



The mission of Concord University is to provide quality, liberal arts based education, to foster scholarly and creative activities and to serve the regional community (<http://www.concord.edu/academics/>).

**Course Prefix, Number and Title:** PED 401: PE, Health, and Wellness for Elementary Teacher

**Course CRN # and Section:** 20448/01

**Semester Taught (including year):** Spring 2019

**Professor:** Mike Miller, EdD

**Credit Hours:** 1

**Office Location:** 301K Carter Center

**Prerequisites:** None  
9:00-10:00; 1:00-2:00

**Office Hours:** M/W 8:00-10:00/T/Th

**Course Time (if applicable):** T/Th 2:00-3:15

**Email:** [millerwm@concord.edu](mailto:millerwm@concord.edu)

**Building and Room Number (if applicable):**

**Phone:** 304-384-6299

**Office Fax:** 304-384-5117

**College/Department Website:**  
<https://www.concord.edu/hpat/>

**Course Description/Rationale:** This course emphasizes the teaching processes that enable classroom teachers to keep health and physical activity in front of students on a regular basis. A school-based field experience is required.

**Course Management System** Blackboard

**Hardware/Software Needed**

**Text requirements:** None

**Concord University Educational Goal(s)**

1.5	An ability to evaluate elements, information, and ideas on the basis of appropriate criteria
1.7	An ability to learn and work effectively both independently and collaboratively

**National Standards (ACEI)**

2.6	Health education—Candidates know, understand, and use the major concepts in the subject matter of health education to create opportunities for student development and practice of skills that contribute to good health.
2.7	Physical education—Candidates know, understand, and use—as appropriate to their own understanding and skills—human movement and physical activity as central elements to foster active, healthy life styles and enhanced quality of life for elementary students.

### Specific Learning Outcomes

The student will:

1. Identify the philosophy of contemporary elementary physical education programs
2. Understand that the classroom teacher as well as the physical educator is responsible for the physical education of each child
3. Identify methods to integrate physical education with other subject areas in the elementary curriculum
4. Identify and demonstrate effective teaching techniques, motivational methods, and effective disciplinary techniques
5. Recognize and describe the important pedagogical skills that are thought to comprise effective physical education teaching and the context in which these skills are (are not) effective.
6. The teacher education candidate will identify the content of health education that can be integrated with other content areas (K-6).
7. The teacher education candidate will examine instructional methodologies by which health education content can be integrated with other elementary curricula themes (K-5).
8. The teacher education candidate will be able to instruct, integrate, and assess themes of school health, particularly in the following areas: mental & emotional health, family living, growth and development, nutrition, personal health, alcohol, tobacco, other drugs, communicable and chronic disease, injury prevention and safety, consumer and community health, and environmental health

### Course Requirements

There will 10 written assignments throughout the course of the 5 weeks. Each assignment is worth 10 points.

### Grading Policy and Scale, Make-up Policy, Late Work

**GRADING:** The grading for this course will be based on a ten-point scale.

**90-100 A**

**80-89 B**

**70-79 C**

**60-69 D**

**0-59 F**

- Each student is responsible for tracking his or her grades throughout the semester.
- Late work is not accepted.

**Course Timeline (Schedule of Assignments/Assessments/Presentations)**

Week 1	Introduction of Course Obesity Epidemic	Classroom Based- PA Resources Protocols Videos
Week 2	NHES	WV Wellness Standards
Week 3	Energizer Presentations	Energizer Presentations
Week 4	FED UP Video	FED UP Discussion and Introduction to Nutrition
Week 5	School Safety	Final Class Discussion

**Accessibility/Accommodations:**

Concord University is committed to responding to the needs of students with disabilities as defined by the Americans with Disabilities Act. Please inform your instructor at the beginning of the class semester if you have a disability and are requesting accommodations. It is your responsibility to self-disclose that you are requesting accommodations. The University and instructor will provide you with a reasonable accommodation. You should register with CU's Disability Services Office, located in the Athens campus Jerry and Jean Beasley Student Center, Bottom Floor, across from the Campus Post Office. The Disability Services Office phone is 304-384-6086 or you can email the Director, Nancy Ellison, at nellison@concord.edu for assistance.

**Academic Dishonesty**

Academic dishonesty is morally unacceptable as well as destructive to the learning and teaching atmosphere. Academic dishonesty includes the giving or receiving of improper help on examinations or assignments, falsifying documents, and plagiarism (the act of stealing and using, as one's own, the ideas or the expression of the ideas of another). Such dishonesty can lead to a variety of penalties — including but not limited to failure of assignment, failure of course, loss of institutional privileges, or dismissal from the University. (See University Catalog Academic Policies and Procedures.)

**Concord University Honor Code**

A Concord University Honor Code was approved by students, staff, faculty, administration, and the CU Board of Governors. The Code states:

*"As a member of the Concord University Community I will act with honesty and integrity in accordance with our fundamental principles and I will respect myself and others while challenging them to do the same."*

The Honor Code is intended to unite the Concord community behind a culture of honesty, integrity, and civility.

### **Class/Online Attendance Policy**

Regular class attendance is part of a student's academic obligation at Concord. Irregular attendance may affect academic performance adversely and is detrimental to the atmosphere of a class. (See University Catalog Academic Policies and Procedures.)

### **Emergency Alert System**

In an effort to increase safety and security on our campus, Concord University encourages everyone to register for instant text message alerts. Alerts will only be used for security and safety notices. All students, faculty, and staff are eligible to receive text message alerts on their cell phones or email alerts. Please contact the IT Help Desk for further assistance (304-384-5291).

### **Emergency Information**

Emergency/courtesy telephones are located at the main entrance of each residence hall and at various other locations on campus. Emergency telephones can be identified by the flashing blue light and will provide the user with a direct link to Public Safety at the press of a button. To report an on-campus emergency, call 304-384-5357 or 911. The Office of Public Safety is located on the bottom floor of the Rahall Technology Center. For further emergency information go to:  
<http://www.concord.edu/administration/office-public-safety>.

### **Inclement Weather Policy**

As a general policy, the University will remain in normal operations during adverse weather conditions. In the event of severe weather conditions, the following may occur:

#### University Closure

No students or employees are to report.

#### Classes Cancelled

Students do NOT report BUT employees are expected to report to work at their normal time.

#### Operating on an Inclement Weather Delay

Under this schedule, all 8 a.m. classes will start at 10 a.m. Students and faculty will follow the Inclement Weather Schedule. (See <http://www.concord.edu/emergency-alerts> for Athens/Beckley Inclement Weather Schedules.)

*\*Announcements invoking the late schedule or other options referenced above are aired on area radio and television stations and are sent as text and email messages to those enrolled for this service.*

### **Student Conduct**

In classrooms, online, laboratories, and during any activities that are part of course requirements, students are expected to observe reasonable rules of conduct.

### **Sexual Harassment & Assault**

Federal law, Title IX, and Concord University policy prohibits discrimination, harassment, and violence based on sex and gender (Including sexual harassment, sexual assault, domestic/dating violence, stalking, sexual exploitation, and retaliation). If you or someone you know has been harassed or assaulted, you can receive confidential counseling support through the Concord University Counseling Center (304-384-5290). Alleged Violations can be reported non-confidentially to the Concord University Title IX Coordinator at 304-384-6327 or [titleix@concord.edu](mailto:titleix@concord.edu). Reports to Campus Security can be made at (304-384-5357). As an employee at Concord University, I am a mandatory reporter which means I must report any sexual misconduct I am made aware of. This includes verbal or written (such as in an assignment) disclosures of sexual harassment or sexual assault.

### **Technology Services**

Contact the CU Help Desk at extension 5291 from campus or 304-384-5291 off campus. You may also e-mail [cuhelpdesk@concord.edu](mailto:cuhelpdesk@concord.edu).

### **Syllabus Disclaimer**

**"This syllabus is subject to change based on the needs of the class. Please check it regularly."**

**Miscellaneous (for example):**