

**HLTH 3351 Children Health & Fitness
Summer 1 -2023
Texas A&M University - Central Texas**

INSTRUCTOR AND CONTACT INFORMATION

Instructor: Kyle Black

Phone:512-564-0647

Email: Kyle.black@tamuct.edu

Office Hours:

By appointment only

Mode of instruction and course access:

- This course meets face-to-face, with some supplemental readings made available online using the TAMUCT Canvas Learning Management System: [<https://tamuct.instructure.com>]

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.

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

SAFEZONE. SafeZone provides a public safety application that gives you the ability to call for help with the push of a button. It also provides Texas A&M University-Central Texas the ability to communicate emergency information quickly via push notifications, email, and text messages. All students automatically receive email and text messages via their myCT accounts.

Downloading SafeZone allows access to push notifications and enables you to connect directly for help through the app.

You can download SafeZone from the app store and use your myCT credentials to log in. If you would like more information, you can visit the [SafeZone](http://www.safezoneapp.com) website [www.safezoneapp.com].

To register SafeZone on your phone, please follow these 3 easy steps:

1. Download the SafeZone App from your phone store using the link below:
 - o [iPhone/iPad](https://apps.apple.com/app/safezone/id533054756): [<https://apps.apple.com/app/safezone/id533054756>]
 - o [Android Phone / Tablet](https://play.google.com/store/apps/details?id=com.criticalarc.safezoneapp) [<https://play.google.com/store/apps/details?id=com.criticalarc.safezoneapp>]
2. Launch the app and enter your myCT email address (e.g. {name}@tamuct.edu)
3. Complete your profile and accept the terms of service

For updates on COVID information, please monitor the University [website](https://www.tamuct.edu/covid19/) [<https://www.tamuct.edu/covid19/>]

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:

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. 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 09 JUN. Students must complete the course overview quiz in order to access the other quizzes and course materials.

~ **Quizzes and Final Exam: (400 points)**

1. **Quiz 1 (50 points):** Chapters 1-2; due on Canvas before class on 18 JUN
2. **Quiz 2 (50 points):** Chapters 3-4; due on Canvas before class on 25 JUN
3. **Quiz 3 (50 points):** Chapters 5-7; due on Canvas before class on 09 JUL
4. **Final Exam (250 points):** Chapters 1-10; occurs in class on 28 JUL

~ **Discussion Post and Response: (100 points)**

- Students will post on the weekly discussion topic in Canvas before Thursday at 11:59pm.
- Students will post a response to two other students discussions before Saturday at 11:59pm

~ **Articles and Reflections: (200 points)**

- 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, 28 JUL for week 8.

~ **Individual plan for assessing student health and fitness: (300 points)**

- 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, and explanation of how each component of student health will be met and assessed.
- Rough draft due by 09 JUL **(100 points)**
- Final draft is due by 28 JUL **(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.

A	900 or more points
B	800 – 899 points
C	700 – 799 points
D	600 – 699 points
F	Less than 600 point

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

Date	Topic	Assignment Due
Week 1 05 Jun - 11 Jun	Introduction	Course overview / Introduction Discussion Post
Week 2 12 Jun - 18 Jun	(Chp 1) - 6 Dimensions of health p3-18 - Physical, (Chp 2) - Brian Development in Children and Adolescents p20-24	Quiz 1
Week 3 19 Jun - 25 Jun	(Chp3) Unhealthy Habits p32 ~ Need for collaboration Between Education and Health p34-38 (Chp 4) Planning the curriculum p55-62 ~ Facilitators of Quality Health Education p66	Discussion Post, Article Review, Quiz 2
Week 4 26 Jun - 02 Jul	(Chp 5) Defining Physical Activity p70-73 (Chp 6) Policies that Support Student Health p86-91 ~ Dimensions of a Healthy Classroom p96-106	Discussion Post, Article Review
Week 5 03 Jul - 09 Jul	(Chp 7) Creating an Active Classroom p110-118 (Chp 8) Integrating Health Education Into the Classroom p123-129	Discussion Post, Individual Plan: Rough Draft
Week 6 10 Jul - 16 Jul		Article Review, Quiz 3
Week 7 17 Jul - 23 Jul	(Chp 9) Integrating Physical Education Into the Classroom p143-149 (Chp 10) Advocacy in the Classroom p162-166	Discussion Post
Week 8 24 Jul - 28 Jul		Discussion Post, Article Review, Quiz 4

Important University Dates

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

TECHNOLOGY REQUIREMENTS AND SUPPORT

Technology Requirements

This course will use the A&M-Central Texas Instructure Canvas learning management system. We strongly recommend the latest versions of Chrome, Firefox, Edge, or Safari browsers. Canvas will run on Windows, Mac, Linus, iOS, android, or any other device with a modern web browser. **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/>] by clicking on the “TAMUCT Online Canvas” tile. You will then log in through our Microsoft portal.

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

Canvas Support

Use the Canvas Help tab, located at the bottom of the left-hand menu, for issues with Canvas. You can search the support articles or use the Email, Call, or Chat buttons at the bottom of the support pop-up to contact the Canvas Help Desk.

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 requires use of the Chrome web browser with their custom plug in installed.

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

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.

UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES

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 Warrior Center for Student Success, Equity 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>]

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 referral](https://cm.maxient.com/reporting.php?TAMUCentralTexas), [<https://cm.maxient.com/reporting.php?TAMUCentralTexas>].

Drop Policy

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

[<https://federation.ngwebsolutions.com/sp/startSSO.ping?PartnerIdpId=https://eis-prod.ec.tamuct.edu:443/samlSso&SpSessionAuthnAdapterId=tamuctDF&TargetResource=https%3a%2f%2fdynamicforms.ngwebsolutions.com%2fSubmit%2fStart%2f53b8369e-0502-4f36-be43-f02a4202f612>].

Faculty cannot drop students; this is always the responsibility of the student. The Records and Admissions Office will provide a deadline on the Academic Calendar for which the form must be completed. Once you submit the completed form to the Records and Admissions 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 Records and Admissions 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.

Pregnant and/or Parenting Students Rights and Accommodations

A&M-Central Texas supports students who are pregnant, experiencing pregnancy-related conditions, and/or parenting. In accordance with requirements of [Title IX and related guidance from US Department of Education's Office of Civil Rights](#), the Associate Dean in the Division of Student Affairs, (254) 501-5909, can assist students who are pregnant, experiencing pregnancy-related conditions, and/or parenting by provide flexible and individualized reasonable accommodations. Students should seek out assistance as early in the pregnancy as possible through the [Pregnancy & Parenting webpage](#) [<https://www.tamuct.edu/student-affairs/pregnant-and-parenting-students.html>]. For more information, please visit [Student Affairs](#) [<https://www.tamuct.edu/student-affairs/pregnant-and-parenting-students.html>]. If you would like to read more about these [requirements and guidelines](#) 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](#) specifically prohibits discrimination against a student based on pregnancy, childbirth, false pregnancy, termination of pregnancy, or recovery from any of these conditions [<https://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.html>].

Students experiencing any form of discrimination due to any of these conditions are encouraged to reach out to the Title IX Coordinator, 254.519.5716, titleix@tamuct.edu, Founders Hall 317B, or the Associate Dean of Student Affairs, 254.501.5909, Warrior Hall 105.

Title IX Rights and Reporting Responsibilities

A&M-Central Texas is committed to creating a safe and open learning environment for all students. If you or another student has experienced any form of gender discrimination or sexual misconduct, including

sexual harassment, sexual assault, dating/domestic violence, and/or sex-based stalking, help and support are available. Our university strongly encourages all members of our campus community to report incidents and seek support for gender discrimination and sexual misconduct through the Title IX Office. You may contact the Title IX Office at 254.519.5716, titleix@tamuct.edu, Founders Hall 317B, or learn more by visiting the [Title IX webpage](https://www.tamuct.edu/compliance/titleix.html) [https://www.tamuct.edu/compliance/titleix.html].

Please be aware that that under [Title IX](#), [Texas Senate Bill 212](#), and [System Regulation 08.01.01](#), [https://policies.tamus.edu/08-01-01.pdf] all university employees are mandated reporters and are required to disclose information about suspected or alleged violations as listed above and defined in System Regulation 08.01.01. If the Title IX Office receives information about an incident, they will reach out to offer information about resources, rights, and procedural options as a member of the campus community. Although I have an obligation to report, you will, in most cases, control how your case will be handled. When working with the Title IX Office you will have access to resources and accommodations but also have the opportunity to express if you wish to move forward with an investigation. Our goal is to make sure you are aware of the options available to you as a student. Community members are not required to respond to this outreach.

If you or another student wishes to speak to a confidential employee who does not have this reporting responsibility, you can contact the [Student Wellness & Counseling Center](#), [https://www.tamuct.edu/student-affairs/student-counseling.html], 254.501.5955, or swacc@tamuct.edu, located in Warrior Hall Room 207L or the Student Support Advocate, 254.501.5978 or ssa@tamuct.edu, located in founder Hall Room 317D.

Tutoring and Success Coaching

Tutoring and success coaching services are available to all A&M-Central Texas students, both virtually and in-person.

To schedule tutoring sessions or view tutor availability, please contact Warriorcenter@tamuct.edu or visit Warrior Hall, 111.

If you have questions about these or other academic support services or are interested in becoming a tutor, please contact the Warrior Center for Student Success, Equity and Inclusion at (254) 501-5836, email us at WarriorCenter@tamuct.edu. You are welcome to visit the Warrior Center at Warrior Hall, suite 212.

Chat live with a remote 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 Library & Archives

The University Library & Archives provides many services in support of research across campus and at a distance. We offer over 350 electronic databases containing approximately 631,525 eBooks and 75,149 journals, in addition to the 97,443 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. [Schedule an appointment here](#) [https://tamuct.libcal.com/appointments]. 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 workspaces, 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](https://tamuct.libguides.com/index) [https://tamuct.libguides.com/index]

University Writing Center

University Writing Center: For the summer semesters, all University Writing Center (UWC) tutoring services are entirely online. The hours of operation are from 10:00 a.m.-4:00 p.m. Monday through Thursday with additional hours Monday through Thursday nights 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. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. 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. In addition, students may work independently in the UWC by checking out a laptop that runs the Microsoft Office suite and connects to WIFI, or by consulting our resources on writing, including all of the relevant style guides. 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 if you have any questions about the UWC, need any assistance with scheduling, or would like to schedule a recurring appointment with your favorite tutor.

OTHER 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](#) online

[https://cm.maxient.com/reporting.php?TAMUCentralTexas].

Anonymous referrals are accepted. Please see the [Behavioral Intervention Team](https://www.tamuct.edu/bit) website for more information [https://www.tamuct.edu/bit]. If a person's behavior poses an imminent threat to you or another, contact 911 or A&M-Central Texas University Police at 254-501-5805.