

Health, Fitness, and Physical Activity for Children
West College of Education
KNES 1213
Spring 2022

Contact Information

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Textbook & Instructional Materials

Readings & Texts

Anspaugh, David J. & Ezell, Gene: Teaching Today's Health (Pearson)
KNES 1213: Health, Fitness, & Physical Activity for Children

Beyond the traditional textbook, students must have access to a personal computer with Microsoft Office Software, high-speed internet, web camera, and D2L, the MSU Online Learning System.

Recommended readings:

Bailey, G. (2004). *The physical educator's big book of sport lead-up games: a complete K-8 sourcebook of team and lifetime sport activities for skill development, fitness, and fun!* Camas, WA: Educators Press.

Cone, T.P. (2009). *Interdisciplinary elementary physical education*. Champaign, IL: Human Kinetics.

Lieberman, L.J., & Houston-Wilson, C. (2009). *Strategies for inclusion: A handbook for physical educators*. Champaign, IL: Human Kinetics.

Course Description

Examination of factors affecting children's health status and the development of a healthy, active lifestyle. Laboratory experiences will incorporate elementary games and activities into the classroom, including those associated with physical fitness and personal safety. This course is limited to elementary education majors.

This semester, we will focus on the classroom educator's role as a health and movement educator. We will focus on the best methods for implementing physical activity, health concepts, and fitness concepts into your classroom and lessons.

Course Objectives/Learning Outcomes

Throughout the class and upon completion of the course, the student will:

Demonstrate a functional understanding of the standard content areas of health education.

Describe a variety of approaches to teaching the potential content areas of health education.

Demonstrate knowledge of and design activities that use movement to teach movement skills and patterns and reinforce academic concepts appropriate for students in K-6 grade.

Identify & explain the influence of family, peers, culture, media, technology, & other factors on health behavior. (National Health Ed. Standard 2)

Students will demonstrate the ability to access valid information, products, & services. (National Health Educ Standard 3)

Actively participate in movement activities and health teaching strategies labs.

Demonstrate the ability to utilize various modification techniques to allow for individualizing instructions to include all students.

Describe why health education is a necessary component in the nation's schools.

Describe and plan how educators can work with other school staff members to enhance the wellness of each student.

Student Handbook

Refer to: [Student Handbook-2020-21](#)

Academic Misconduct Policy & Procedures

Academic Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given). Additional guidelines on procedures in these matters may be found in the Office of Student Conduct. [Office of Student Conduct](#)

Grading/Assessment

Grading:

1. Assignments must be typed for credit (work will not be accepted unless it is typed).

Format – FOR ALL PAPERS: 12 point Times New Roman font, one (1) inch margins, and doubled spaced. The heading should have your name, the class and the semester Papers that do not follow this format will not be accepted or graded.

2. Late assignments will have a minimum automatic 25% point deduction for each day/partial day late.

4. Grammar will be graded as part of any assignment. The [MSU writing lab](#) is available to all MSU students.

Assignments	Points
Quizzes (10 at 35 pts each)	50
Homework	100
My Fitness Pal	50
Midterm Exam	100
Participation	100
Final Exam	100
Total Points	500

Table 2: Total points for final grade.

Grade	Points
A	500
B	400 to 499
C	350 to 399
D	349 to 300
F	Less than 300

Homework

Assignments must be typed for credit (work will not be accepted unless it is typed).

Format – FOR ALL PAPERS: 12 point Times New Roman font, one (1) inch margins, and doubled spaced. The heading should have your name, the class and the semester Papers that do not follow this format will not be accepted or graded.

Quizzes

The quizzes will include multiple-choice, true/false, short answer, and essay questions. Quizzes will cover both lecture and book/reading materials. Quizzes can ONLY be made up in the direst of circumstances and at the Instructor's discretion.

Exams

The exam will include multiple-choice, true/false, short answer, and essay questions. Exams will cover both lecture and book/reading materials. Exams can ONLY be made up in the direst of circumstances and at the Instructor's discretion.

Projects Required

Health and Fitness lesson plans will be required for each student to teach in the classroom with their peers.

Mid-Term Exam

The exam will include multiple-choice, true/false, short answer, and essay questions. Exams will cover both lecture and book/reading materials. Exams can ONLY be made up in the direst of circumstances and at the Instructor's discretion. Mid-Term Exams will occur per the schedule date on via D2L.

Final Exam

The exam will include multiple-choice, true/false, short answer, and essay questions. Exams will cover both lecture and book/reading materials. Exams can ONLY be made up in the direst of

circumstances and at the Instructor's discretion. Final Exams will occur per the schedule date on via D2L.

Desire-to-Learn (D2L)

Extensive use of the MSU D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor.

Attendance

Students are expected to attend all meetings of the classes in which they are enrolled. Although in general students are graded on intellectual effort and performance rather than attendance, absences may lower the student's grade where class attendance and class participation are deemed essential by the faculty member. In those classes where attendance is considered as part of the grade, the instructor should so inform students of the specifics in writing at the beginning of the semester in a syllabus or separate attendance policy statement. An instructor who has an attendance policy must keep records on a daily basis. The instructor must give the student a verbal or written warning prior to being dropped from the class. Instructor's records will stand as evidence of absences. A student with excessive absences may be dropped from a course by the instructor. Any individual faculty member or college has the authority to establish an attendance policy, providing the policy is in accordance with the General University Policies.

Online Computer Requirements

Taking an online class requires you to have access to a computer (with Internet access) to complete and upload your assignments. It is your responsibility to have (or have access to) a working computer in this class. **Assignments and tests are due by the due date, and personal computer technical difficulties will not be considered reason for the instructor to allow students extra time to submit assignments, tests, or discussion postings.** Computers are available on campus in various areas of the buildings as well as the Academic Success Center. **Your computer being down is not an excuse for missing a deadline!!** There are many places to access your class! Our online classes can be accessed from any computer in the world that is connected to the internet. Contact your instructor immediately upon having computer trouble. If you have technical difficulties in the course, there is also a student helpdesk available to you. The college cannot work directly on student computers due to both liability and resource limitations however they are able to help you get connected to our online services. For help, log into [D2L](#).

Instructor Class Policies

You can address me by Ms. Reay. Decorum in emails and other communications should reflect the same professionalism.

The Instructor reserves the right to amend these rules as necessary throughout the term.

Change of Schedule

A student dropping a course (but not withdrawing from the University) within the first 12 class days of a regular semester or the first four class days of a summer semester is eligible for a 100% refund of applicable tuition and fees. Dates are published in the [Schedule of Classes](#) each semester.

Refund and Repayment Policy

A student who withdraws or is administratively withdrawn from Midwestern State University (MSU) may be eligible to receive a refund for all or a portion of the tuition, fees and room/board charges that were paid to MSU for the semester. HOWEVER, if the student received financial aid (federal/state/institutional grants, loans and/or scholarships), all or a portion of the refund may be returned to the financial aid programs. As described below, two formulas (federal and state) exists in determining the amount of the refund. (Examples of each refund calculation will be made available upon request).

Services for Students with Disabilities

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make application for such assistance through Disability Support Services, located in the Clark Student Center, Room 168, (940) 397-4140. Current documentation of a disability will be required in order to provide appropriate services, and each request will be individually reviewed. For more details, please go to [Disability Support Services](#).

College Policies

Campus Carry Rules/Policies

Refer to: [Campus Carry Rules and Policies](#)

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by MSU TEXAS. Adult students may smoke only in the outside designated-smoking areas at each location.

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful

possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.

Grade Appeal Process

Update as needed. Students who wish to appeal a grade should consult the Midwestern State University [MSU Catalog](#)

Notice

Changes in the course syllabus, procedure, assignments, and schedule may be made at the discretion of the instructor.

Course Schedule:

Course Schedule-Subject to Change

DAY	DATE	CONTENT	TEXAS EDUCATION STANDARDS	ACTIVITIES/ASSIGNMENTS
Tuesday	1/11/2022	Syllabus, expectations, introductions, activity		Read Chapter 1 & 2
Thursday	1/13/2022	Chapter 1 & 2	Health Standard 1, 2, & 3	Read Chapter 3 & 4
Tuesday	1/18/2022	Chapter 3 & 4	Health Standard 2 & 3	D2L Homework: Critical thinking question #2- Page 73 (1-2 pages min.) Read Chapter 5
Thursday	1/20/2022	Critical Thinking Due by 11:59 pm Chapter 5	Health Standard 4	D2L Homework: Critical Thinking question #3 Review TEKS online
Tuesday	1/25/2022	Critical Thinking Due by 11:59 pm Writing a lesson plan 101 & Integrating a Lesson Plan with Health	Health Standard 1-4	Read Chapter 6; Review Chapter 7 1st Lesson Plan Due: 24 hours before your presentation date
Thursday	1/27/2022	Chapter 6	Health Standard 1 & 2	Read Chapter 9; Review 10; Read 13 & 14
Tuesday	2/1/2022	Chapter 9 & 10 Chapter 13 & 14	Health Standard 1 & 2;	Read Chapter 17

DAY	DATE	CONTENT	TEXAS EDUCATION STANDARDS	ACTIVITIES/ASSIGNMENTS
		Quiz- D2L- Due Sunday at 11:59pm	PE Standard 1, 2	
Thursday	2/3/2022	Chapter 17	Health Standard 1-4	Homework: Tracking your food via My Fitness Pal or alternative app Tracking 2-8 to 2-15 (Due February 17)
Tuesday	2/8/2022	Lesson Plan Presentations	Health Standard 1-4	Presentations
Thursday	2/10/2022	Lesson Plan Presentations	Health Standard 1-4	Presentations
Tuesday	2/15/2022	Lesson Plan Presentations	Health Standard 1-4	Presentations
Thursday	2/17/2022	Lesson Plan Presentations	Health Standard 1-4	Presentations
Tuesday	2/22/2022	Lesson Plan Presentations	Health Standard 1-4	Presentations
Thursday	2/24/2022	Lesson Plan Presentations	Health Standard 1-4	Presentations
Tuesday	3/1/2022	Lesson Plan Presentations	Health Standard 1-4	Presentations
Thursday	3/3/2022	Lesson Plan Presentations	Health Standard 1-4	Presentations
Tuesday	3/8/2022	Midterm Review	Health & PE Standards	Presentations
Thursday	3/10/2022	Midterm	Health & PE Standards	Midterm opens on Thursday due Sunday 3/13/2022
Spring Break	3/15 & 3/17	Spring Break		
Tuesday	3/22/2022	Chapter 1 & 12	PE Standards	Read Chapter 1 & 12 Read Chapter 2 & 3

DAY	DATE	CONTENT	TEXAS EDUCATION STANDARDS	ACTIVITIES/ASSIGNMENTS
Thursday	3/24/2022	Chapter 2 & 3	PE Standards	Read Chapter 4 & 5
Tuesday	3/29/2022	Chapter 4 & 5	PE Standards	Read Chapter 7 & 11
Thursday	3/31/2022	Chapter 7 & 11	PE Standards	Read Chapter 8
Tuesday	4/5/2022	Integrated PE Lesson plan	PE Standards	
Thursday	4/7/2022	Lesson Plan Work Day	PE Standards	Lesson Plans Due 24 hours before your presentation date
Tuesday	4/12/2022	Student Presentations	Health & PE Standards	Meet at the Wellness Center
Thursday	4/14/2022	No Class		
Tuesday	4/19/2022	Student Presentations	Health & PE Standards	Meet at the Wellness Center
Thursday	4/21/2022	Student Presentations	Health & PE Standards	Meet at the Wellness Center
Tuesday	4/26/2022	Student Presentations	Health & PE Standards	Meet at the Wellness Center
Tuesday	4/28/2022	Student Presentations	Health & PE Standards	Meet at the Wellness Center
Thursday	12/9/2021	Student Presentations	Health & PE Standards	FINAL Thursday, May 5 10:30am-12:30pm

Course Schedule

Week or Module	Activities/Assignments/Exams	Due Date
Week 1 9/18 to 9/24	Detailed instructions on the Activities and Assignments	Clearly posted Due Dates
Week 2 9/25 to 10/6		
Week 3 10/7 to 10/13		

Note: Tables cannot continue to the next page. If the table continues to the next page, you will need to make a new table using the table tools for every page. Remember to add Alt Text.

References/Scientifically-Based Research/Additional Readings:
 Required scientifically-based references/evidence for certification courses and applicable standards and professional associations.

Example. International Literacy Association (20XX). Standards for Reading Professionals: A Reference for the Preparation of Educators in the United States. Newark, DE.

Appendix A: Standards/Competencies
 Required alignment to all applicable state/national standards (including INTASC/TEExES test framework competencies for certification courses-grad and undergrad.

Course Objectives or Student Learning Outcomes	Standard or Competency

Appendix B:
 Required assignment/standard alignment matrix

Assignment/Module/ Course Activities	Standard or Competency

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