

**Instructor:** Mrs. Ilse Mason, M.Ed  
**Class Meeting:** MWF 1:25-2:15  
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**Office:** 369 Ramsey Center  
**Office Hours:** by appointment  
**Phone:** 706-542-4383

**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 3 or more absences in the class will result in a deduction of one overall letter grade.** 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:

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Attendance/Participation	15%
Mini-projects	5%
Self-evaluation and Plan	10%
Activity	15%
Exam	25%
Labs, quizzes	10%
Project	15%
log/journal	5%
<b>TOTAL</b>	<b>100%</b>

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

