Department:

Physical Education

Course Description:

The purpose of this course is to give prospective elementary teachers instruction and practice in organizing play activity. The course will cover the meaning of play to children, the value of supervised play, and selecting games and activities for elementary students. The course will include writing objectives, making lesson plans, unit plans, and a yearly plan, styles of teaching, and evaluating students and programs.

Course Competencies:

Upon completion of the course, the student should be able to:

1. Explain the need for an effective physical education program in elementary schools.
2. Implement the instructional process, including planning, improving effectiveness, management, discipline, evaluation, and teaching.
3. Identify effective curriculum, liability, and safety issues.
4. Use and maintain facilities and equipment for physical education programs.
5. Integrate subject matter into the curriculum.
6. Explain the value of maintaining an active and healthy lifestyle.
7. Use various methods and activities for developing motor and body management skills in elementary students.
8. Provide instruction in manipulative and sports skills.

Course Content:

A. The Need for Physical Education
B. Teaching Children in the Physical Education Environment
C. The Instructional Process
D. Program Implementation
E. Promoting and Monitoring Physical Activity
F. Movement Concepts
G. Motor Skills and Introductory Activities
H. Manipulative Skills
I. Body Management Skills
J. Game Skills
K. Lifetime Activities
L. Sports Skills
Learning Assessments:

Course competencies will be assessed by lesson plans, student teaching, observation reports, notebook, quizzes, and exams.

Instructional Materials:


Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students must complete the “Disabilities Self-Identification Form” at this link: https://highlandcc.edu/pages/disability-services.

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.