective summary required. See Canvas/email handout for details
- **Physical Educator Interview Project – 25 points (DUE: October 12, 2023)**
  - 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
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- **Project Fit\*\*\* – 100 points (DUE at 11:00am on November 21, 2023-print reflection paper, submit presentation in Canvas)**
  - Following the initial FITNESS pre-test on Sept 12, 2023, students will evaluate their current fitness and movement patterns during the course of the semester. An independent project that affords use of intramurals, UWSP fitness facilities, outdoor areas or off-campus fitness 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. The FITNESS post-test will be completed on November 14, 2023.

### Fitness Goals & Reflections – 75 points

- **FITNESS Testing – 15 points (September 12, 2023 & November 14, 2023). 7.5 points awarded for attending each session.**
  - Students will be tested at the beginning and end of semester in the 5 areas of Health-Related Fitness via FITNESS testing. Students will also learn how to administer the test.
- **Fitness Contract – 10 points (DUE: September 14, 2023)**
  - 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, start recording on September 11, 2023)**
  - After a contract is submitted, students will record their progress and activity each week through a written reflection. Reflections will be submitted **every Friday** of the semester in Canvas.  
*\*\*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).**
- Please maintain these same healthy practices outside the classroom.

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](http://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.* <sup>11/7</sup><sub>SEP</sub>

*See UW-Stevens Point Emergency Management Plan at [www.uwsp.edu/rmgt](http://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 2023 Schedule (UPDATED 08/30/23)**

<b>Date</b>	<b>Location &amp; Topic</b>	<b>Readings/Assignments DUE</b>
Sept 05 Sept07	<b>Location: MEET IN MCCH 146</b> Intro/Syllabus/Project/ FITNESSGRAM & Physical Best	
Sept 12	LOCATION: <b>Indoor "MAC" Track</b> <b>Fitness Testing (pre-test)</b>	<b>- FITNESS testing (pre-test)</b> <b>Derber Assignment DUE 9/12</b>
Sept 14	Location :MCCH 146	<b>Fitness Contract due Sept 14: 10 pts</b> <b>Complete weekly Log #1-5 points</b>
Sept 19	Location: MCCH146	<b>-Complete weekly Log #2-5 points</b>
Sept 21	Location: MCCH 146	<b>Email <a href="mailto:jstoffel@uwsp.edu">jstoffel@uwsp.edu</a> your</b> <b>"project fit" location plan -5 pts</b>
Sept 26	LOCATION: MCCH 146	<b>Read Chapter #5 PowerPoint</b> <b>-Complete weekly Log #3-5 points</b>
Sept 28	LOCATION: MCCH 146	
Oct 3	LOCATION: MCCH 146	<b>-Complete weekly Log #4-5 points</b>
Oct 5	LOCATION: MCCH 146	
Oct 10	LOCATION: MCCH 146	<b>-Complete weekly Log #5-5 points</b>
Oct 12	LOCATION: MCCH 146	<b>Teacher Interview DUE 10/13</b>
Oct 17	LOCATION: MCCH 146	<b>-Complete weekly Log #6-5 points</b>
Oct 19	<b>Midterm Exam-ONLINE IN CANVAS!</b>	
Oct 24	LOCATION: MCCH 146	<b>-Complete weekly Log #7-5 points</b>
Oct 26	Location: MCCH 146	<b>WHPE CONVENTION!</b>
Oct 31	LOCATION: MCCH 146	<b>-Complete weekly Log #8-5 points</b>
Nov 02	LOCATION: MCCH 146	
Nov 07	LOCATION: MCCH 146	<b>-Complete weekly Log #9-5 points</b>
Nov 09	LOCATION: MCCH 146	
Nov 14	LOCATION: <b>Indoor "MAC" Track</b> <b>Fitness Testing (post-test)</b>	<b>-Complete (POST-TEST)</b> <b>final FITNESS testing</b>
Nov 16	LOCATION: MCCH 146	<b>-Complete weekly Log #10-5 points</b> <b>FINAL WEEKLY LOG SHEET 😊</b>
Nov 21	LOCATION: ONLINE Project Fit submission day!	<b>Project Fit- Due 11/21</b>
Nov 23	No CLASS! Holiday 😊	
Nov 28	LOCATION: MCCH 146 Project Fit Presentations- Day #1	
Nov 30	LOCATION: MCCH 146 Project Fit Presentations -Day #2	
Dec 05	LOCATION: MCCH 146	

	Project Fit Presentations -Day #3	
Dec 07	LOCATION: MCCH 146 Project Fit Presentations-Day #4	
Dec 12	Study day!!!! Prepare for final course exam	
Dec 14	LOCATION: ONLINE in Canvas! <b>Final Exam</b> –the week of final exams.	<b>Final Course Exam</b>
	<b>Thank you for your time and effort this semester!</b>	