About this course
This course provides an overview of school physical education. A variety of topics are introduced including "how to teach", "what to teach", trends in physical education, fitness and performance, health, physiological and psychological outcomes of exercise, improving motor skills, the role of physical education in reducing obesity, and technology in physical education.

Blackboard Learn
All course materials, readings (other than the textbooks) and other information will be placed on our course website on Blackboard Learn.

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Office: Goddard 110
Office Hrs:
MWF 11am-12pm, Tu 12:30-130pm
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Objectives
Successful completion of this course requires you to demonstrate you understand:

1. The purpose of school physical education programs
2. Foundations of Anatomy and Physiology
3. Foundations of Motor Learning and Movement Skills
4. How to manage physical education lessons designed to meet various outcomes
5. Issues of liability and negligence in school physical education
6. The physical and pedagogical processes involved in improving children's motor skills
7. Physical fitness and physical activity of children and adolescents
8. How a physical education teacher might improve student physical fitness and activity
9. How body weight and body composition in children affects physical fitness and mental health
10. The importance of promoting physical activity in children
Assessment:

100 points TOTAL

- Teaching Presentation (20 points)
  - Details to be provided during the semester.

- Two Tests (2 @ 20 points)
  - From information presented in lecture and assigned for homework.

- Final Exam (40 points)
  - From information presented in lecture and assigned for homework.

Please Note:

Study Guides must be completed in a Study Guide Notebook (hard-cover, A4 size)

Failure to submit a fully-completed Study Guide Notebook for TEST 1 will result in you losing 6 points from your Final Overall Grade in HPE 230.

Failure to submit a fully-completed Study Guide Notebook for TEST 2 will result in you losing 6 points from your Final Overall Grade in HPE 230.

Failure to submit a fully-completed Study Guide Notebook for the FINAL EXAM will result in you losing 6 points from your Final Overall Grade in HPE 230.

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Professional Development Points

Ten (10) unique Professional Development Points must be completed during your time in HPE 411. More information on this requirement will be presented early on during the fall.
Eastern Library
You may be required to use the Eastern Library for the research you are asked to do during this course. Here is a link to the Library Database. On this page, you will also find the link to the Library Catalog, and the Library Hours.

Academic Services Center
Students are encouraged to use the support offered by the Academic Services Center located on the ground floor of the Library. Tutoring, Math, Writing, and supplemental Advising Services are available for students in the Center at the following times: Sun. 2-9; M.-Th. 9-9, Fri. 9-5. (Closed Sat.) For further information call 465-5198 or check the ASC website at http://www.easternct.edu/asc/

Students With Disabilities
Eastern Connecticut State University is committed to following the requirements of the Americans with Disabilities Act and Section 504 of the Rehabilitation Act. If you are a student with a disability (or think you may have a disability), and require adaptations or accommodations, or assistance evacuating a building in the case of an emergency, please contact the Office of AccessAbility Services at (860) 465-0189. Office of AccessAbility Services (OAS) at 860-465-0189 to discuss your request further. Any student registered with the OAS should contact the instructor as soon as possible for assistance with classroom accommodations. Please note that accommodations are not retroactive, and must be communicated through a Letter of Accommodation which is drafted by the OAS

Honesty!
You will be in BIG trouble if you cheat! So, to ensure you are crystal clear on expectations, here is a link to the Student Handbook. Within the Handbook you will find the University Policy on Academic Misconduct. You are expected to read this information! I am on the Academic Misconduct Committee at the University. If you have any questions, please ask me.

Attendance
You are expected to attend all classes. I will know if you are not there.