

P.E. For The Classroom Teacher

KIN 4101 – Spring 2026

Class Meeting Place and Time: Tuesdays 5:30 pm-8:50 pm; Memorial Gym Room 120 and Blackboard

Lecturer: Ms. Aliseana A. Lopez

Email: aalopez55@utep.edu (Best method of contact)

Biography: Ms. Lopez was born in San Antonio, Texas, and educated in El Paso, Texas. She earned her Bachelor of Science in Kinesiology with a concentration in All-Level Physical Education, as well as her Master of Education in Educational Administration with a concentration in Higher Education Leadership from the University of Texas at El Paso. Ms. Lopez has five years of experience tutoring and substitute teaching and is currently a fifth-grade teacher at St. Mark's School. She also serves as an adjunct faculty member in the Kinesiology Department at UTEP.

COURSE DESCRIPTION:

The course will develop the principles and practices of teaching physical education in elementary school. Upon completion of this course, students will have the confidence and knowledge to teach groups of school-aged children various movement skills that they can build upon throughout their school years and beyond.

COURSE OBJECTIVES:

The student will be able to:

- Explain the value of a Physical Education program in a school setting.
- Use a school district curriculum guide to develop a physical education program.
- Understand motor development and motor learning concepts as they apply to P.E.
- Implement different teaching strategies and techniques when teaching movement and health.
- Develop lesson plans for teaching subject content and develop a variety of effective teaching skills.
- Actively promote healthy lifestyles.
- Use motivating techniques to maximize participation and encourage students to be physically creative and active.
- Ensure students work in a physically safe environment and discuss injury prevention and first aid.
- Adapt teaching strategies to ensure students with special needs can participate to the best of their abilities.

- Understand and apply the concepts involved in motivating students to be physically active.
- Identify and discuss equity issues relevant to the movement setting.
- Identify fitness concepts and activities appropriate for K-6 students.
- Organize activities so you, as a teacher, can provide feedback on performances to guide students.
- Show knowledge and ability to implement different teaching strategies and techniques when teaching movement and health.
- Understand how to organize activities, provide feedback on skill performance, and help students choose responsible behavior when teaching movement skills.
- Discuss the benefits of recess to the elementary school student, and construct quality recess time for the children

TEXTS & RESOURCES:

There is no specific text for the class; however, these are useful resources and guides:

“Elementary Classroom Teachers as Movement Educators,” 4th edition by Kovar, Combs, Campbell, Napper-Owen & Worrell. Publ. by McGraw-Hill. 2012

“Teaching Elementary Physical Education – Strategies for the Classroom Teacher.” Hastie, Peter A., Martin, Ellen H (2006). San Francisco, CA: Pearson/B. Cummings.

WEBSITES:

www.pcentral.org

www.peuniverse.com

www.shapeamerica.org

www.thepespecialist.com

www.openphysed.org

www.kidshealth.org

YouTube, TikTok, Instagram, X, and Pinterest have great ideas too.

IMPORTANT DATES:

January 20th Spring Classes Begin

February 4th Census Day

March 10th Midterm Exam

March 16-20th Spring Break

April 2nd Drop Deadline

May 12th Final Exam

PHONES:

Please be courteous and refrain from texting or using your phone during class

meeting times. **Emergencies:** Please notify me before the start of class if you may have a potential emergency and need to keep your phone on.

ATTENDANCE/PARTICIPATION POLICY: ATTENDANCE IS MANDATORY

Students are required to attend and participate in the physical education course(s) for which they are registered. In addition, students must complete all course requirements (any assignments, mid-term, and final exam). **Any student who misses more than 1 class session throughout the course, other than those absences officially excused by the University, will have his/her attendance/participation grade lowered one letter grade for each additional absence. If a student misses 2 classes without prior notice, I will attempt to contact you. If there is no communication or absences are not excusable, you will be dropped from class if it is before the drop date or given an F after the drop date.** Students will be expected to be on time for class. Excessive tardiness will negatively impact your grade, as this goes towards your professionalism/attendance. There are no make-up classes or make-up assignments. (You need to be present in the gym to be able to fully participate.) Participation includes being on time, cooperating with other students and the instructor, and exhibiting appropriate behavior. When we are in the gym, please ensure you wear comfortable clothing and tennis shoes, as you will be moving around the gym.

ACCOMMODATIONS:

If you have a disability and need classroom accommodations, please contact The Center for Accommodations and Support Services (CASS) at 915.747.5148, or by email to cass@utep.edu, or visit their office located in UTEP Union East, Room 106. For additional information, please visit the CASS website at www.sa.utep.edu/cass. CASS Staff are the only individuals who can validate and, if need be, authorize accommodations for students with disabilities.

COVID-19 PRECAUTIONS:

Please stay home if you have been diagnosed with COVID-19 or are experiencing COVID-19 symptoms. If you are feeling unwell, please let me know as soon as possible, so that we can work on appropriate accommodations. If you have tested positive for COVID-19, you are encouraged to report your results to covidaction@utep.edu, so that the Dean of Students Office can provide you with support and help with communication with your professors. The Student Health Center is equipped to provide COVID-19 testing.

The Center for Disease Control and Prevention recommends that people in areas of substantial or high COVID-19 transmission wear face masks when indoors in groups of people. For more information about the current rates, testing, and vaccinations, please visit epstrong.org

SCHOLASTIC HONESTY AND DISCIPLINE:

Students are encouraged to study together and to share their knowledge freely during the learning process, as well as cooperate to the best of their ability on group projects. However, during exams and quizzes, no assistance from other students or outside sources is allowed (materials such

as books and notes may not be used unless otherwise indicated by the instructor). Students should handle their answer sheets discreetly by keeping them out of easy view of others. Students may discuss individual written assignments (i.e., lab reports, article reviews, etc.) , but these assignments must be the student's own work. "Scholastic dishonesty--which includes the attempt of any student to present the work of another as his or her own, or any work which s(he) has not honestly performed, or attempting to pass any examination by improper means--is a serious offense and will subject the student to disciplinary action. The aiding and abetting of a student in any dishonesty is held to be an equally serious offense. All alleged acts of scholastic dishonesty will be reported to the Dean of Students for disposition. It is the Dean of Students' responsibility to investigate each allegation, dismiss the allegation, or proceed with disciplinary action in a manner that provides the accused student his or her rights of due process.

ARTIFICIAL INTELLIGENCE POLICY:

Each course has its own policy on the use of Artificial Intelligence (AI). For this course, students should follow the University's guidelines on Artificial Intelligence. The clear and established use of AI is allowed, as navigation of technology is an important part of education.

Allotted Use Artificial Intelligence (AI) for KIN 4101:

- You may use AI tools only with prior instructor approval. If approved, include a brief note in your submission describing how you used the tool and cite the tool properly. Any uncredited AI-generated content will be treated as plagiarism and referred to the Office of Community Standards.
- You may use AI tools to brainstorm ideas or plan your approach. However, your final work must reflect your own reasoning and analysis. AI-generated ideas are not your own and must be cited directly. Any uncredited AI-generated content will be treated as plagiarism and referred to the Office of Community Standards.

It is important to use AI as a tool, not to shortcut your learning. Follow the guidelines for each assignment. Be critical of the information provided by AI, always fact-check, and apply your own critical thinking. **Reflection assignments should be based on the student's own knowledge and critical thinking.**

GRADING:

Attendance/Professionalism: 125 points maximum (100 points for attendance
*7 points per class session, 25 points for professionalism)

Assignments: 350 points maximum (10 Assignments, 35 points per assignment)

Midterm Exam 70 points maximum

Final Exam 75 points maximum

Grading Scale

A= 558-620 points B= 496-557 points C = 434-495 points D = 372-433 points
F= 371 points or below

WHAT TO EXPECT:

The class will be split into two parts. The first part will be a combination of discussion and lecture, and the second part will include various activities. It is a Physical Education class, so full participation on your part is expected.

Assignments will be due either in class or online via Blackboard, depending on the assignment's nature. Specific due dates will be discussed in class on the first day and posted on Blackboard. LATE WORK WILL NOT BE ACCEPTED

TOPICS THAT WILL BE COVERED:

1. Overview And Introduction To The Course
2. Motor Development In Children
3. Understanding The Need For PE In Schools
4. Senate Bill 19
5. CATCH Curriculum
6. P.E. Curriculum – Standards And Benchmarks
7. Management, Organization, And Discipline
8. Students With Special Needs
9. Safety And Supervision
10. Leadership And Competition
11. Music And PE
12. Diet And Exercise
13. Testing
14. Incorporating Different Subjects Into PE Class