**Auburn University**

**College of Education**

**Department of Kinesiology**

**SPRING 2010**

**Course Number:** KINE 4350 (001)

**Course Title:** Teaching for Lifetime Activity

**Credit Hours:** 3 (LEC) semester hours

**Class:** 9:00-9:50 MW

10:00-10:50 TR

**Class Details:** *Monday: Lecture*

*Tuesday: Elementary/Secondary applications*

*Wednesday: Cary Woods*

*Thursday: Review*

**Instructor:** Todd E. Layne

**Email:** [tlayne@auburn.edu](mailto:tlayne@auburn.edu)

**Office:** 2079 Coliseum (mailbox Coliseum 2050)

**Phone:** 334-844-1497

**Office Hours:** Monday 1-3

**Textbook:**

Physical Education for Lifelong Fitness: The Physical Best Teacher’s Guide.

**Assessment:**

Exams 30pts

Activity log 30

Teaching 15

Quizzes 15  
Reflections 10

Total 100pts

# Exam

-Students will complete a mid-term and final exam on all the content knowledge from the class text.

-The exam will mirror the Physical Best certification exam.

# Activity Log

# -For each activity completed during the semester, students will complete a 5 x 7 activity card. -All cards will be kept in an index card box.

*-*Card files will be submitted two times during the semester for grading.   
*-*Grading will be according to rubric.

# Teaching

-Each week, students will teach a lesson in a local school, using content learned in application classes earlier that week.

-Grading will be according to (i) professionalism, (ii) preparation, and (iii) delivery of your lesson.  
-Grading will be according to rubric.

***D. Quizzes***

-8 quizzes are scheduled covering course material. All questions will come from covered material in class.

-Other quizzes could be scheduled.

***E.******Reflections***

-Using blackboard (discussions), students will respond to questions asked by the instructor.

**Grading:**

A= 93-100pts

B=85-92

C=77-84

D=65-76

F=<65

**Schedule:** (Schedule subject to change)

Jan. 11 Course outline

12 Intro to Physical Best

13 Ch. 2-3

14 Ch. 5 Aerobic Fitness

18 *MLK Day -- no class*

19 Visit Cary Woods

20 Aerobic fitness - elementary applications

21 Teach Aerobic Fitness in class

25 Ch. 5 Aerobic Fitness/**Quiz 1**

26 PACER Test

27 Teach PACER Cary Woods

28 Aerobic Fitness-fitness games

Feb. 01 Pedometers

02 Pedometer Stations

03 Pedometer stations CW

04 Activities for Pedometers

08 Flexibility -- key principles

09 Aerobic Fitness Activities

10 Aerobic Fitness CW

11 Aerobic Fitness Activities

15 Flexibility – Part 2/**Quiz 2**

16 Flexibility – Yoga

17 Teach Flexibility CW- Yoga

18 Review Concepts

22 Muscular Fitness –Part 1/ **Quiz 3**

23 Muscular Strength Stations

24 Teach Muscular Strength CW - Stations

25 Review of Teaching/ **Activity Cards**

Mar. 01 Muscular Fitness – Part 2/**Quiz 4**

02 Muscular Fitness Activities - 21

03 Teach Muscular Endurance CW

04 Muscular Fitness – weight training lab 1  
 08 Muscular Fitness – Part 3/**Quiz 5**

09 Teach Weightlifting Lab

10 Review Concepts

11 No Class

22 Curr.Development for Health-Related Physical Fitness Education

23 Muscular endurance – Scooter Soccer

24 Teach Muscular Endurance CW

25 Muscular endurance-- Warm Ups

29 Curr.Development for Health-Related Physical Fitness Education/**Quiz 6**

30 Muscular endurance—4350 500

31 Teach Muscular endurance CW- Scooter Soccer

Apr. 01 Review Concepts

05 Body composition – Key principles/**Quiz 7**

06 Body composition – tests and measurement

07 Activities related to all health related areas

08 Review Concepts

12 Adventure education -- key principles

13 Adventure education – Cooperative Games

14 Adventure education – Cooperative Games

15 Review Concepts

19 Assessing Health Related Physical Fitness/**Quiz 8**

20 Adventure education – Cooperative Games

21 Teach Cooperative Games CW

22 Course review/**Activity Cards**

26 Final Test

**Attendance/Tardiness Policy:**

You should treat this class like a job (i.e., a job that you want to keep). Attendance in class and field experiences is mandatory. You are solely responsible for obtaining any work (including handouts, notes, discussion topics, etc…) missed in the event of an absence or tardiness. For each absence (class, field experience, scheduled meeting) beyond one, 5 points will be deducted from your final grade. Absences are ONLY EXCUSED IN SERIOUS EMERGENCIES as determined by the professor’s discretion. Also, you must call me if you will be late or absent. If I do not hear from you before class, I should certainly have an email or voicemail by the end of class time. APPOINTMENTS SHOULD BE SCHEDULED OUTSIDE OF CLASS TIME. It is essential in learning to teach that you make your ideas and feelings explicit through group experiences and discussions, as well as examine your ideas in relation to those of others.

**\*2 instances of tardiness = 1 unexcused absence ~ *Please Be On Time!***

**\*Students missing three or more classes during the semester will receive a grade of FA, unless their final score is less than a C, in which case they will receive an F.**

*Note: It is your responsibility to notify the professor immediately following class if you arrived late (recorded absences will not be altered at a later date).*

**Professionalism:**

It is your responsibility to be professional at all times when in class and out in the schools. You represent Auburn University and our program and we expect you to be a model of appropriate behavior. We expect that you will always comport yourself in class and in the schools in a manner befitting a professional teacher and an adult role model. Appropriate attitude and ethical behavior are expected (No whining, gossiping, or criticism of teachers, students, peers). Also, professionals maintain a characteristic level of professional discourse. This includes taking care that your words reflect objectivity, honesty, and the kind of nurturing expected of a teacher, regardless of your own prior experiences. Remember, you never know when you may be in contact with a prospective employer.

You are required to dress appropriately and in compliance with the standards in the schools. During lab experiences you may not wear jeans, cut-off shorts, t-shirts, sandals, boots, tank tops, or any article of clothing advertising bars or with writing that is inappropriate for children. NO HATS should be worn unless class convenes outside (this is also expected during our class meetings).

**Professional Behaviors Expected**

1. Participate enthusiastically.
2. Be prepared for classes and activities.
3. Be on time.
4. Dress professionally and appropriately for active participation. ***For this class, that includes a collared shirt and dress pants/shorts.*** Tee shirts are not acceptable.
   1. Inappropriate dress includes: Hats, trash t-shirts, tank tops, half shirts, cut-off shorts or shirts, sandals, boots, jeans, visible tattoos and piercings, jewelry.
5. Turn off cell phones and pagers before entering class.
6. Refrain from eating, drinking, and chewing gum or tobacco in class.
7. All students are expected to arrive to their schools at least 15 minutes before class time.
8. Students are expected to have their lesson work area set up before the children arrive.

**Other:**

***Accommodations:*** Students who need special accommodations in class, as provided for by the American Disabilities Act, should arrange a confidential meeting with the instructor during office hours the first week of classes - or as soon as possible if accommodations are needed immediately. You must bring a copy of your Accommodation Memo and an Instructor Verification Form to the meeting. If you do not have these forms but need accommodations, make an

appointment with the Program for Students with Disabilities, 1244 Haley Center, 844-2096.

***Honesty Code*:** The University Academic Honesty Code and the Tiger Cub Rules and Regulations pertaining to Cheating will apply to this class.

***Syllabus statement of understanding and commitment***

I (print name here)……………………………………………. do hereby acknowledge that I have read this paper syllabus and understand all that is expected of me in this course.

I also understand completely the assessment tasks, the grading policy and the attendance policy.

I understand that this course involves significant commitment to be able to fulfill the requirements of the course.

Signed ……………………………………………………Date………………………….