

**PHED 1331**  
**Physical Education for Elementary Majors**

**Western Texas College**  
**Department of Physical Education**

**I. Course Description**

An overview of the program of activities in elementary school physical education. Includes The study and practice of activities and principles that promote physical fitness with an emphasis on historical development, philosophical implications, physical fitness, and kinesiology.

A. Prerequisites – None

**II. Methods of Instruction**

A. Handouts

B. Individual demonstration

C. Reading

**III. Textbook**

Introduction to Teaching Physical Education 2nd Edition: By Jane M. Shimon ISBN: 978-1-4925-6639-7

**IV. Student Learning Outcomes**

Upon successful completion of the course the student will:

Summarize the historical and philosophical approaches to physical activity, physical education, exercise science and sport.

Identify the characteristics of a physically educated person and the importance of assessment and advocacy in physical education, exercise science, and sport.

Discuss how the changing nature of education and technological advances may influence physical education, exercise science, and sport in the future.

Identify major professional organizations, foundations, and associations supporting physical activity at local, state, national and international levels as well as data tools and resources.

**V. Grade Categories / Course Requirements**

A. Test over chapters 100 points each

B. Chapter questions 20 points each

C. Papers/Assignments 50 points each

D. Current Articles 10 points

F. Group Project 100 points

A - 90 to 100

B - 80 to 89

C - 70 to 79

D - 60 to 60

F - 0 to 59

### **A. Test**

There will be 4 total test that will cover each chapter in the textbook.

Test 1 Chapters 1-3

Test 2 Chapters 4-6

Test 3 Chapters 7-9

Test 4 Final Chapters 10-11

### **B. Chapter Questions**

Each chapter will have a course question. For this assignment, students will answer a chapter question for all chapters. There will be one or more questions due each week during the course. Each written summary is to be at least two paragraphs over what the question covers, and your thoughts on the topic covered.

### **C. Current Articles**

For this assignment you will find a current Teaching physical education news article. There will be articles throughout the course. You may find this article online. I have posted an example on Moodle. Each written summary of the article is to be at least two paragraphs over what the article covers, and your thoughts on the article.

### **D. Papers/Assignments**

The course will have papers and assignments that are due throughout the course. These papers will cover topics that we are discussing in this course during the semester.

### E. Group Project

Students will be provided a handout for this assignment during the course. This project will have in class work time and out of class work time.

### VI. Late work policy

All work is due on dates assigned if student wishes to receive full credit. However, I do realize that circumstances can lead to assignments being late or not turned in. If you wish to make up work talk with instructor, and it is up to the instructor for approval to turn in late work. Instructor has right to drop students for failure of attendance or missed class work. Make sure to check Moodle date for last day to complete any late work for semester. If you miss an assignment, please email instructor before submitting it into Moodle for instructions on how to submit any late course work.

### VII. Other Policies: Refer to the WTC Course [Catalog](#) for the following:

- A. Campus Calendar
- B. Final Exam Schedule
- C. How to Drop a class
- D. Withdrawal information
- E. Student Conduct/Academic Integrity
- F. Students with disabilities

### VIII. Course Organization & Tentative Schedule\*

Week 1	1 <sup>st</sup> day Introduction, syllabus and course content	
Week 2	Chapter 1 History of Physical Education	Course question/Article
Week 3	Chapter 1 History of Physical Education	Course question/
Week 4	Chapter 2 Purpose, Benefits, and Philosophy	Course question/Course paper
Week 5	Chapter 2 Purpose, Benefits, and Philosophy	Course question/ Article

Week 6	Chapter 3 Duties and Challenges	Course question/ Course paper/
Week 7	Chapter 4 Organization and Instruction	Course question/Test 1
Week 8	Chapter 5 Motivation	Chapter question/Course paper/ Article
Week 9	Chapter 6 Behavior Management	
Week 10	Chapter 7 Scope and Sequence	Course question/ Course paper/ Test 2
Week 11	Chapter 8 Lesson Planning	Course question/ Article
Week 12	Chapters 9 Student Assessment	Course question/Test 3
Week 13	Chapter 10 Technology and Resources	Course question/Course paper
Week 14	Chapter 11 Careers in Physical Education	Course question/ Article
Week 15	Final Test review	Study for finals/
Week 16	Final Exam	Test 4

**\*Schedule subject to change due to weather, class needs, or instructor choice**