

*Lecture Contact Hours: 40-45; Outside-of-Class Hours: 80-90;
Laboratory Contact Hours: 24-27; Outside-of-Class Hours: 0;
Total Student Learning Hours: 144-162*

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Exercise Science 253 – Physical Education in the Elementary School

2.5 hours lecture, 2.5 units
1.5 hours laboratory, 0.5 units
Total units: 3 units

Catalog Description

The statewide program in physical education for elementary schools forms the basis for this course. Includes the study of child development, personality development, analysis and practice of fundamental skills, selection of activities, organizational materials, and evaluation of teaching ability.

Prerequisite

None

Course Content

- 1) Examine and research the concepts of physical education in the elementary school
- 2) Develop teaching methodologies that will enhance the self-image of the elementary school child
- 3) Develop goal-setting techniques in determining performance characteristics of the elementary school child
- 4) Understand the elementary school physical education program based on current aims, trends, practices and philosophies in physical education

Course Objectives

Students will be able to:

- 1) Describe the historical and philosophical aspects of physical education in California and the U.S. at large.
- 2) Describe and develop age appropriate physical education programs for students at the elementary school level.
- 3) Examine and critique existing elementary school physical education curricula in terms of their appropriateness in the fight against childhood obesity.
- 4) Analyze current trends and research in physical education and related fields such as athletics and health education.
- 5) Describe tested and proven teaching approaches to analyze and enhance movement competencies.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to appraise, identify, explain, describe and/or provide examples of physical activities designed specifically for elementary school children.
- 2) Exams or written projects measuring students' ability to describe the evolution of physical education curricula at the state and national levels.
- 3) Present age-appropriate teaching segment demonstrating understanding of scope, sequence, activity selection and student motivation for elementary school pupils.

- 4) Conduct informational interview with professional in the field regarding topics such as professional working conditions, compensation, ability to meet state educational and certification requirements, use of current research in teaching, etc., and present findings to class.

Special Materials Required of Student

Tools of the elementary school teacher that will enhance the physical education program will be assigned as special projects to make at home. These projects will be constructed using cost effective materials and after evaluation and testing, stored for future use.

Minimum Instructional Facilities

- 1) Classroom
- 2) Dance studio (auxiliary room)
- 3) Outdoor facilities: volleyball court, softball field, basketball court

Method of Instruction

- 1) Lecture and demonstration
- 2) Lab

Out-of-Class Assignments

- 1) **Reading:** Assigned readings on child development, physical education philosophy, and current trends in elementary PE; review state and national standards or sample elementary PE curricula; read research articles or professional materials related to childhood physical activity and teaching strategies.
- 2) **Writing:** Create sequential lesson plans for elementary physical education classes; write detailed plans for demonstrating and teaching a specific sport or movement skill at the elementary school level; written interview of a professional in the field; short reflections or critiques of existing PE curricula or instructional approaches.
- 3) **Other:** None.

Texts and References

- 1) Required (representative example): Beighle, A., & Pangrazi, R. P. (2024). Dynamic Physical Education for Elementary School Children (20th ed.). Human Kinetics.
- 2) Supplemental: None

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Develop age-appropriate physical education programs for students at the elementary school level.
- 2) Critique existing elementary school physical education curricula for addressing childhood obesity.