

**Location:** LLHSLC 200

**Semester / Year:** Fall 2017

**Course Start Date:** Thursday, August 24, 2017

**Course End Date:** Thursday, November 30, 2017

**Professor Name:** Rachael Nowell

**Professor Email:** rnowell@trinitybiblecollege.edu

**Course Description:**

This course focuses on the teaching and learning theories related to physical education at the middle and high school levels. Strategies for movement, motor learning, planning, instruction, assessment, and behavioral issues are explored.

**Standards:** This course is standards-driven. That is, the text, activities, lectures, assignments, and assessments are all designed to meet certain standards established by the state of North Dakota ESPB and InTASC. These standards include:

**ESPB:**

- **08025.1 Content Knowledge** The program requires study of physical education content and disciplinary concepts related to the development of a physically educated person. The teacher candidate studies biological sciences pertaining to the structure and function of the human body including the principles of human movement, exercise physiology, and biomechanical analysis, first aid, nutrition, and injury prevention.
- **08025.10. Collaboration** The program requires study of how to foster relationships with colleagues, parents or guardians, and community agencies to support learners' growth and well-being.
- **08025.6 Planning and Instruction** The program requires study of how to plan and implement a variety of developmentally appropriate instructional strategies to develop physically educated individuals, based on state and national standards, pedagogical knowledge and application.
- **08025.9 Technology** The program requires study of current, appropriate instructional technologies to enhance learning and to enhance personal and professional productivity.

**InTASC:**

- **Standard 3: Learning Environments:** The teacher works with others to create environments that support individual and collaborative learning and that encourage positive social interaction, active engagement in learning, and self-motivation.
- **Standard 4: Content Knowledge:** The teacher understands the central concepts, tools of inquiry, and structures of the disciplines(s) he or she teaches and creates learning experiences that make

these aspects of the discipline accessible and meaningful for learners to assure mastery of the content.

- **Standard 5:** Application of Content: The teacher understands how to connect concepts and use differing perspectives to engage learners in critical thinking, creativity, collaborative problem solving related to authentic local and global issues.
- **Standard 7:** Planning for Instruction: The teacher plans instruction that supports every student in meeting rigorous learning goals by drawing upon knowledge of content areas, curriculum, cross-disciplinary skills, and pedagogy, as well as knowledge of learners and the community context.
- **Standard 8:** Instructional Strategies: The teacher understands and uses a variety of instructional strategies to encourage learners to develop deep understanding of content areas and their connections, and to build skills to apply knowledge in meaningful ways.
- **Standard 10:** Leadership and Collaboration: The teacher seeks appropriate leadership roles and opportunities to take responsibility for student learning to collaborate with learners, families, colleagues, other school professionals, and community members to ensure learner growth, and to advance the profession

#### Course Objectives:

This course will be specifically oriented toward developing:

1. Appropriate curriculum and lessons planned for high school physical education.
2. Methods of planning, instructing and assessing in the classroom.
3. Effective teaching skills for high school physical education students.
4. Diverse resources and tools necessary to begin teaching.

#### Institutional Mission Statement:

Trinity Bible College is a biblically based institution of higher education providing a Christ-centered Pentecostal environment for academic and spiritual preparation of men and women for ministry in church vocations and for service in other professions.

#### Spiritual Formation Statement:

I believe that every good teacher can look back and pinpoint great teachers that have gone before them and inspired them in some way to become a teacher. This class is designed to practice and reflect upon some of the sound teaching methods out there to hopefully shape who you will be as a teacher when you sign your first teaching contract.

#### Required Textbooks:

Graham, George, et al. Teaching Children and Adolescents Physical Education. 4<sup>th</sup> Edition. Champaign, IL: Human Kinetics, 2016

#### Course Outline:

8/24 Thursday Syllabus, Add Students on Moodle

8/29	Tuesday	Chapter 1—Successful Teaching
8/31	Thursday	Chapter 2—Creating a Positive Learning Environment
9/5	Tuesday	Chapter 2—Continued <b>(Forum #1)</b>
9/7	Thursday	Chapter 3—Long-Term Planning – Plan out a semester on the board
9/12	Tuesday	Chapter 4—Writing the Lesson Plan
9/14	Thursday	<b>Serve Our City</b> No class
9/19	Tuesday	Chapter 5—Teaching From the Lesson Plan <b>(Build a Unit)</b>
9/21	Thursday	Chapter 6—Getting the Lesson Started
9/26	Tuesday	Chapter 7—Instructing and Demonstrating
9/28	Thursday	Activity Day: Demonstration and Practice with Lesson Instructions & Starting
10/3	Tuesday	<b>Test 1</b>
10/5	Thursday	Chapter 8—Motivating Students to Practice
10/10	Tuesday	Chapter 9—Providing Feedback
10/12	Thursday	Chapter 9—Continued
10/17	Tuesday	Class Participation/Practice Day <b>(Create a Game Due)</b>
10/19-10/22		<i>Fall Break</i>
10/24	Tuesday	Chapter 10—Minimizing Off-Task Behavior and Discipline Problems
10/26	Thursday	Chapter 10 Continued <b>(Assign Interview Questions)</b>
10/31	Tuesday	Chapter 12—Building Positive Feelings
11/2	Thursday	Chapter 13—Assessing and Reporting Student Progress
11/7	Tuesday	Chapter 13—Continued <b>(Forum #2)</b>
11/9	Thursday	Chapter 14—Continuing to Develop as a Teacher
11/14	Tuesday	Chapter 14 Continued - Going over Interview Questions
11/16	Thursday	<b>Test 2</b>
11/21	Tuesday	Class Presentation/Gym Day

11/22 - 11/26	Thanksgiving
11/28 Tuesday	Class Presentation Day
11/30 Thursday	Class Presentation Day
12/5 Tuesday	Final Exam 8:30AM LLHSLC 200

#### Methodology:

Class Discussion  
Collaborating Ideas  
Forums  
Group activities  
Trial Runs  
Lecture  
Live Interview

#### Course Requirements:

Interview: Students will be required to interview a current PE teacher from the list provided in class. A series of questions will be provided. A write-up of the notes must be submitted to receive full points for the assignment. There will also be collaborated discussion in class overviewing some of the helpful information. (50pts) **InTASC: Standard 4, 10, 08025.10**

Researching Available Resources: Students will be required to fill out a question/answer form outlining different available PE Textbook Resources. (10pts) **InTASC: Standard 4, 08025.1**

Building a Unit: Students will be required to put together and submit a 2-3 week unit. Unit must contain methods of assessment, instruction, and practices of the chosen sport skill. (20pts)  
-- *Complete Physical Education Plans for Grades 5 to 12* (Reference/Resource) **InTASC: Standard 7 and 08025.6**

Topic Discussion Forum: Students will write 300 word responses to two topical forum discussions on Moodle. They must respond to two other students with a 150 word response. (20 pts each) **InTASC: Standard 5, 08025.1, 08025.9**

-Technology in the Physical Education Classroom  
-Discipline and Respect in Your Classroom

Create a game: Students must make up a game of their own. It may be inspired by ideas or parts of different games. It must have rules and a method of scoring. (30pts) **InTASC: Standard 8**

Teaching a game to the class: In order to put into practice the organization and skills it takes to teach a class a new game, this will be practiced in class at the end of the semester in the gymnasium. Each student will sign up for a day to teach the class their game. (50pts) **InTASC: Standard 3, 7, 8, 08025.6**

### Grading Procedure:

Interview	50 pts.
Exam # 1	50 pts.
Teach a Game	50 pts.
Forums (2 x 20)	40 pts.
Building a Unit	20 pts.
Create a Game	30 pts.
Research Resources	10 pts.
Exam # 2	50 pts.
-----	
Total	300 pts.

### Grading Scale

The standard college grading scale is:

100-94	A	76.99-73	C
93.99-90	A-	72.99-70	C-
89.99-87	B+	69.99-67	D+
86.99-83	B	66.99-63	D
82.99-80	B-	62.99-60	D-
79.99-77	C+	59.99-0	F

### Selected Bibliograph

Kleinman, Isobel. (2009). *Complete Physical Education Plans for Grades 5 to 12*. Champaign, IL: Human Kinetics.

### Additional Material / Addendums

Tests: If a student is absent on test day, he or she *may* lose 10% off the top of total point worth. Prior notice of absence should be given to the teacher and the reason for absence will be considered, as well as overall attendance for this class.

*This syllabus is provided to students and participants for their general guidance only.  
It does not constitute a contract; either expresses or implied, and is subject to change without notice.*

**Trinity Bible College**  
50 South 6<sup>th</sup> Avenue  
Ellendale, North Dakota 58436  
Phone: 701.349.3621  
Fax: 701.349.5786

[www.trinitybiblecollege.edu](http://www.trinitybiblecollege.edu)