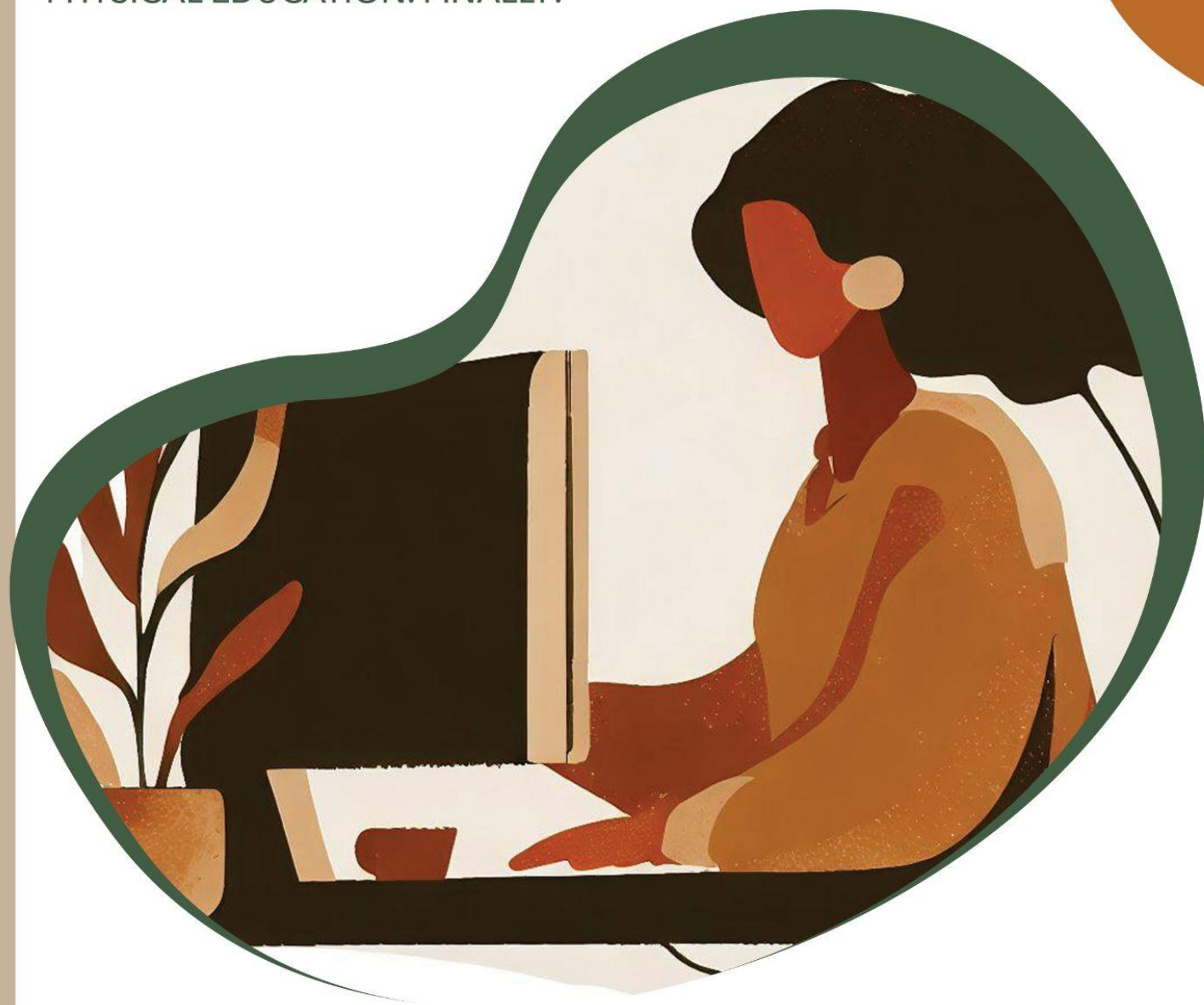# Course Syllabus

PUTTING THE TECHNOLOGY IN PHYSICAL EDUCATION. FINALLY!

Putting the Technology in Physical Education. Finally!
45 Hours or 3 Graduate Credits

Course Access: Upon enrollment, you have 180 days to complete your online course in our eClassroom. If you have any questions about course access, please email support@cecreditsonline.org, or call 425-788-7275 extension 104.

Course Description

The goal of this course is to provide participants with the necessary skill set to effectively implement available technological resources to enhance the holistic physical education experience. The course focuses on establishing an understanding of what it means to provide a holistic physical education experience through the use of technology. Participants will explore a variety of video-based, instrument-based, and smartphone-based resources and programs for students to utilize. Throughout the course, participants will also be asked to reflect on their prior experience and apply the concepts and skills they learn to improve current practices.

In the final project, participants will put the knowledge and skills gained throughout the course to use in order to create a holistic physical education student plan. The student plan will demonstrate the participant's knowledge of the various strategies and resources explored throughout the course in order to effectively address the topics included in a holistic physical education experience.

Objectives

As a result of this course, participants will:
- Examine the key components often overlooked for a complete physical education experience.
- Assess the impact of various resources: video, instrument, and smartphone based.
- Apply effective strategies for providing opportunities to experience the use of those resources.
- Explore a variety of applications that can help students monitor, plan and analyze their nutrition, sleeping, fitness levels.
- Create a plan for the effective implementation of various resources to provide a holistic experience for each and every student.

Alignment to the Charlotte Danielson Framework for Teaching

Primary Standards
Domain 1: Planning and Preparation
- 1b Demonstrating Knowledge of Students
- 1d Demonstrating Knowledge of Resources

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Domain 2: Classroom Environment
- 2b Establishing a Culture for Learning

Domain 3: Instruction
- 3c Engaging Students in Learning

Domain 4: Professional Responsibilities
- 4e Growing and Developing Professionally

Additional Standards

Domain 2: Classroom Environment
- 2a Creating an Environment of Respect and Rapport
- 2c Managing Classroom Procedures
- 2d Managing Student Behavior

Domain 3: Instruction
- 3e Demonstrating Flexibility and Responsiveness

Domain 4: Professional Responsibilities
- 4a Reflecting on Teaching
- 4c Communicating with Families

Course Components

This course is comprised of interactive presentations, videos, readings, discussion boards, authentic tasks, and a final project. All elements of the course must be completed in order to obtain a letter of completion and/or credits.

Course Outline

Module 1: Defining the Holistic Physical Education Experience
- Interactive Presentation: What Does "Holistic" Physical Education Include?
  - Discussion Board: A New Definition
- Interactive Presentation: Commonly Overlooked Factors
- Interactive Presentation: Assessing Risks and Benefits
  - Discussion Board: Calculating Student Benefit

Module 2: Holistic Physical Education and Technology
- Interactive Presentation: Connecting PE and Tech

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- Interactive Presentation: Technology as a Teacher and Student Aid
  - Discussion Board: Technology as an Aid?
- Interactive Presentation: From Social Distraction to Effective Implementation
  - Discussion Board: User Habits: From Social to Productive
- Authentic Task #1: Needs Index

Module 3: Instruments of Change

- Interactive Presentation: GPS, Heart Rate Monitors, and Pedometers
  - Discussion Board: Potential Benefits and Barriers
- Interactive Presentation: Impact on Students
- Interactive Presentation: Impact on Families and the Community
  - Discussion Board: Heart Rate Monitor Data

Module 4: Incorporating Video

- Interactive Presentation: The Role of Video in Holistic Physical Education
  - Discussion Board: Video Scenarios
- Interactive Presentation: Strategies for Video Selection and Implementation
- Interactive Presentation: The Individual and Whole Classroom Approaches
  - Discussion Board: Individualized Learning Experiences

Module 5: Using Apps

- Interactive Presentation: Introduction to Apps
  - Discussion Board: Popular Apps
- Interactive Presentation: Fitness and Nutrition Apps
- Interactive Presentation: Skill Training Apps
  - Discussion Board: App Implementation
- Authentic Task #2: Application Library

Module 6: Weaving it Together

- Interactive Presentation: Technology and Your Physical Education Students
- Interactive Presentation: Planning and Challenges
  - Discussion Board: Current Strategies and Implementation
- Interactive Presentation: Towards the Future
  - Discussion Board: To Ignore or Embrace?

Final Project: Implementation Plan

Participants will create a holistic technology implementation unit plan. Based on benefits, goals, self-discipline to avoid social media and focus on the resource, time-allotment, working through common school filters and other challenges. The project concludes with an analysis of the overall plan and a general reflection on how best to address the needs of common themes that can benefit from the apps and other resources discussed throughout the course.

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Grading Policy

100%-90% = A
89%-80% = B
79% and below is Not Passing

Course Component	Percentage of Final Grade
Authentic Tasks (2)	40%
Discussion Boards (12)	25%
Final Project	35%

You must have an 80% average in order to pass and obtain University credit for this course unless your district has specified otherwise.

Compliance with and Commitment to the American Disabilities Act

In compliance with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act, participants who have any condition, either permanent or temporary, which might affect their ability to complete this course, are encouraged to reach out to support@cecreditsonline.org at the beginning of the course. We will make reasonable academic and accessibility accommodations to the course.

Academic Integrity Policy

Honesty is an essential aspect of academic integrity. Individual students are responsible for doing their own work and submitting original assignments as per the course directions. Individual students are responsible for doing their own work. Plagiarism and cheating of any kind will not be tolerated. This includes using information from the Internet without citing the website. Avoid plagiarism by appropriately acknowledging the source of the author's words and ideas.

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