

SIMON FRASER UNIVERSITY

S. 83-6

MEMORANDUM

To..... SENATE

From..... SENATE COMMITTEE ON UNDERGRADUATE STUDIES

Subject..... FACULTY OF EDUCATION - PROPOSED NEW
COURSE EDUC 457-4

Date..... DECEMBER 9, 1982

Action undertaken by the Senate Committee on Undergraduate Studies at its meeting of November 30, 1982 gives rise to the following motion:-

MOTION:

"That Senate approve and recommend approval to the Board of Governors, as set forth in S.83- 6 , the proposed

New course EDUC 457-4 - Teaching Active Health."

EDUCATION 457

Teaching Active Health

Preamble

The Active Health Program has become a highly successful approach to teaching human biological concepts to elementary and secondary school children. There are established curricula including grade level content, teaching strategies and evaluative instruments. Further, this is an interdisciplinary program in that it is taught within the Science, Health and Physical Education curricula.

Preliminary surveys indicate a strong professional interest in this course. Education 487 is an attempt by Drs. Kirchner and Stirling to meet this need.

Comment

Following the initial presentation to the Undergraduate Committee, the course outline was reviewed by Dr. Dickinson for possible overlap with their courses. We have subsequently changed the calendar description and the course outline to accommodate Dr. Dickinson's concerns.

NEW COURSE PROPOSAL FORM1. Calendar InformationDepartment: EducationAbbreviation Code: EDUC Course Number: 457 Credit Hours: 4 Vector: 2-0-2

Title of Course: Teaching Active Health

Calendar Description of Course: The Active Health Program that is currently taught the public schools of British Columbia is an interdisciplinary approach to teaching human biological concepts, nutrition and health maintenance. This course will cover basic content areas of this curriculum and illustrate how the various topics can be taught in subject areas such as science, health and physical education.

Nature of Course:

(See attached course outline)

Prerequisites (or special instructions):

KIN. 375-3 or the permission of the department.

What course (Courses), if any, is being dropped from the calendar if this course is approved:

None

2. Scheduling

How frequently will the course be offered?

Once or twice per year

Semester in which the course will first be offered?

Spring, 1984

3. Goals of the Course: To assist teachers of elementary and secondary school children to acquire the knowledge and skill to teach the Active Health Program through an interdisciplinary approach.
4. Budgetary and Space Requirements (for information only)

What additional resources will be required in the following areas: (see the accompanying explanation)

Faculty: None

Staff: None

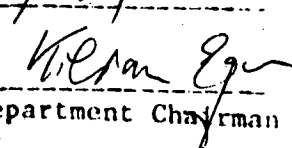
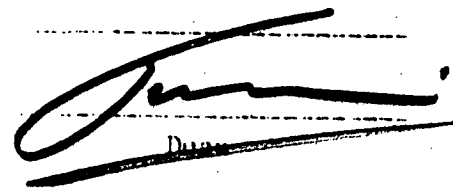
Library: \$ 200.00 to \$ 400.00

Audio Visual: \$ 1,000.00

Space: None

Equipment: \$ 5,000.00

5. Approval

Date: 5/Nov/82
Department Chairman
Chairman, SCUS

Chairman, SCUS

Education 457

Teaching Active Health

I. Course Outline

1. Structure of the Active Health Program

- (a) Meaning and emphasis of "Active Health"
- (b) Subject area responsibility
- (c) Objectives of this course.

2. Unit One: Heart and Circulatory System

- (a) Content of unit
- (b) Subject and grade level placement
- (c) Written and audio-visual resources
- (d) Teaching strategies

3. Unit Two: Nutrition

- (a) Content of unit
- (b) Subject and grade level placement
- (c) Written and audiovisual resources
- (d) Teaching strategies

4. Unit Three: Lung

- (a) Content of unit
- (b) Subject and grade level placement
- (c) Written and audiovisual resources
- (d) Teaching strategies

5. Unit Four: Physical Fitness and Motor Development

- (a) Content of unit
- (b) Subject and grade level placement
- (c) Written and audiovisual resources
- (d) Teaching strategies

II. Indicative Sources

Books

American Heart Association, Heartbook, N.Y. E. P. Dutton, 1980.

Briggs, G. M., Cain, D. H., Galloway, Rogast's Nutrition and Physical Fitness, Philadelphia, W. B. Saunders, 1979.

Corbin, B., and Lindsay, D., Fitness for Life, Scott and Foresman, 1979.

Cyton, A. Function of the human body, Philadelphia, W. B. Saunders, 1974.

Kunt, Leman, C. T., Fitness Discovery Activities, Springfield, Wyman Press, 1977.

MacDonald, et al, How The Body Works, M. London, Cavendish Book Co., 1979.

Journals

Health Education

Nutrition Today

J. HPER

AAHRERD

CAHPERD

School Issued Texts

Health for All, Books, 5 and 8

The Human Body

Exploring Science

Exploring Living Things

Curriculum Materials

1. Coquitlam Materials
2. Heart Unit - Teacher Manual
3. Enrichment Unit
4. Heart Unit - Student Manual
5. Nutrition Units K, 1, 2, 3, 4, 5, 6 + 7
6. Lung Unit
7. Fitness and Motor Development Unit
8. North Vancouver Secondary Active Health Guide
9. Washington State Active Health Guide

Audio-Visual Materials

Video disc - "How Your Heart and Circulatory System Works" (S.F.U.)

- Films
- "How Your Heart and Circulatory System Works", 16 mm, color, 19 min.
 - "Work of the Heart", 16 mm, color, 28 min.
 - "Man the Incredible Machine" 16 mm, color, 28 min.
 - "Our Wonderful Body: Heart and its Works"
 - "Eat to Your Heart's Content" 16 mm, color, 12 min.
 - "Man War Made to Move" 16 mm, color, 5 min.
 - "Physical Fitness - The New Perspective" 16 mm, color, 10 min.
 - "A New Breath of Life" 16 mm, color, 24 min.

Commercial/Non Profit Sources
OF FREE AND INEXPENSIVE MATERIALS

Examples: -B.C. Heart Foundation
 -Dairyland

III. Typical Course Requirements

1. Required reading of at least two texts, such as:
 McDonald et al, How the Body Works
 Corbin and Lindsay, Fitness for Life
2. Examination and criticism of available curriculum materials and audio visual aids.
3. Designing active health units for specified grades. This assignment may involve separate units taught in science or physical education or integrated units taught in two or more subject areas.
4. Mid-term and final written examinations.

SIMON FRASER UNIVERSITY

MEMORANDUM

Dr. K. Egan
Acting Dean Education
Education 4XX-4 Teaching
Active Health

From..... J. Dickinson
..... Chairman Kinesiology
Date..... 13 October 1982

The content area in this proposed course overlaps considerably with material taught in Kinesiology. Specifically course outline sections 2 and 4 are taught in Kinesiology 100-3, section 3 is taught in Kinesiology 110-3 and section in Kinesiology 375-3. One of the texts (Guyton, Function of the human body) was used as a text for Kin 100-3.

I understand from Dr. G. Kirchner that the emphasis in this course is on the teaching of these areas to children and the means by which this may be best accomplished. In this event I have no difficulty in accepting that the overlap is justifiable. I would suggest, however, that this aspect of the course be made explicit in the course outline.

J. Dickinson
J. Dickinson

N.B. Written before the revision
which adds pedagogical content
and reduces physiology

SIMON FRASER UNIVERSITY LIBRARY COLLECTION EVALUATION

(To be completed only for new course proposals; not needed for re-numbering)

Course number and name TEACHING ACTIVE HEALTH -- EDUC. 457-4

1. Evaluation of current library collection (indicate method used, as applicable):

The library collection is modest, particularly when directed toward the teaching aspect of human biological concepts to elementary and secondary children. Consultation with the Science Librarian assures me that the overall collection in scientific and general health materials is good.

2. Recommended additions to collection (monographs, serials, other); attach supplementary lists as necessary: .

The bibliographics attached were checked and showed that the library held only one of four titles prescribed, however, there were titles of similar nature and in most cases, by the same authors. Checking sources showed also, that many comparable titles were still in print and available as of November 1982. These findings apply both to monographs and serials.

3. Estimated costs:

A. Initial costs

monographs	\$ 500.00
serials	150.00
Audio visual	1,000.00
Total	1,650.00

B. Continuing costs

monographs	--
serials	150.00
Total	\$ 1,800.00

4. Special budget and scheduling factors (include special processing, equipment, and servicing costs):

5. Other pertinent details:

The course proposal suggests the course be taught in spring 1984. This lead time will be necessary to adjust our budgeting.

Gail Peck
For LibraryDate: 1/18/82

For Faculty Department

Date: _____

SIMON FRASER UNIVERSITY

MEMORANDUM

To.....Stan Kanehara.....
Administrative Assistant
.....to the Dean.....
Faculty of Education
Subject.....NEW COURSE PROPOSALS.....
EDUC 457-4, TEACHING ACTIVE

From.....Janet Blanchet..Secretary..
Faculty of Interdisciplinary
.....Studies Undergraduate Curricula
Committee
Date.....November 24, 1982.....

HEALTH
EDUC 458-4, INTEGRATING PHYSICAL EDUCATION
WITH OTHER SUBJECTS

In response to your memorandum of November 9th, I am writing to inform you that the above-noted courses were forwarded to the Department of Kinesiology for consideration. The recommendation of that Department is that the following course be prerequisite to EDUC 457-4 and EDUC 458-4:

KIN. 375-3, Physiological and Developmental Basis of Motor Performance.

Janet Blanchet

JB/rj

cc: Mr. H.M. Evans, ✓
Registrar

Dr. K. Egan,
Director of Undergraduate Programs,
Faculty of Education.

RECEIVED

NOV 25 1982

**REGISTRAR'S OFFICE
MAIL DESK**