

EDMA 278 REV UP THE REVOLUTION: Your Middle School Physical Education Game Plan Course Syllabus

Welcome to “Rev Up the Revolution: Your Middle School Physical Education Game Plan”, a unique video course by Drake University’s Distance Learning Division. In partnership with Championship Production, we’re proud to offer you this graduate course. We are pleased that, in many important ways, this course is the first of its kind to advocate so strongly and comprehensively for a revolution in our more traditional approaches to physical education.

Along with a number of course specific DVDs developed by your instructor Jen Neubauer, this course uses three different types of textbooks. The first is: *Game Changer: Phil Lawler’s Crusade to Help Children by Improving Physical Education*, written by PE4life with Ken Reed. This book documents the passion and tireless dedication of Phil Lawler who is frequently referred to as a legend and also known as one of the many great pioneers for quality physical education. There are many ideas and strategies shared throughout the textbook to inform and inspire any physical educator looking to make changes in their own program.

The second is: *Teaching Middle School Physical Education: A Standards-Based Approach for Grades 5-8* written by Bonnie Mohsen. This book is comprehensive and yet flexible enough in its approach that any veteran or new teacher will be able to take away ideas to develop an effective learning environment and standards-based curriculum that meets the needs of this unique group of students.

The third is: *Appropriate Instructional Practice Guidelines for Middle School Physical Education* written by the National Association for Sport and Physical Education. This booklet is one of six bestselling booklets produced by NASPE that are designed to offer guidance to teachers, administrators, parent/guardians, and policymakers. This booklet describes how to create and maintain appropriate physical education practices that are in the best interests of our students.

We have obtained permission from several experts in the field to incorporate and utilize their videos and handouts to enhance the concepts addressed in this course. Many of these are included on the course specific DVDs and in the required readings found in the appendix of your study guide. Also the podcasts found on the CD, included in this course, feature some of the best advocates for whole child education. You will not only hear their perspectives on the middle school environment and students but also the important role physical activity and physical education plays in the whole child education movement.

This one of a kind course was developed by Jen Neubauer, 2003 IAHPERD Middle School Physical Education Teacher of the Year, and uses the most up to date information and ideas available. We hope you find the content relevant and beneficial to rev up your own revolution!

EDMA 278 REV UP THE REVOLUTION: Your Middle School Physical Education Game Plan

Course Description:

A comprehensive school physical activity program is focused on promoting physical activity in schools through five key components: quality physical education, before & after school, during school, staff involvement, and family/community involvement. Quality physical education is the foundation of this program. All children, from prekindergarten through grade 12, should participate in quality physical education classes every school day. Physical education helps students develop the knowledge, attitudes, skills, behaviors, and confidence needed to be physically active for life, while providing an opportunity for students to be active during the school day.

This course will provide you with the motivation and tools you need to join other leading professionals in the field of physical education that have already developed a new kind of physical education that is fundamentally different from the stereotypical “roll out the balls and play” classes of decades past that featured little meaningful instruction and lots of humiliation for students who were not athletically coordinated. Professional associations, academic experts, and many teachers across the country are promoting and implementing quality physical education programs that emphasize participation in lifelong physical activity among all students.

After examining changes in society, technology, health, and education and then understanding why change is needed; you will quickly learn that developing your own middle school physical education game plan starts with having the right mindset. This course provides a blueprint for developing a safe and encouraging learning environment that includes a standards-based curriculum which offers a variety of fitness, sport, leisure, and adventure activities to all students. You will learn that the needs of middle school students are diverse and that your teaching behaviors, instructional styles and strategies, instructional materials, new technologies, and individualized assessments are essential to the success of your game plan in meeting their diverse needs.

This course is both comprehensive and flexible in its approach to implementation but will challenge you to stretch beyond your current middle school physical education ideologies and methods. It is practical for both veterans and new teachers. Don't your students deserve to be physically educated for life? It is time for you to Rev Up the Revolution!

Course Materials

Textbooks:

PE4life with Ken Reed. (2011), *Game Changer: Phil Lawler's Crusade to Help Children by Improving Physical Education*. Champagne, IL: Human Kinetics.

Mohnsen, Bonnie S. (2008), *Teaching Middle School Physical Education: A Standards-Based Approach for Grades 5-8 (3rd Edition)*. Champagne, IL: Human Kinetics.

Note: This textbook is an E-version. Access information will be sent to you by E-mail.

National Association for Sport and Physical Education. (2009), *Appropriate Instructional Practice Guidelines for Middle School Physical Education (3rd Edition)*. [Brochure] Reston, VA: NASPE Publications

Videos: The video presentations, listed individually in each module, are contained on the six DVDs included with this course.

Podcasts: The Podcast presentations, listed individually in each module, are contained on the CD labeled "Audio Disc" included with the course.

Goals and Objectives:

The goal of this course is for each class participant to acquire the knowledge, skills, and confidence needed to develop and effectively implement a quality middle school physical education program that contributes to the improved fitness, social behavior, and learning readiness of students.

The objectives of this course are that each class participant will:

- Determine why there is a need for change in physical education
- Identify the unique characteristics of middle schools (students, staff, structure, and programming)
- Recognize the critical role a quality PE learning environment plays in educating the whole child at the middle school level.

- Explain the importance of offering a variety of activities along with choices to their middle school students is key to a successful middle school physical education program
- Review the curriculum development process along with the components of effective unit plans and lesson plans.
- Examine several effective instructional strategies and apply some of the methods and management techniques in their own teaching situation
- Demonstrate that when quality assessments are utilized in an effective manner, they provide credibility to a PE program's learning environment.
- Express how the knowledge, skills, and confidence acquired in physical education by students is applied beyond the gymnasium walls to achieve the most benefits
- Indicate the role advocacy and professional development plays in advancing quality physical education.
- Design an action plan for implementing a Comprehensive School Physical Activity Program with quality PE as its foundation.

Replay Questions are the first series of questions in each module, and they are based on the readings, podcasts, and video presentations. In each module you will find listed the assigned readings, podcasts, and video presentations upon which these questions will be based. These questions will require you to demonstrate the knowledge gained through the readings, CD podcasts and DVDs.

Reflective Questions are the second series of questions in each module and are based on applying ideas to your specific teaching circumstances. These questions will require you to apply the knowledge obtained in each module to your personal experiences as a physical educator and to your planning for a successful program.

You are encouraged to follow this sequence in using course materials:

1. Read the instructions for each module in this Study Guide, noting the learning objectives and the related questions at the end of each module.

2. Complete the listed assignments in order, taking detailed notes on each audio and visual presentation, along with highlighting key concepts in the assigned readings.
3. Complete the corresponding assignments in the Study Guide.

Evaluation Criteria: Your coursework will be evaluated based on your ability to accurately reflect on the presentation of “Rev Up the Revolution: Your Middle School Physical Education Game Plan” and to apply those concepts to your specific needs and resources. Points are awarded based on your ability to:

- **Respond with insight, clarity and precision (cite specific text/video passages)**
- **Respond in relevant illustrative detail (include specific, observable examples)**
- **Write competently at the graduate level (word-processed, proofread document)**

The ten modules for “Rev Up the Revolution: Your Middle School Physical Education Game Plan” are worth a total of 575 points, based on your responses to the Replay and Reflective questions for each of the first nine modules along with the Final Project in Module 10.

Your final letter grade corresponds with the following percentages of total points earned:

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	59% and lower

Completion Procedures: The cover page, word-processed responses to the Replay and Reflective questions and the Final Project are the only portions of your coursework that you need to submit to Drake University for evaluation.

**The DVDs must be returned to: Drake Distance Learning Fulfillment
2730 Graham Street
Ames, IA 50010**

You are required to word process your coursework before it is submitted for final grading. The MS Word document “**Course Study Guide Answer Pages**” is provided for your convenience in word processing. It contains the cover page, answer pages for the assignment questions and the Final Project.

Make sure to keep a copy of the final file submitted as a backup. We are not responsible for materials that do not reach our office.

**No printed coursework will be accepted for any reason.
Your coursework must be submitted electronically.**

**PLEASE PROOFREAD ALL OF YOUR WORD-PROCESSED RESPONSES
CAREFULLY BEFORE SUBMITTING!**

Please follow the submission process outlined in the Drake Distance Learning Center information packet that you downloaded.

Course Evaluation: Please complete the online Course Evaluation after you have finished your coursework. The link is at the end of the MS Word document “**Course Study Guide Answer Pages.**” We value your input and will implement your suggestions in future offerings.

If you have any questions please call our office at 1-800-768-3224