

**EDUCATION 340
PRINCIPLES OF SPORT AND WELLNESS
TERM II - 2001**

PROF.:	JOYCE JENSEN	CLASSROOM:	103 Buckman
OFFICE:	402 CLOUGH	CLASSTIME:	3:00-5:00 P.M.
OFFICE HOURS:	M, W, 1-3 P.M.		Wednesday

RATIONALE

Elementary school teachers are held accountable for developing in their students a positive self concept, as well as providing the information and procedures for healthy living and social/environmental awareness. Elementary teachers must be aware of potentially harmful conditions, and they must be able to provide for the safety and physiological growth of their students. Understanding the importance of individual differences within the context of the classroom environment and accommodating for those differences in positive and meaningful ways are integral components of elementary teaching. This course is designed to prepare classroom teachers for implementing the necessary procedures for the students' physical, emotional, and psychological well being.

OBJECTIVES

This course will provide the prospective teacher with the **knowledge and skills** to:

1. Understand the biological, social, emotional, and environmental concepts that promote wellness and sound nutrition, so that they can apply these concepts in the classroom setting.
2. Understand ways to develop decision making skills and interpersonal skills that are necessary to promote good health.
3. Learn how to apply first aid procedures in emergency situations.
4. Learn how to identify hazards, assess risks, and to take appropriate **corrective steps**.
5. Understand the basic safety procedures in dealing with disasters.
6. Understand the goals of physical education to include physical

fitness, rhythmic movement, games, and sports and to implement instruction in these areas according to the developmental level of their students.

7. Develop the ability to use physical activities to promote respect for people, rules, equipment, fairplay, and safety.

COURSE REQUIREMENTS

No textbook is required for this course.

Attendance and class participation are important components of this class and will be major factors in determining the final grade.

Each student will develop a poster that can be used to teach a specific ***sport or a wellness activity*** to a grade of your choice (1-8), demonstrate one of the first-aid procedures that might be used in elementary schools, and assist in developing group project for presentation to the class.

There will be a final exam. The students at Rhodes maintain the honor system and assume the responsibility for the honorable conduct of all academic texts and examinations. No proctor will monitor the exam. The final exam will cover all lectures, presentations from guest speakers and students, any material placed on reserve in the library, and all printed materials distributed.

GRADE CALCULATION

Attendance/Participation	20%
Sport and Wellness Poster	10%
First Aid Demonstration	20%
Group Project	10%
Final Exam	40%

