

## **HLTH 3351 Principles of Health & Fitness for Children**

**Summer 2021**

**Texas A&M University-Central Texas**

### **COURSE DATES, MODALITY, AND LOCATION**

This course will meet from Monday, July 12 to Friday, August 13.

This is a 100% online course, and uses the A&M-Central Texas Canvas Learning Management System [<https://tamuct.instructure.com/>].

### **INSTRUCTOR AND CONTACT INFORMATION**

**Instructor: Kyle Black**

**Phone: 512-564-0647**

**Email: [kyle.black@tamuct.edu](mailto:kyle.black@tamuct.edu)**

#### **Office Hours**

Office hours are by *appointment only*. *Please email me to request a meeting.*

#### **Student-instructor interaction**

*I am readily available to you. Email is the best way to reach me and I will attempt to respond within 24 hours to emails.*

### **WARRIOR SHIELD**

#### **Emergency Warning System for Texas A&M University-Central Texas**

Warrior Shield is an emergency notification service that gives Texas A&M University-Central Texas the ability to communicate health and safety emergency information quickly via email, text message, and social media. All students are automatically enrolled in Warrior Shield through their myCT email account.

Connect to Warrior Shield by [911Cellular](https://www.tamuct.edu/police/911cellular.html) [<https://www.tamuct.edu/police/911cellular.html>] to change where you receive your alerts or to opt out. By staying enrolled in Warrior Shield, university officials can quickly pass on safety-related information, regardless of your location.

### **COURSE INFORMATION**

#### **Course Overview and description**

*Course Overview and description: A study of the essential elements of health and physical education as they relate to children ages 6-14. Included will be skills related to individual personal health and safety, physical fitness, motor development and a study of the need for a comprehensive school health education.*

## Course Objective or Goal

Students will demonstrate knowledge of an effective framework for comprehensive school health and physical education

## Student Learning Outcomes

*At the successful completion of the course, a student will...*

1. *Have a working knowledge of the elementary guidelines in health, physical education and nutrition.*
2. *Become aware of a variety of activities which will meet the requirements of the guidelines for elementary health and physical education*
3. *Become aware of the life-style problems which affect health of the elementary aged children.*
4. *Have an understanding of the teacher's role in determining the level of a pupil's health.*
5. *Have knowledge of the competencies of a "good" teacher of health and physical education in the elementary school.*
6. *Become aware of the guidelines for dealing with sensitive issues teaching health and physical education.*
7. *Have knowledge of a wide variety of resource information for use in teaching elementary health.*
8. *Have developed a personal, broad based philosophy of health and physical education.*

## Competency Goals Statements (certification or standards)

### Health Generalist EC-6 Standards:

- ~ *Standard I – The health teacher applies knowledge of both the relationship between health and behavior and the factors influencing health and health behavior.*
- ~ *Standard II – The health teacher communicates concepts and purposes of health education.*
- ~ *Standard III – The health teacher plans and implements effective school health instruction and integrates health instruction with other content areas.*
- ~ *Standard IV – The health teacher evaluates the effects of school health instruction.*

### Physical Education Generalist EC-6 Standards:

- ~ *Standard I – The physical education teacher demonstrates competency in a variety of movement skills and helps students develop these skills.*
- ~ *Standard II – The physical education teacher understands principles and benefits of a healthy, physically active lifestyle and motivates students to participate in activities that promote this lifestyle.*
- ~ *Standard III – The physical education teacher uses knowledge of individual and group motivation and behavior to create and manage a safe, productive learning environment and promotes students' self-management, self-motivation, and social skills through participation in physical activities.*
- ~ *Standard IV – The physical education teacher uses knowledge of how students learn and develop to provide opportunities that support students' physical, cognitive, social, and emotional development.*
- ~ *Standard V – The physical education teacher provides equitable and appropriate instruction for all students in a diverse society.*
- ~ *Standard VI – The physical education teacher uses effective, developmentally appropriate instructional strategies and communication techniques to prepare physically educated individuals.*
- ~ *Standard VII – The physical education teacher understands and uses formal and informal assessment to promote students' physical, cognitive, social and emotional development in physical education contexts.*
- ~ *Standard VIII – The physical education teacher is a reflective practitioner who evaluates the effects of his/her actions on others and seeks opportunities to grow professionally.*
- ~ *Standard IX – The physical education teacher collaborates with colleagues, parents/caregivers, and community agencies to support students' growth and well-being.*
- ~ *Standard X – The physical education teacher understands the legal issues and responsibilities of physical education teachers in relation to supervision, planning and instruction, matching participants, safety, first aid, and risk management.*

Required Reading and Textbook(s):

Evans, R. R., & Sims, S. K. (2016). Health and physical education for elementary classroom teachers: An integrated approach. Second Addition. Champaign, IL: Human Kinetics

**COURSE REQUIREMENTS**

Course Requirements (see course calendar for topic sequence and assignment due dates)

~ **Course Overview Quiz (0 points):**

- Students are responsible for completing a course overview quiz in order to ensure they understand the structure and requirements of the course. The overview quiz is due through Canvas by 6:00 PM on 13 JUL. Students must complete the course overview quiz in order to access the other quizzes and course materials.

~ **Quizzes and Final Exam: (400 points) - (SLO 1-8)**

1. **Quiz 1 (50 points):** Chapters 1-2; due in Canvas by 18 JUL
2. **Quiz 2 (50 points):** Chapters 3-4; due in Canvas by 25 JUL
3. **Quiz 3 (50 points):** Chapters 5-7; due in Canvas by 01 JUL
4. **Quiz 4 (50 points):** Chapters 8-10; due in Canvas by 08 AUG
5. **Final Exam (200 points):** Chapters 1-10; on 13 AUG

~ **Discussion Post and Response: (100 points) - (SLO 1-8)**

- Students will respond to the weekly discussion topic in Canvas before Thursday at 11:59pm. Initial responses must be 300-500 words. **(75 points)**
- Students will post a response to two other students discussions before Sunday at 11:59pm. Responses to other students posts must be 100-200 words. **(25 points)**

~ **Articles and Reflections: (200 points) - (SLO 2,3,6,7)**

- Each week students will find educational, academic, or research based articles related to the topics for that week. Each student will submit a one page article reflection and summary. Each reflection should follow the outline provided in Canvas. Reflections are due on or before Saturday 11:59 pm each week 1-4 and by Friday, 13 Jul for week 5.

~ **Individual plan for assessing student health and fitness: (300 points) - (SLO 2,4,6,7,8)**

- Students will develop an outlined plan for assessing the level of health and fitness of their students. Each plan will include aspects of personal implementation for each individual classroom environment. The plan must include headings, descriptions, of each component.
- Rough draft due by 24 JUL **(100 points)**
- Final draft is due by 13 AUG **(200 points)**

Assignments	Percentage of total	Point value
Quizzes (50points each)	20%	200 points
Final Exam	20%	200 points
Discussions	10%	100 points
Article Reviews	20%	200 points
Individual plan / outline	30%	300 points

## Grading Criteria Rubric and Conversion

*Grading rubrics and assignment guides will be available on Canvas.*

<b>A</b>	<b>900 - 1000 points</b>
<b>B</b>	<b>800 – 899 points</b>
<b>C</b>	<b>700 – 799 points</b>
<b>D</b>	<b>600 – 699 points</b>
<b>F</b>	<b>Less than 600 points</b>

## Posting of Grades

Weekly grades will be posted by Tuesday evening the following week.

*Final grades will be posted to Canvas after completion of course requirements.*

## Grading Policies

*Late work will be accepted until the end of the following week, but will only count for 75% of the original points.*

## COURSE OUTLINE AND CALENDAR

### Complete Course Calendar

<b>Date</b>	<b>Topic</b>	<b>Assignment Due</b>
<b>(12 Jul - 18 Jul) Chapters 1 and 2</b>		
<b>Weekly reading</b>		
<b>Chapter 1</b>	Defining Health in 21st Century <b>p4-7</b> ~ Healthy Behaviors begin in Childhood <b>p14-18</b>	
<b>Chapter 2</b>	Brain Development in Children and Adolescents <b>p20-24</b>	
13 Jul	Introduction	Overview Quiz
15 Jul		Discussion 1
18 Jul		Article reflection, Discussion response, Quiz 1
<b>19 Jul - 25 Jul - Chapters 3 and 4</b>		
<b>Weekly Reading</b>		
<b>Chapter 3</b>	Unhealthy Habits <b>p32</b> ~ Need for Collaboration Between Education and Health <b>p34-38</b>	
<b>Chapter 4</b>	Planning the Curriculum <b>p55-62</b> ~ Facilitators of Quality Health Education <b>p66</b>	

22 Jul		Discussion 2
25 Jul		Article reflection, Discussion response, Quiz 2
<b>(26 Jul - 01 Aug) Chapters 5 and 6</b>		
<b>Weekly reading</b>		
<b>Chapter 5</b>	Defining Physical Activity <b>p70-73</b>	
<b>Chapter 6</b>	Policies that Support Student Health <b>p86-91</b> ~ Dimensions of a Healthy Classroom <b>p96-106</b>	
29 Jul		Discussion 3
1 Aug		Article reflection, Discussion response, Quiz 3
<b>(01 Aug - 08 Aug) Chapters 7 and 8</b>		
<b>Weekly reading</b>		
<b>Chapter 7</b>	Creating an Active Classroom <b>p110-118</b>	
<b>Chapter 8</b>	Integrating Health Education Into the Classroom <b>p123-129</b>	
5 Aug		Discussion 4
8 Aug		Article reflection, Discussion response, Quiz 4
<b>(09 Aug - 13 Aug) Chapters 9 and 10</b>		
<b>Weekly reading</b>		
<b>Chapter 9</b>	Integrating Physical Education Into the Classroom <b>p143-149</b>	
<b>Chapter 10</b>	Advocacy in the Classroom <b>p162-166</b>	
11 Aug		Discussion 5
13 Aug		Article reflection, Discussion response, Final exam

### Important University Dates

<https://www.tamuct.edu/registrar/academic-calendar.html>

### Technology Requirements

This course will use the A&M-Central Texas Instructure Canvas learning management system. **We strongly recommend the latest versions of Chrome or Firefox browsers. Canvas no longer supports any version of Internet Explorer.**

Logon to A&M-Central Texas Canvas [<https://tamuct.instructure.com/>] or access Canvas through the TAMUCT Online link in myCT [<https://tamuct.onecampus.com/>]. You will log in through our Microsoft portal.

Username: Your MyCT email address. Password: Your MyCT password

## **Canvas Support**

Use the Canvas Help link, located at the bottom of the left-hand menu, for issues with Canvas. You can select “Chat with Canvas Support,” submit a support request through “Report a Problem,” or call the Canvas support line: 1-844-757-0953.

For issues related to course content and requirements, contact your instructor.

## **Online Proctored Testing**

A&M-Central Texas uses Proctorio for online identity verification and proctored testing. This service is provided at no direct cost to students. If the course requires identity verification or proctored testing, the technology requirements are: Any computer meeting the minimum computing requirements, plus web camera, speaker, and microphone (or headset). Proctorio also requires the Chrome web browser with their custom plug in.

## **Other Technology Support**

For log-in problems, students should contact Help Desk Central

24 hours a day, 7 days a week

Email: [helpdesk@tamu.edu](mailto:helpdesk@tamu.edu)

Phone: (254) 519-5466

[Web Chat](http://hdc.tamu.edu): [<http://hdc.tamu.edu>]

*Please let the support technician know you are an A&M-Central Texas student.*

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## **UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES**

### **Drop Policy**

If you discover that you need to drop this class, you must complete the [Drop Request](#) Dynamic Form through Warrior Web.

[<https://dynamicforms.ngwebsolutions.com/casAuthentication.ashx?InstID=eaed95b9-f2be-45f3-a37d-46928168bc10&targetUrl=https%3A%2F%2Fdynamicforms.ngwebsolutions.com%2FSubmit%2FForm%2FStart%2F53b8369e-0502-4f36-be43-f02a4202f612>].

Faculty cannot drop students; this is always the responsibility of the student. The Registrar’s Office will provide a deadline on the Academic Calendar for which the form must be completed. Once you submit the completed form to the Registrar’s Office, you must go into Warrior Web and confirm that you are no longer enrolled. If you still show as enrolled, FOLLOW-UP with the Registrar’s Office immediately. You are to attend class until the procedure is complete to avoid penalty for absence. Should you miss the drop deadline or fail to follow the procedure, you will receive an F in the course, which may affect your financial aid and/or VA educational benefits.

### **Academic Integrity**

Texas A&M University-Central Texas values the integrity of the academic enterprise and strives

for the highest standards of academic conduct. A&M-Central Texas expects its students, faculty, and staff to support the adherence to high standards of personal and scholarly conduct to preserve the honor and integrity of the creative community. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. All academic misconduct concerns will be referred to the Office of Student Conduct. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

For more [information regarding the Student Conduct process](https://www.tamuct.edu/student-affairs/student-conduct.html), [https://www.tamuct.edu/student-affairs/student-conduct.html].

If you know of potential honor violations by other students, you may [submit a report](https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0), [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout\_id=0].

### **Academic Accommodations**

At Texas A&M University-Central Texas, we value an inclusive learning environment where every student has an equal chance to succeed and has the right to a barrier-free education. The Office of Access and Inclusion is responsible for ensuring that students with a disability receive equal access to the university's programs, services and activities. If you believe you have a disability requiring reasonable accommodations, please contact the Office of Access and Inclusion, WH-212; or call (254) 501-5836. Any information you provide is private and confidential and will be treated as such.

For more information, please visit our [Access & Inclusion](https://tamuct.instructure.com/courses/717) Canvas page (log-in required) [https://tamuct.instructure.com/courses/717]

### **Important information for Pregnant and/or Parenting Students**

Texas A&M University-Central Texas supports students who are pregnant and/or parenting. In accordance with requirements of Title IX and related guidance from US Department of Education's Office of Civil Rights, the Dean of Student Affairs' Office can assist students who are pregnant and/or parenting in seeking accommodations related to pregnancy and/or parenting. Students should seek out assistance as early in the pregnancy as possible. For more information, please visit [Student Affairs](https://www.tamuct.edu/student-affairs/pregnant-and-parenting-students.html) [https://www.tamuct.edu/student-affairs/pregnant-and-parenting-students.html]. Students may also contact the institution's Title IX Coordinator. If you would like to read more about these [requirements and guidelines](http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf) online, please visit the website [http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf].

Title IX of the Education Amendments Act of 1972 prohibits discrimination on the basis of sex and gender—including pregnancy, parenting, and all related conditions. A&M-Central Texas is able to provide flexible and individualized reasonable accommodation to pregnant and parenting students. All pregnant and parenting students should contact the Associate Dean in the Division of Student Affairs at (254) 501-5909 to seek out assistance. Students may also contact the University's Title IX Coordinator.

## **Tutoring**

Tutoring is available to all A&M-Central Texas students, on a remote online basis. Visit the Academic Support Community in Canvas to view schedules and contact information. Subjects tutored on campus include Accounting, Advanced Math, Biology, Finance, Statistics, Mathematics, and Study Skills. Student success coaching is available online upon request.

If you have a question regarding tutor schedules, need to schedule a tutoring session, are interested in becoming a tutor, success coaching, or have any other question, contact Academic Support Programs at (254) 501-5836, visit the Office of Student Success at 212F Warrior Hall, or by emailing [studentsuccess@tamuct.edu](mailto:studentsuccess@tamuct.edu).

Chat live with a tutor 24/7 for almost any subject from on your computer! Tutor.com is an online tutoring platform that enables A&M-Central Texas students to log in and receive online tutoring support at no additional cost. This tool provides tutoring in over 40 subject areas except writing support. Access Tutor.com through Canvas.

## **University Writing Center**

University Writing Center: The University Writing Center (UWC) at Texas A&M University–Central Texas (TAMUCT) is a free service open to all TAMUCT students. For the Spring 2021 semester, all services will be online as a result of the COVID-19 pandemic. The hours of operation are from 10:00 a.m.-4:00 p.m. Monday thru Thursday with satellite hours Monday thru Thursday from 6:00-9:00 p.m. The UWC is also offering hours from 12:00-3:00 p.m. on Saturdays.

Tutors are prepared to help writers of all levels and abilities at any stage of the writing process. By providing a practice audience for students' ideas and writing, our tutors highlight the ways in which they read and interpret students' texts, offering guidance and support throughout the various stages of the writing process. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. Whether you need help brainstorming ideas, organizing an essay, proofreading, understanding proper citation practices, or just want a quiet place to work, the UWC is here to help!

Students may arrange a one-to-one session with a trained and experienced writing tutor by making an appointment via [WOnline](https://tamuct.mywconline.com/) [<https://tamuct.mywconline.com/>]. In addition, you can email Dr. Bruce Bowles Jr. at [bruce.bowles@tamuct.edu](mailto:bruce.bowles@tamuct.edu) if you have any questions about the UWC and/or need any assistance with scheduling.

## **University Library**

The University Library provides many services in support of research across campus and at a distance. We offer over 200 electronic databases containing approximately 400,000 eBooks and 82,000 journals, in addition to the 96,000 items in our print collection, which can be mailed to students who live more than 50 miles from campus. Research guides for each subject taught at A&M-Central Texas are available through our website to help students navigate these resources. On campus, the library offers technology including cameras, laptops, microphones, webcams, and digital sound recorders.



Research assistance from a librarian is also available 24 hours a day through our online chat service, and at the reference desk when the library is open. Research sessions can be scheduled for more comprehensive assistance, and may take place virtually through WebEx, Microsoft Teams or in-person at the library. Assistance may cover many topics, including how to find articles in peer-reviewed journals, how to cite resources, and how to piece together research for written assignments.

Our 27,000-square-foot facility on the A&M-Central Texas main campus includes student lounges, private study rooms, group work spaces, computer labs, family areas suitable for all ages, and many other features. Services such as interlibrary loan, TexShare, binding, and laminating are available. The library frequently offers workshops, tours, readings, and other events. For more information, please visit our [Library website](http://tamuct.libguides.com/index) [http://tamuct.libguides.com/index].

## **OPTIONAL POLICY STATEMENTS**

### **A Note about Sexual Violence at A&M-Central Texas**

Sexual violence is a serious safety, social justice, and public health issue. The university offers support for anyone struggling with these issues. University faculty are mandated reporters, so if someone discloses that they were sexually assaulted (or a victim of Domestic/Dating Violence or Stalking) while a student at TAMUCT, faculty members are required to inform the Title IX Office. If you want to discuss any of these issues confidentially, you can do so through Student Wellness and Counseling (254-501-5955) located on the second floor of Warrior Hall (207L).

Sexual violence can occur on our campus because predators often feel emboldened, and victims often feel silenced or shamed. It is incumbent on ALL of us to find ways to actively create environments that tell predators we don't agree with their behaviors and tell survivors we will support them. Your actions matter. Don't be a bystander; be an agent of change. For additional information on campus policy and resources visit the [Title IX webpage](https://www.tamuct.edu/compliance/titleix.html) [https://www.tamuct.edu/compliance/titleix.html].

### **Behavioral Intervention**

Texas A&M University-Central Texas cares about the safety, health, and well-being of its students, faculty, staff, and community. If you are aware of individuals for whom you have a concern, please make a referral to the Behavioral Intervention Team. Referring your concern shows you care. You can complete the [referral](https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2) online [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout\_id=2].

Anonymous referrals are accepted. Please see the [Behavioral Intervention Team](https://www.tamuct.edu/student-affairs/bat.html) website for more information [https://www.tamuct.edu/student-affairs/bat.html]. If a person's behavior poses an imminent threat to you or another, contact 911 or A&M-Central Texas University Police at 254-501-5800.