



CSU-P Masters in Physical Education & Health Course Sequence & Descriptions

13 courses, 38 credits

Pedagogy Courses Taken With MTI

ED501-535- Differentiation in the Classroom: Helping All Students Find Success

The purpose of this class is to develop strategies that can help all students reach their potential. The course will specify what differentiation is, how to incorporate it into the curriculum, and how it can be applied to the classroom. The class will examine the areas of the classroom and instruction that can be differentiated and how the teacher can use a variety of strategies to modify their teaching. The text will present real-life examples of differentiated lesson plans, and teachers will work to create their own activities and strategies to help differentiate their own classrooms. Last, we will examine how a teacher can make sure that they are ready to get started and the steps to make sure that they follow through with differentiating the classroom.

ED501-542- 21st Century Digital Fluencies for Literacy

The 21st Century Digital Fluencies for Literacy will provide teachers and administrators the strategies, knowledge and skills that students must master to succeed in a culture of technology-driven automation, abundance, and access to global labor markets. To achieve this, the course and content will draw upon the course textbook, "Literacy is NOT Enough: 21st Century Fluencies for the Digital Age," by Lee Crockett, Ian Jukes, and Andrew Churches. If students are to thrive in their academic and 21st century careers, then independent and creative thinking hold the highest currency. The authors explain in detail how to add these new components of literacy:

- Solution Fluency
- Information Fluency
- Media Fluency
- Creativity Fluency
- Collaboration Fluency

The authors present an effective framework for upgrading literacy instruction for digital learners by integrating comprehensive literacy or fluency into the traditional curriculum.

ED501-575-Unlocking Students Potential with Technology

This course is designed to provide the learner with tools and strategies to teach effectively with technology. Technology itself is not a curriculum, but rather a way of organizing, delivering and receiving instruction. The course takes an experiential approach to explaining why the strategies and techniques work. This is a great course for beginners all the way to advanced technology users. The course is also great for teachers wanting to incorporate technology more effectively in their classroom/school.

This is a CSU-P Core 8-week online course

ED502- Teacher as Change Agent

Introduces strategies for professional growth including interpretation of research and professional collaboration.
Prerequisite: admission to M.Ed. Program.

Elective Courses Taken With MTI

ED501-MTI 551 PH: Teen Mental Health in an Online World

This course is designed to examine the complicated relationship between teen mental health and their online world. The notion that the internet only creates problems and issues for teenagers is challenged. An exploration of ideas to assist children in enhancing the positives of the internet as well as mitigating the negatives of the internet takes place throughout the textbook.

ED501-MTI 578 PH: Teaching Personal and Social Responsibility to Students through Physical Education

This course will help educators use sport and fitness to develop responsibility in students. Educators enrolled in this course will examine practical ways to teach personal and social responsibility to students through Physical Education. Educators will be provided a description of activities that teach personal and social responsibility to students, leading them through skill development, and handing over responsibility to the students. The activities provided in this course can be applied into any Physical Education lesson.

ED501- MTI-580 PH: Physical Education Curriculum: Lessons that Meet National Standards for K-12

Educators enrolled in this course will examine the content knowledge and skills students should be expected to learn in physical education with the goal of physical literacy in mind. This course will provide educators with tools used in designing units, planning lessons, creating practice tasks, and assessing student progress. The course will give educators the resources necessary to develop a curriculum that meets National Standards and grade-level outcomes for K-12 in physical education.

This is a CSU-P Core 8-week online course

ED503- Teacher as Researcher

Develops skills at conducting and applying action research strategies to improve teaching and learning.
Prerequisite: ED 502.

Elective Courses Taken With MTI

ED501-MTI 585 PH: Developing Physical Education Content and Instruction: Engaging Students of all Ability Levels

This course will provide educators with the knowledge to create task progressions; organize tasks; adapt tasks; develop block and lesson plans. Educators will apply the knowledge gained from this course to engage students of all ability levels in skillful play. The course will provide educators the framework to incorporate ready-to-use instructional tasks, warm-ups, content maps, block plans and lesson plans into their own Physical Education curriculum.

ED501-MTI MTI 598 PH: Maximizing Physical Education: Change, Challenge, Choice

This course will help you get participants enthused about physical activity by giving them a feeling of ownership. The course material guides you in designing activities and games through which you can meet your objectives while engaging all the participants in your class or group. You will learn ways to create healthy learning climates where everyone feels safe, capable, successful, motivated, and connected to others, and where they have a sense of ownership in the activities. First, participants choose from challenges that you offer them, which allow them some self-directed behavior. Second, at a more advanced level, participants can choose among options they generate themselves, imparting a greater sense of autonomy--and with it, a willingness to participate in a more personal and appropriate manner. These choices result in changes--changes to games and activities and changes in the ways participants view being physically active. Kids will no longer fear being embarrassed in front of their peers; instead, they will welcome the challenges of a safe and fun learning environment and become more fully engaged.

ED501-MTI MTI 550 PH: Lesson Planning for Skills-Based Health Education

This course is designed to walk health educators through the process of implementing or improving upon a skills-based health education curriculum. The rationale for a skills-based curriculum is first explained and explored. Then each of the National Health Education Standards is visited in-depth including objectives, performance-based assessments, lesson plans, activities, and modifications.

This is a CSU-P Core 8-week online course

ED504- Leading Change in America's Schools

Teachers will build their skills in learning how to effectively lead and be proactive in school change.
Prerequisite: ED 502.

This is a CSU-P Core 8-week online course and must be taken as the last of the 13 courses

ED593-Capstone/Seminar -2 credits

The **Capstone Seminar** is designed to integrate and synthesize the student's entire course of study. ... The project will enable students to demonstrate their: Knowledge of theory, research, and practice in Special Education, Teacher Leadership and School Change.