

Instructor: Mrs. Ilse Mason, M.Ed
Class Meeting: MWF 1:25-2:15
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Office Hours: by appointment
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Course Objectives:

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

- ♣ 1. Understand physical education content and disciplinary concepts (of individual sports) related to the development of a physical educated person (NASPE Standard 1)
 - Identify critical elements of motor skill performance and combine them into appropriate sequences (NASPE Standard 1.1)
 - Demonstrate competent motor skill performance in a variety of physical activities (NASPE Standard 1.2)
 - Describe performance concepts and strategies related to skillful movement and physical activity (NASPE Standard 1.3)
- ♣ 2. Understand how individuals learn and develop and can provide opportunities that support their physical, cognitive, social, and emotional development (NASPE Standard 2)
 - Monitor individual and group performance in order to design safe instruction that meets students developmental needs in the physical, cognitive, social, and emotional domains (NASPE Standard 2.1)
 - Identify, select, and implement appropriate learning/practice opportunities based on understanding the student, the learning environment, and the task (NASPE Standard 2.2)
- ♣ 3. Understand how individuals differ in their approaches to learning and create appropriate instruction adapted to these differences (NASPE Standard 3)
 - Identify, select, and implement appropriate instruction that is sensitive to students' strengths/weaknesses, multiple needs, learning styles, and prior experiences (e.g. cultural, personal, family, community) (NASPE Standard 3.1)
- ♣ 4. Use an understanding of individual and group motivation and behavior to create a safe learning environment that encourages positive social interaction, active engagement in learning, and self-motivation (NASPE Standard 4)
 - Effectively use managerial routines, organize, allocate, and manage resources (NASPE Standards 4.1, 4.2)
- ♣ 5. Use the knowledge of effective verbal, nonverbal, and media communication techniques to enhance learning and engagement in physical activity setting (NASPE Standard 5)
 - Describe and demonstrate effective communication skills (NASPE Standard 5.1)
- ♣ 6. Plan and implement a variety of developmentally appropriate instruction strategies to develop physically educated individuals, based on state and national (NASPE K-12) standards (NASPE Standard 6)
 - Identify, develop, and implement appropriate program and instructional goals (NASPE Standard 6.1)
 - Select and implement learning experiences that are safe, appropriate, relevant, and based on principles of effective instruction (NASPE Standard 6.4)
 - Use effective demonstrations and explanations to link physical activity concepts to appropriate learning experiences (NASPE Standard 6.8)
 - Develop and use appropriate instructional cues and prompts to facilitate competent motor skill performance (NASPE Standard 6.9)
- ♣ 7. Be reflective practitioners who evaluate the effects of their actions on others and seek opportunities to grow professionally (NASPE Standard 8)
 - Use a reflective cycle involving description of teaching, justification of teaching performance, critique of the teaching performance, the setting of teaching goals, and implementation of change, and use available resources (NASPE Standard 8.1, 8.2)
 - Construct a plan for continued professional growth based on the assessment of personal teaching performance (NASPE Standard 8.3)
- ♣ 8. Use information technology to enhance learning and to enhance personal and professional productivity (NASPE Standard 9)
 - Use technologies to communicate, network, locate resources, and enhance continuing professional development (NASPE Standard 9.3)

Attendance and Participation Policy:

Student participation is essential to the learning process. Regular attendance and class participation are required and an important factor in the student's final and overall grade for the course. **Two tardies equal one absences.** Tardies and absences will affect your points on attendance and participation for that section. **An OVERALL of THREE absences in the class will result in a deduction of one overall letter grade (10 pts) and an additional 10 pts for each absence thereafter. Five absences will result in a failure.** Exceptions to this policy due to extreme unusual circumstances and make-up options can be discussed *prior* with the instructor. **YOU ARE NOT ALLOWED TO MISS DAYS IN WHICH YOU ARE TO TEACH. THIS WILL RESULT IN LOWERING YOUR GRADE ONE LETTER.**

Proper and professional attire:

As a professional in training you are expected to dress accordingly. Come dressed appropriately for physical activity on those days indicated on the outline (tennis shoes, shorts, sweat pants, swimsuit, etc.). You are required to have a notebook and text for every classroom session.

Required Textbooks:

Physical best & NASPE (2005). Physical Education for lifelong fitness: The Physical Best Teacher's guide. Human kinetics; Champaign, IL.

Grading:

Grading:	Attendance/Participation	15%
	Mini-projects, quizzes	10%
	Self-evaluation and Plan	10%
	Student Activity	15%
	Exam	25%
	Teaching Activity	10%
	Project	15%
	TOTAL	100%

A = 4.0	100-95.1
A- = 3.7	95-90
B+ = 3.3	89.9-87.5
B = 3.0	87.4-83.01
B- = 2.7	83-80
C+ = 2.3	79.9-77.5
C = 2.0	77-73.01
C- = 1.7	73-70
D = 1.0	69.9-65
F = 0.0	<65

**KINS 3105 – TEACHING METHODS OF FITNESS – FALL
2008**

Day	Date	Content	Assignments/Projects/Tests
M	08/18	Syllabus, Introduction	Classroom
W	08/20	Assessment	Gym West
F	08/22	1.5 mile Run Assessment	UGA Spec track
M	08/25	Chapter 1 & 2 & 3:	Classroom
W	08/27	Chapter 4:	Classroom
F	08/29	Activity - Frotoball	Intramural field
M	09/01	Labor Day	
W	09/03	Fitness Guest Lecture	Classroom
F	09/05	Activity -	Gym West
M	09/08	Chapter 5 & 6:	Classroom
W	09/10	Chapter 7 & 8:	Classroom
F	09/12	No Lab	
M	09/15	Activity Volleyrun	Intramural Field or gym west SELF-ASSESSMENT DUE
W	09/17	Student Activity - Speedball	Intramural Fields
F	09/19	Student Activity - Pickleball	Gym East with badminton nets
M	09/22	Chapter 9, 10 & 11	
W	09/24	Chapter 9, 10 & 11	
F	09/26	Student Activity - Ultimate	Intramural Fields
M	09/29	Chapter 12, 13 & 14	
W	10/01	Chapter 12, 13 & 14	
F	10/03	Student Activity – Tchoukball	Intramural Fields
M	10/06	Student Activity - Orienteering	Forrest behind lake
W	10/08	Student Activity – Cooperative Games	Intramural Field
F	10/10	Student Activity – Waterpolo - MASON	Diving Well
M	10/13	Student Activity – Martial Arts	Martial Arts room
W	10/15	Teach 8 th grade MASON	
F	10/17	Teach 8 th grade GROUP 1	
M	10/20	Student Activity - Flagfootball	Intramural field
W	10/22	Teach 8 th grade GROUP 2	
F	10/24	Teach 8 th grade GROUP 3	
M	10/27	Student Activity – Jump Roping	Gym West
W	10/29	Teach 8 th grade GROUP 4	
F	10/31	FALL BREAK	
M	11/03	Teach 8 th grade GROUP 5	
W	11/05	Teach 8 th grade GROUP 6	
F	11/07	Teach 8 th grade GROUP 7	
M	11/10	Student Activity - Spinning	Spinning Studio
W	11/12	Teach 8 th grade GROUP 8	
F	11/14	Teach 8 th grade GROUP 9	
M	11/17	Student Activity - Wateraerobics	Diving Well
W	11/19	Student Activity – Taebo/Ballet/Hip Hop/Yoga/Pilates	Aerobics Room
F	11/21	Student Activity – Raquetball/ Squash	Raquetball Courts
M	11/24	THANKSGIVING BREAK	
W	11/26	THANKSGIVING BREAK	
F	11/28	THANKSGIVING BREAK	
M	12/01	Post-Assessment	Gym West
W	12/03	5K	Martial Arts or Aerobics
F	12/05	Presentations	Classroom
M	12/08	Presentations	Classroom
W	12/09	Presentations	Classroom