

Course Syllabus for PED 480-Norfolk State University-Fall 2006

Principles of Physical Education-3 credits

Monday, Wednesday, Friday-8:00 Echols 120

“Preparing competent, compassionate, cooperative and committed leaders”

Instructor: Donna M. Canary, Ed.S.

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Course Description: Concerned with understanding the scope and significance of physical education through the development of a basic philosophy of education. Includes historical background and role, problems, and function of physical education in contemporary American society.

Prerequisite: PED 280

Course objectives:

Upon completion of this class, students will be able to:

1. Consider how personal identity, relative to social factors (race, age, gender) influence personal physical activity choices.
2. Identify “environmental” barriers (culture, physical surroundings, economic standards) relevant to exercise and a given community.
3. Work collaboratively with community members as well as other exercise and sport science professionals.
4. Use the reflective process to foster the development of professional practice and individual development.
5. Become sensitive to diversity-related topics and the promotion of physical activity through the media.
6. Identify the array of professional career choices and the competencies related to those choices, as well as the role of professional organizations in promoting physical education.
- 7.

Textbook: *Introduction to Physical Education and Sport*-Siedentop, D. McGraw-Hill.

Methods of Instruction: Students will engage in instruction through teacher prepared lecture, discussion, and tests; student readings, policy reviews, professional activities and portfolios, interviews

Weekly Outline:

Week 1: 8/23- Introduction, information sheets, syllabus
8/25-Group discussion on NASPE standards

Week 2: 8/28-Chapter 1-Lifespan sport, fitness, and physical education
8/30-Chapter 1 continued (skipping Ch. 2 and 3)
9/1-Chapter 4-Changing philosophies

Week 3: 9/4-No class
9/6-Chapter 4 continued
9/8-Chapter 5-Basic concepts

Week 4: 9/11-Chapter 5 continued
9/13-Chapter 6-Sport programs and professions
9/15-Chapter 6 continued

Week 5: 9/18-Test 1
9/20-Chapter 7-Problems and issues in sport
9/22-Chapter 7 continued

Week 6: 9/25-Chapter 8-Basic concepts of fitness
9/27-Chapter 8 continued
9/29-Chapter 9-Fitness programs and professions

Week 7: 10/2-Chapter 9 continued
10/4-Chapter 10-Problems and issues in fitness
10/6-Chapter 10-continued

Week 8: 10/9- Test 2; Mid term grades due
10/11-Chapter 11-Basic concepts of physical education
10/13-Chapter 11 continued

Week 9: 10/16-Chapter 12-Physical education programs and professions
10/18-Chapter 12 continued
10/20-Chapter 13-Problems and issues in physical education
Book critique due

- Week 10:** 10/23-Chapter 13 continued
 10/25-Test 3
 10/27-Chapter 14-Developing an infrastructure
- Week 11:** 10/30-Chapter 14 continued; **Wellness Policy review due**
 11/1-Chapter 15-Crucial themes
 11/3-No class VAHPERD conference
- Week 12:** 11/6-Chapter 15 continued
 11/8-Chapter 16-Physical Science subdisciplines
 11/10-Chapter 16 continued
- Week 13:** 11/13-Chapter 17-Social Science subdisciplines
 11/15-Chapter 17 continued
 11/17-Themes defining our present and future
- Week 14:** 11/20-Test 4
 11/22-Reading Day
 11/24-Thanksgiving break
- Week 15:** 11/27- Resume and panel interviews
 11/29- Resume and panel interviews
 12/1- Resume and panel interviews
- Final exams week of 12/2-12/8-Schedule TBA; schedule is subject to change subject to instructor discretion**

Grading: All students are expected to adhere to the University's honor code in completing all assignments.

All assignments are to be neatly typed in proper format using correct grammar. All work should be cited as necessary.

Attendance	10%		
Tests	40%	Final exam:	10%
Class projects	20%	Application packet/interview	20%

*Extra credit will be available periodically

The university is aware of the need to make accommodations for students with disabilities. If you feel you need assistance with this, please contact the instructor as soon as possible.

Grade Scale:

A	100-98	B+	94-88	C+	79-78	D+	69-68
A-	97-95	B	87-85	C	77-75	D	67-65
		B-	84-80	C-	74-70	D-	64-60
						F	below 60

Other course requirements:

No electronic devices such as cell phones or beepers are allowed in class. They must be off and secured in a closed area.

If a student is to miss class to represent the university, the student must notify the instructor in advance so that class assignments can be made up in a timely manner.

Students are expected to attend each scheduled class and arrive on time in order not to interrupt other students.

Make up work is at the discretion of the instructor, and assignments are due on scheduled dates as outlined on the syllabus. If assignments are not received by the end of that class period, a letter grade penalty will apply. If assignments are not received within 24 hours of that class period, the assignment will NOT be accepted unless there is an approved physician's excuse.

Bibliography:

Graham, G. (2005). Teaching Children Physical Education: Becoming a Master Teacher. (2nd ed.) Human Kinetics.

Graham, G., Holt/Hale, S., Parker, M. (2006). Children Moving: A Reflective Approach to Teaching. (7th ed.) McGraw Hill.

Horine, L., Stotlar, K., (2004). Administration of Physical Education and Sport Programs. McGraw Hill.

Lumpkin, A. (2205). Introduction to Physical Education, Exercise Science, and Sport Studies. (6th ed.) McGraw-Hill.

NASPE. (2004). Moving into the Future: National Standard for Physical Education. (2nd ed.) McGraw-Hill.

<http://www.aapherd.org>
<http://www.vapherd.org>