



**MARS HILL COLLEGE**  
**Department of Physical Education**  
**PE 413 (3 credit hours)**

**The Teaching of Health and Physical Education in the Middle/Secondary Programs**

**Instructor:** Dr. Charles Sproles  
**Office:** CG 203  
**Office Hours:** MWF 12:00 - 1:00  
(phone or email for appointments at other times)  
**Phone/Email:** 689-1368 csproles@mhc.edu

**Course Description:**

This course focuses on the understanding and application of materials and methods in health and physical education at the middle/secondary level. It is designed to assist the student in gaining the knowledge necessary for a future physical educator to be able to design, develop, administer, and implement a basic middle/secondary physical education program. Prerequisite(s): Admission to Teacher Education Program

**Text:** Dynamic Physical Education for the Secondary School (14th edition). Pangrazi. R P.

**Course Goals and Objectives:**

Competencies:

This course is a part of the Professional Studies Sequence for all teacher preparation candidates. It is designed to meet guidelines and competencies as delineated by the North Carolina Department of Public Instruction. (Healthful Living) For detailed list of competencies see Preparation of the Undergraduate Physical Education Teacher (NCSDPI).

**Instructional Methods:**

The student will acquire knowledge and skills through assigned readings, lectures/discussions, AV use, computer use, practical experience and observations.

## Course Policies and Evaluation Procedures:

### Student Evaluation:

In order to meet the course competencies expected, the student will:

- I. Successfully complete classwork, homework assignments, tests, observations and other possible assignments.
2. Grade will be determined according to the values of the following items\*
  - a. Mid-term and Final (20% each) **40%**
  - b. Observations and Reports (min. 6-7 hours in 3 different schools) **20%**
  - c. Special Projects (Convention November 18 and 19) *When feasible* **10%**
  - d. Bulletin Boards **10%**
  - e. Lesson Plan and Presentation **10%**
  - f. Attitude, Attendance, and Participation **10%**
3. 90-100 = A  
80-89 = B  
70-79 = C  
60-69 = D  
59 - Below = F

### Course Content/Schedule:

1. Value and Overview:
  - a. The Conceptual Framework
  - b. Physical education in the Middle and Secondary schools
  - c. The impact of activity on Middle and Secondary students
2. Curriculum Design and Implementation
  - a. Curriculum Models
  - b. Integration
  - c. Technology
3. Teaching/Learning Process
  - a. Instructional Planning
  - b. The Learning Environment
  - c. Teaching Styles and Strategies
  - d. Communication, Motivation and Discipline
  - e. Special Education
  - f. Safety and Administration
  - g. The evaluation of learning
  - h. Improving Teaching
  - i. Legal Liability and Safety
4. Wellness and Fitness for Middle and Secondary Students
5. Activities
  - a. Team Sports
  - b. Individual Activities and Sports

- c. Dual Sports and Activities
  - d. Outdoor Adventure Activities
6. Content Standards in Physical Education
- a. Demonstrates competency in many movement forms and proficiency in a few movement forms.
  - b. Applies movement concepts and principles to the learning and development of motor skills.
  - c. Exhibits a physically active lifestyle.
  - d. Achieves and maintains a health-enhancing level of physical fitness.
  - e. Demonstrates responsible personal and social behavior in physical activity settings
  - f. Demonstrates understanding and respect for differences among people in physical activity settings.
  - g. Understands that physical activity provides opportunities for enjoyment challenge, self expression and social interaction.
7. Job Seeking Skills
- a. Resume Writing
  - b. Interview Process

**HONOR CODE**

We, the students of Mars Hill College, pledge ourselves to uphold integrity, honesty, and academic responsibility in and out of the classroom.

**HONOR PLEDGE**

On my honor, I have neither given nor received any academic aid or information that would violate the Honor Code of Mars Hill College.