

**CALIFORNIA STATE UNIVERSITY, NORTHRIDGE**  
**College of Health and Human Development**  
**Department of Kinesiology**  
**KIN 335/L**  
**Health Related Fitness for K-12 Physical Education: Fall 2008**

**Course Information:**

**Instructor Information:**

Units: 3	Instructor: Dr. M.J. Sariscsany
Semester/Year: Fall 2008	Office: RE 284
Location: RE 278	Phone:677-7572
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Office Hours: M W 2-3:30; or by Scheduled Appointment

**Required Textbooks and materials:**

AAHPERD (2005). *Physical Best Activity Guide Elementary: Preparing for a lifetime of fitness through physical education today.* (2<sup>nd</sup> ed.) Champaign, IL: Human Kinetics

AAHPERD (2005). *Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide.* (2<sup>nd</sup> ed) Champaign, IL: Human Kinetics.

Fitnessgram manual (2007) 4<sup>th</sup> Edition Update. Champaign, IL: Human Kinetics

California K-12 Physical Education Content Standards

Department of Kinesiology Mission, Goals and Objectives

**Optional:**

AAHPERD (2005). *Physical Best Activity Guide Secondary: Preparing for a lifetime of fitness through physical education today.* (2<sup>nd</sup> ed.) Champaign, IL: Human Kinetics

**Required Equipment:**

- **Pedometer**
- Computer Access
- Email Access (CSUN Account)
- 256MB or bigger "thumb Drive"

**Course Description:**

**Description:** Facilitate future teachers' knowledge, skills, appreciation, and confidence needed to lead school aged children in the development of active healthy lives.

## **Purpose/Rationale:**

Health-Related Fitness education is one component of a comprehensive physical education program. It compliments, supports and helps future teachers in meeting California and NASPE content standards related to health-related fitness, and develop strategies, methodologies, skills and confidence in leading their future students in the development of healthy lives through the achievement of personal goals and individualized programs.

## **Student Learning Outcomes:**

Upon completion of the course, student will:

1. Comprehend concepts related to health-related fitness development and promotion. (1,2)
2. Develop a repertoire of developmentally appropriate activities, including a wide variety of exercises and movement experiences that allow for all students to successfully participate through in –class and field based experiences.(1,2)
3. Engage in an array of enjoyable, developmentally appropriate activities that combine activity with other learning during in –class activities. (7)
4. Demonstrate proficiency in developing appropriate and authentic assessment designed to increase student responsibility for their personal health related fitness development during peer and field – based experiences. (9)
5. Incorporate technology components into the teaching and development of health-related fitness during peer and field-based experiences. (3)
6. Design and implement effective demonstrations and maximize practice trials during peer and field based experiences. (4,5)
7. Understand the personal nature of participation in lifelong physical activity. (6)
8. Design and deliver inclusive physical activities that provide all students with opportunities to benefit from a health-related fitness education program in peer and field-based experiences. (6)
9. Effectively communicate, verbally and nonverbally ensuring equal treatment across all areas of classroom diversity during peer and field-based experiences. (5)
10. Use visual aids to communicate and increase student interest during field and peer-based experiences. (5)
11. Award the process of participation, rather than the product of fitness. (4)
12. Demonstrate effective strategies that involve students in goal setting and decision making skills to enhance health-related fitness during field and peer-based experiences. (1,2,5)
13. Successfully integrate theory into practice during field and peer-based experiences. (1)
14. Successfully utilize a variety of activities using the FITT principle to address personal choice during peer and field based teaching experiences. (2)
15. Know the State and National professional associations that establish teaching and content standards through various web site assignments. ((7)
16. Know National and CA content standards and incorporate them in peer and field based experiences. (6)
17. Develop and understanding of the differences in purpose between norm and criterion referenced fitness assessment programs (e.g. President’s Challenge, Fitnessgram. (9)

## **Course Content**

Students will be able to demonstrate improvement in knowledge, content development, pedagogical content skills, attitude and values through lecture, discussion, demonstration and participation. Students who successfully complete this course will have the opportunity to become an AAHPERD certified Physical Best Instructor. Student activities will include the following:

1. Participation in a variety of physical activities that emphasize the four components of health-related fitness: cardio respiratory fitness, muscular strength and endurance, flexibility, and body composition.
2. Participation in practices that promote development of health-related fitness and personal behaviors related to active healthy lifestyles for all students.
3. Attendance at lectures, participation in class and responsibility for required readings.
4. Identification, development and application of effective pedagogical skills that enhance physical activity for all students.
5. Utilization of computer hardware and software related to health-related fitness assessment, goal setting, and conceptual understanding.
6. Assessment of health-related fitness using authentic methods of assessment.
7. Development of instructional aids for informational and motivational purposes.

### **Evaluation of students may include:**

1. Examinations testing for cognitive knowledge: (20%)
  - a. Components of health-related fitness
  - b. Health-Related Fitness Assessment
  - c. Motivation Techniques
    1. goal setting
    2. visual aids
    3. peer/family support
    4. self-assessment
  - d. Teaching Principles for Health-Related Fitness
2. Health-Related Fitness Analysis and Assessment (20%)
  - a. Physical Best/Fitnessgram Assessment Program
  - b. Peer Assessment
  - c. Personal Assessment
3. Evaluation of Field Based Experiences (40%)
  - a. Peer Demonstration
  - b. Fitness Management
  - c. Integration of activity with other learning forms
  - d. Inclusion techniques
  - e. Motivation
4. Portfolio (20%)
  - a. Development of content knowledge
  - b. Development of procedural knowledge
  - c. Development of motivational techniques
  - d. Development of personal assessment techniques

- e. Identification of professional resources
- f. Development of technological skills

**Evaluation:**

Final grades will be based on written work, self-assessment, peer assessment, instructor analysis of pedagogical skills, and development of personal and professional skills.

**Grading Scale (%):**

A	92-100	C	72-77
A-	90-91	C-	70-71
B+	88-89	D+	68-69
B	82-87	D	62-67
A-	80-81	D-	60-61
C+	78-79	F	<60

**Students With Disabilities:**

This instructor, in conjunction with California State University Northridge, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact the office of Students With Disabilities Resources located in 110 Student Services Building, or call (818) 677-2684 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

**Statement on Cheating and Plagiarism:**

Any student caught cheating on an exam or written assignment will automatically fail the course, and may be subject to more severe University discipline. Please refer to the California Code of Regulations, Section 41301, Title 5 as found in the university catalog.