

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: PHYSICAL EDUCATION

Course No.: ED 100 Semester: ONE

Program: TEACHER AIDE

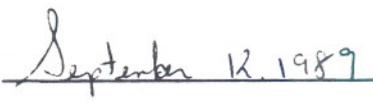
Author: FRAN ROSE

Date: SEPTEMBER 1989 Previous Outline Dated:

APPROVED:


Chairperson

DATE:



Physical Education (ED 100)

I. PHILOSOPHY/GOALS

Physical Education Programming is designed to provide teacher aids with the practical, technical skills and knowledge required to assist the teacher in directing various activities, games and dance which are used in a classroom/school gym. Emphasis will be on practical experience.

This course will assist the student to understand the global concept of fitness. They will discover their own philosophy of fitness as well as the role of play, fitness and physical activity in the development of the child.

II. STUDENT PERFORMANCE OBJECTIVES

Upon the completion of this course the student will:

1. Identify the important components of fitness and how they contribute to the well being of the child.
2. Understand the theories of learning a physical skill.
3. Demonstrate the leadership skills necessary to lead physical activities for school age children.
5. Demonstrate the ability to adapt games and movement activities to suit challenges presented by children with different physical, mental and social abilities.
6. Understand the progression of development of motor and social skills and how they relate to physical activities for school aged children.
7. Demonstrate from a personal catalogue physical activities that respect progression in the development of motor skills by using themes, props, games, dance, creative movement and play in a variety of settings (gymnasium, limited space, swimming pool, outdoor areas)
8. Understand the philosophical differences between competitive and cooperative games; play and structured activity and how they can benefit and hinder the development of the child.

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III. TOPICS TO BE COVERED INCLUDE:

1. Physical fitness - personal and age related
2. Motor learning
3. Methodology of teaching physical skills
4. Leadership skills development
5. Adaptation of physical activities for special challenges
6. Progression of Motor and Physical Skills
7. Adapting to variety of play areas (indoor, outdoor, limited space, aquatic)
8. Philosophy's of Competition Sport and Play
9. Games, Sports, Creative Movement and play for young children
10. Movement to music and rhythm

IV. EVALUATION METHOD

Participation	20%
Active Presentations	20%
Activity Portfolio	40%
Quizzes	20%

GRADING

A+ - 90 - 100%	4 - Grade Point
A - 80 - 89%	3.75
B - 70 - 79%	3
C - 60 - 69%	2
R <60%	0 (Repeat the course)

V. REQUIRED STUDENT RESOURCES

Dynamic Physical Education for Elementary School Children, Ed. #8,
Dauer and Pangrazi, MacMillan Publishing