

University of Arkansas - Fort Smith
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General Syllabus

EDUC 4401 Integrating Health and Physical Education

Credit Hours: 1

Lecture Hours: 1

Laboratory Hours: Prerequisite:

Admission to the Educator Preparation Program

Effective Catalog: 2023-2024

I. Course Information

A. Catalog Description

Best practices for integrating health and physical education in educational settings.

B. Additional Information

The Conceptual Framework derives from, “The UAFS School of Education’s mission is to ensure every teacher candidate is “Day One Ready” so all learners achieve their greatest potential.” The Framework is informed by two major sources of research in best practices for educators, InTASC (Interstate Teacher Assessment and Support Consortium) and Charlotte Danielson’s Framework for Teaching (FFT). InTASC is a program of the Chief State School Officers (CCSSO). The Arkansas Department of Education adopted the InTASC 2011 Model Core Teaching Standards, which were developed by InTASC, as the Arkansas Teaching Standards (ATS). The Conceptual Framework synthesizes the concepts from these models to represent the UAFS School of Education expectations for teacher candidates. The UAFS School of Education Intended Candidate Outcomes (ICOs) are aligned with the InTASC Standards, which are the Arkansas Teacher Standards (ATS). The ICOs are also aligned with the Danielson Framework for Teaching (FFT).

II. Student Learning Outcomes

A. Subject Matter

Upon successful completion of this course, the student will be able to:

1. Integrate physical education and movement with other subjects.
2. Apply knowledge in emergency situations.
3. Integrate health education with other subjects.

B. University Learning Outcomes

This course enhances student abilities in the following areas:

Ethical Decision Making

Students will recognize and analyze ethical dilemmas, based on the ADE Code of Ethics. Students will apply ethical concepts and rules to determine viable alternatives in any given situation.

Communication Skills (written and oral)

Students will communicate effectively, both in writing and orally, in a variety of settings. Students will compose coherent documents, article reviews, research and essay papers, and reflections of observations. Students will give class presentations, share student work products orally, and work with children and families as part of practicum and internship experiences.

Analytical Skills/Critical Thinking Skills

Students will draw conclusions and/or solve problems related to student assessment data or issues. Students will access and evaluate appropriate written and electronic information for solving educational problems, conducting educational research, or working with students. Students will reach viable solutions to a problem and be able to justify those solutions.

III. Major Course Topics

- A. Health
 - 1. Mental health
 - 2. Emotional health
 - 3. Diet and exercise
 - 4. Sleep
 - 5. Sexuality
- B. Disease prevention
- C. Motor development and learning
- D. Basics of physical fitness
- E. Individual and team activities
- F. Lifetime leisure activities
- G. Safety and injury prevention
 - 1. First aid
 - 2. CPR
- H. Integration of physical education
- I. Integration of health