

# Minnesota State University Moorhead

## PE 362: Middle School Methods in Physical Education

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites:

PE 191 - Activities Course: Dance AND PE 192 - Activities Course: Gymnastics

Corequisites: None

MnTC Goals: None

Study, demonstration and exploration of methods and techniques of presenting sports, games, and movement skills to middle school students in grades 6-8. Curriculum design and development, as well as techniques for organizing groups will be included. The prerequisites can be waived with the consent of the instructor.

**B. COURSE EFFECTIVE DATES:** 05/05/2000 - Present

**C. OUTLINE OF MAJOR CONTENT AREAS**

#### **D. LEARNING OUTCOMES (General)**

1. Students will be able to cite the unique outcomes of a middle school physical education program.
2. Students will be able to cite effective ways to use facilities, equipment, create a safe environment, and organize the program.
3. Students will be able to describe the role of planning in preparing for quality instruction.
4. Students will be able to identify the essential elements of instruction as it relates to the middle school student and the learning environment.
5. Students will be able to list program objectives and recognize the distinct contributions of middle school physical education.
6. Students will know how to improve teaching effectiveness through planning, using time effectively, providing model demonstrations and explanations of games and skill, thus checking for understanding.
7. Students will know how to select instructional materials and know their use: task cards, worksheets, camcorders, software, technological devices, textbooks, simulations.
8. Students will know the different teaching styles and instructional strategies needed to meet different learner's needs.
9. Students will know the importance of continuing to grow as a professional.
10. Students will know the role of grading and assessment in the middle school physical education program.
11. Students will select an instructional unit, develop its standards, determine its place within the yearly plan, and write the lesson plans.
12. Students will understand and construct alternative assessment tools such as observations, written tests, logs and journals, rubrics, role-playing, and reports and projects in the physical education program.
13. Students will understand how to optimize skill learning: developmental patterns, feedback, practice sessions, and skill progression.
14. Students will understand the role of the physical education teacher in the middle school - the instructional setting and the extracurricular setting.

#### **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

#### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

#### **G. SPECIAL INFORMATION**

None noted