



PET 4442

Instructional Design & Content: Physical Education

Secondary

83273 001

Fall 2026

Instructor Name

Sara Flory

University Course Description

The purpose of the course is to provide the student with the knowledge and skills necessary to plan and instruct in a high school Physical Education program which conforms to National and State of Florida content standards and guidelines. This course also includes an element of service-learning, where students will participate in an organized service activity that meets the needs of a community partner, allows students to reflect, and gain further understanding of course content.

Course Requisites

Prerequisite(s):

Corequisite(s):

Course Format

This course will meet in person with some virtual meetings as needed.

Student Learning Outcomes

- Understand the contributions of selected activities to the overall goals of Physical Education. (AP 7, 8; CF 2, 6; NASPE 2, 3, 4, 6; FSM 2, 4, 7, 8)
- Analyze a variety of skills relative to developmental patterns and efficient mechanics. (AP 7; CF 2, 6; NASPE 1, 2, 6; FSM 2, 4, 7, 8)
- Design learning experiences for teaching sports, games and fitness activities appropriate for High School students (AP 9, 10; CF 6; NASPE 4, 6; FSM 3, 9, 10)
- Develop a variety of methods for organizing students for learning. (AP 9, 10; CF 6; NASPE 4, 6; FSM 3, 9)
- Apply methods for motivating students in Physical Education. (AP 9; CF 6; NASPE 4, 6; FSM 3, 9)
- Explain the contributions of physical activity to healthful living and wellness (AP 8; CF 2; NASPE 1; FSM 2, 4)
- Design and use strategies to promote mutual respect, support and cooperative participation. (NCATE 3, 10; AP 5, 9; FSM 7; CF 1, 5)
- Participate in a service-learning project related to physical education. (NASPE 8, 10; AP 5, 11; FSM 1; CF 1, 4)

Course Objectives

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Required Texts and/or Readings and Course Materials

Siedentop, D., Hastie, P.A., & van der Mars, H. (2020). *Complete guide to sport Education: 3rd edition*. Champaign, IL: Human Kinetics.

McHenry, P. & Nitka, M. (eds). (2022). *NSCA's Guide to High School Strength & Conditioning*.
Champaign, IL: Human Kinetics.

Other readings will be provided on Canvas.

How to Succeed in this Course

To succeed in this course, you will need to come to all classes with an open mind, and commit to reading the texts assigned so that you can engage in class activities and discussion. You will also need to allow enough time to engage in assignments outside of class, and manage your time wisely!

Grading Scale

Grading Scale	Grading Scale	Grading Scale
A+ = 97.5 – 100%	A = 93.5 – 97.49%	A- = 90 – 93.49%
B+ = 87.5 – 89.99%	B = 83.5 – 87.49%	B- = 80 – 83.49%
C+ = 77.5 – 79.99%	C = 73.5 – 77.49%	C- = 70 – 73.49%
D+ = 67.5 – 69.99%	D = 63.5 – 67.49%	D- = 60 – 63.49%

Grade Categories and Weights

Evaluation	Value	Standards Met
Sport Education Content: Ref Reps completion (50) Participation in Season (25) Unit Plan Documents (75)	150	AP 7, 8, 9, 10; CF 2, 6; NASPE 1, 2, 4, 6; FSM 2, 3, 4, 7, 8, 9, 10
Weight Training Content: Observations, Quizzes, Peer Teaching, & Block Plan	100	AP 8, 9, 10; CF 2, 6; NASPE 1, 4, 6; FSM 2, 3, 4, 9, 10
Reflective Responses (5 @ 10 pts each)	50	AP 7, 8; CF 2, 6; NASPE 2, 3, 4, 6; FSM 2, 4, 7, 8
Professional Development Plan^	50	AP 7, 8; CF 2, 6; NASPE 2, 3, 4, 6; FSM 2, 4, 7, 8
Service-Learning Projects (optional)*	GCP	AP 7, 8; CF 2, 6; NASPE 2, 3, 4, 6; FSM 2, 4, 7, 8
Participation & Professionalism	50	NCATE 3, 10; AP 5, 9; FSM 7; CF 1, 5
Total	400	

Instructor Feedback Policy & Grade Dissemination

All feedback will be given via Canvas. All assignments will be graded within approximately 1 week of the due date.

Major Topics and Course Schedule

Tentative Course Schedule:

Week	Topic/Readings	Assignments Given	Assignments Due
1	Syllabus & Course Overview Classroom Management Discussion	RR Assignments PDP Assignment	Initial PDP RR 1
2	Introduction to RefReps Introduction to Sport Education Model	Ref Reps set up WT Observations	
3	RefReps content Sport Education readings	Ref Reps Modules	RR 2
4	Ref Reps content Sport Education readings	Ref Reps Modules Sport Education Unit Season Documents	
5	Sport Education Season (M/W)		RR 3
6	Sport Education Season (M/W)		Sport Ed Seas Docs
7	Sport Education Season (M/W)		
8	Sport Education Season Intro to Weight Training (W)	NSCA Ch 1-3 WT Peer Teaching WT Block Plan	WT Quiz 1
9	Sport Education Season Weight Training (W)	NSCA Ch 4-6	RR 4
10	Sport Education Season Weight Training (W)	NSCA Ch 7-9	WT Quiz 2
11	Sport Education Season Weight Training (W)	NSCA Ch 10-11	WT Peer Teach
12	Sport Education Season (M/W)		WT Block Plan
13	Sport Education Season (M/W)		Sport Ed Block
14	Sport Education Season (M/W)		RR 5
15	Course Wrap Up		

USF Core Syllabus Policies

USF has a set of central policies related to student recording class sessions, academic integrity and grievances, student accessibility services, academic disruption, religious observances, academic continuity, food insecurity, pregnancy and related conditions,

and sexual harassment that **apply to all courses at USF**. Be sure to review these online:

<https://www.usf.edu/provost/faculty-success/resources-policies-forms/core-syllabus-policy-statements.aspx>

Student Recordings

Florida Statute 1004.097 Free Expression on Campus

Students may, without prior notice, record video or audio of a class lecture for a class in which the student is enrolled for their own personal, educational use (USF Policy 10-048). A class lecture is defined as a formal or methodical oral presentation as part of a university course intended to present information or teach enrolled students about a particular subject. Recording class activities other than class lectures, including but not limited to lab sessions, student presentations (whether individually or part of a group), class discussion, clinical presentations such as patient history, academic exercises involving student participation, test or examination administrations, field trips, private conversations between students in the class or between a student and the faculty member is prohibited. Recordings may not be used as a substitute for class participation and class attendance and may not be published or shared without the written consent of the faculty member. Failure to adhere to these requirements may constitute a violation of the USF Student Conduct Code.

Course Policies: Grades

USF PETE Program Policies

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- All assignments must be submitted by the due date. Late work for any reason will be penalized by 10% each day it is late. Assignments will not be accepted more than one week past the original due date.
- Students must complete ALL assignments to pass the course.
- All assignments are to be word-processed. No hand-written work will be accepted (except work completed in class).
- Attendance is mandatory. Promptness, preparation for, and active participation in class is expected. There are many legitimate reasons for absences and tardies, (emergencies, sickness, etc.), however, your attendance in class is mandatory. Please review the following policies regarding absences and tardies.

- Each absence will lower your Professionalism grade by 10%. However, **STUDENTS SHOULD NOT COME TO CLASS SICK!** If students are sick, they should inform the instructor prior to the missed class. Absence due to illness will be evaluated on a case-by-case basis. Prior notification and followed up by a doctors note will suffice.
- If a student must miss class due to a **university-sanctioned** event (athletic event, field trip for another class, etc.), or **religious observance**, written notice must be provided to the instructor PRIOR TO the absence. Students are responsible for all class material when absent--regardless of the reason for the absence
- Arriving late (tardy) or leaving early (for any reason) will lower your Professionalism grade by 5%. Tardies or early departures over 30 minutes are considered an absence (10%).
- Lack of professionalism in class (lack of participation or preparation, checking email, texting, searching the internet, taking phone calls, phone ringing, etc.) will lower your Professionalism grade by 5% for each instance.
- Missing 3 or more classes will result in you needing to repeat the course.
- Although your Professionalism grade is only a percentage of your overall grade, you must earn at least 25% of your professionalism points to pass the course.

Students are expected to follow all guidelines provided in the School's *Student Handbook on Professional Behavior and Ethical Conduct*. Also, in accordance with University guidelines, academic misconduct will not be accepted. Information regarding what constitutes academic misconduct is available in the *University Student Handbook*, along with guidelines for due process if you need to respond to academic misconduct charges.

1. As an undergraduate student, it is expected that you are dedicated to your own professional development and, as such, you will maintain a high standard of integrity and personal responsibility.
2. Professional attire is expected. Most class sessions will involve physical activity. Please dress in comfortable clothing that permits movement including athletic-style shoes. Hats, jog bras without a cover shirt, cut-off shirts, flip flops, and articles of clothing that do not exemplify professionalism are not permitted. If you are not dressed appropriately, you will lose **3 points off of your course grade for each occurrence**.
3. Inappropriate behaviors during class such as being disrespectful to others, using laptops, reading class materials that should have been read prior to class, cell phone use (texting/games/Facebook), will not be tolerated. (Phone usage is easy to spot – no one “just” looks down at their lap every twenty seconds and smiles.) Points may be deducted from your professionalism grade and/or you may be asked to leave the class if these behaviors occur.

4. Assigned readings must be completed prior to each class session.
5. The schedule for the semester is tentative. It is expected that you be prepared for what is planned; and be flexible if changes to the schedule are required.
6. The syllabus, notes, and announcements will be posted on Canvas. In addition, I will email individuals as well as the whole class to communicate important information using Canvas and your USF email address. You may forward your USF email to another account, but you must be able to communicate via email for this course.
7. Students are expected to follow all guidelines provided in the School's *Student Handbook on Professional Behavior and Ethical Conduct*. Also, in accordance with University guidelines, academic misconduct will not be accepted. Information regarding what constitutes academic misconduct is available in the *University Student Handbook*, along with guidelines for due process if you need to respond to academic misconduct charges.

Grades of "Incomplete"

The current university policy concerning incomplete grades will be followed in this course. For undergraduate courses: An "I" grade may be awarded to a student only when a small portion of the student's work is incomplete and only when the student is otherwise earning a passing grade. The time limit for removing the "I" is to be set by the instructor of the course. For undergraduate students, this time limit may not exceed two academic semesters, whether or not the student is in residence, and/or graduation, whichever comes first. For graduate students, this time limit may not exceed one academic semester. "I" grades not removed by the end of the time limit will be changed to "IF" or "IU," whichever is appropriate.

Campus Free Expression

It is fundamental to the University of South Florida's mission to support an environment where divergent ideas, theories, and philosophies can be openly exchanged and critically evaluated. Consistent with these principles, this course may involve discussion of ideas that you find uncomfortable, disagreeable, or even offensive.

In the instructional setting, ideas are intended to be presented in an objective manner and not as an endorsement of what you should personally believe. "Objective" means that the idea(s) presented can be tested by critical peer review and rigorous debate, and that the idea(s) is supported by credible research.

In this course you may be asked to engage with complex ideas and to demonstrate an understanding of the ideas. Understanding and engaging with an idea does not require you to believe it or to agree with it.

Course Policies: Technology and Media

Email: Students are expected to communicate using their USF email address. Email from other accounts may not be received through USF servers (it might go to “junk” mail – and I rarely check that account!). You can contact Dr. Flory using USF email or through the message portal in Canvas. Please allow 24-48 hours for a response during the “regular week.” I do not always check my email on the weekends, so please be patient regarding a response.

Canvas: This course will be offered via USF's learning management system (LMS), Canvas. If you need help learning how to perform various tasks related to this course or other courses being offered in Canvas, please view the following videos or consult the Canvas help guides. You may also contact USF's IT department at (813) 974-1222 or help@usf.edu.

Phone Usage: Phones should be silenced in class or when at school sites unless you are specifically asked to use them. It is important that you do not take photos that could include K-12 students in them for privacy reasons.

Course Policies: Student Expectations

Health and Wellness

Your health is a priority at the University of South Florida. We encourage members of our community to look out for each other and to reach out for help if someone is in need. If you or someone you know is in distress, please make a referral at www.usf.edu/sos so that the Student Outreach & Support can contact and provide helpful resources to the student in distress. A 24-hour licensed mental healthcare professional, offered through the counseling center, is available by phone at 813-974-2831, option 3. Please remember that asking for help is a sign of strength. In case of emergency, please dial 9-1-1.

Title IX Policy

USF is committed to fostering a safe and respectful learning environment, free from sex discrimination and sexual harassment, in accordance with Title IX and USF Policy 0-004. If a student shares an experience of sexual harassment, sexual assault, stalking, or relationship violence with a USF employee (including faculty), that employee will notify the Title IX Office. This allows the Title IX Office to send the student an email with information about support resources and options—if it is safe to do so. Students are not required to respond to this email. The Title IX Office is a private resource. Information is shared only on a need-to-know basis to provide students with support measures. To speak to a confidential resource, students may contact USF Center for Victim Advocacy at 813-974-5757. Confidential resources do not notify the Title IX Office unless the student requests it. For more information about Title IX, available resources, or to make a report, please visit www.usf.edu/title-ix.

Course Hero / Chegg Policy

The USF Policy on Academic Integrity specifies that students may not use websites that enable cheating, such as by uploading or downloading material for this purpose. This does apply specifically to Chegg.com and CourseHero.com – almost any use of these websites (including uploading proprietary materials) constitutes a violation of the academic integrity policy.

Professionalism Policy

Per university policy and classroom etiquette; mobile phones, iPods, etc. must be silenced during all classroom and lab lectures. Those not heeding this rule will be asked to leave the classroom/lab immediately so as to not disrupt the learning environment. Please arrive on time for all class meetings. Students who habitually disturb the class by talking, arriving late, etc., and have been warned may suffer a reduction in their final class grade.

Turnitin.com

In this course, turnitin.com may be utilized. Turnitin is an automated system which instructors may use to quickly and easily compare each student's

assignment with billions of web sites, as well as an enormous database of student papers that grows with each submission. Accordingly, you may be expected to submit all assignments in both hard copy and electronic format. After the assignment is processed, as instructor I receive a report from turnitin.com that states if and how another author's work was used in the assignment. For a more detailed look at this process visit <http://www.turnitin.com>.

Netiquette Guidelines

- Act professionally in the way you communicate. Treat your instructors and peers with respect, the same way you would do in a face-to-face environment. Respect other people's ideas and be constructive when explaining your views about points you may not agree with.
- Be sensitive. Be respectful and sensitive when sharing your ideas and opinions. There will be people in your class with different linguistic backgrounds, political and religious beliefs or other general differences.
- Proofread and check spelling. Doing this before sending an email or posting a thread on a discussion board will allow you to make sure your message is clear and thoughtful. Avoid the use of all capital letters, it can be perceived as if you are shouting, and it is more difficult to read.
- Keep your communications focused and stay on topic. Complete your ideas before changing the subject. By keeping the message on focus you allow the readers to easily get your idea or answers they are looking for.
- Be clear with your message. Avoid using humor or sarcasm. Since people can't see your expressions or hear your tone of voice, meaning can be misinterpreted.

Email and Discussion Board Guidelines

- Use the subject line effectively by using a meaningful line of what your email or discussion is about.
- Keep your emails and postings related to the course content. You should not post anything personal on a discussion board unless it is requested by the instructor.
- Any personal, course or confidential issues should be directly communicated to the instructor via email. The discussion boards are public spaces; therefore, any issues should not be posted there.

End of Semester Student Evaluations

All classes at USF make use of an online system for students to provide feedback to the University regarding the course. These surveys will be made

available at the end of the semester, and the University will notify you by email when the response window opens. Your participation is highly encouraged and valued.

Food and Drink Policy (for in-campus sessions only).

Please adhere to the firm policy of no beverages (other than bottled/capped water), food, tobacco products, or like items in the classroom. Your understanding of the necessity for this policy and cooperation will be greatly appreciated. This policy will be strictly enforced.

Learning Support and Campus Offices

Academic Accommodations

Students with disabilities are responsible for registering with Student Accessibility Services (SAS) in order to receive academic accommodations. For additional information about academic accommodations and resources, you can visit the SAS website.

[SAS website for the Tampa campus and Sarasota-Manatee Teachout site.](#)

[SAS website for the St. Pete campus.](#)

Academic Support Services

The USF Office of Student Success coordinates and promotes university-wide efforts to enhance undergraduate and graduate student success. For a comprehensive list of academic support services available to all USF students, please visit the [Office of Student Success website](#).

Canvas Technical Support

If you have technical difficulties in Canvas, you can find access to the Canvas guides and video resources in the “Canvas Help” page on the homepage of your Canvas course. You can also contact the help desk by calling 813-974-1222 in Tampa or emailing help@usf.edu.

[USF IT Services](#)

Center for Victim Advocacy

The [Center for Victim Advocacy](#) empowers survivors of crime, violence, or abuse by promoting the restoration of decision making, by advocating for their rights, and by offering support and resources. Contact information is available online.

Counseling Center

The Counseling Center promotes the wellbeing of the campus community by providing culturally sensitive counseling, consultation, prevention, and training that enhances student academic and personal success. Contact information is available online.

[Counseling Center website for the Tampa campus and Sarasota-Manatee Teachout site.](#)

[Counseling Center website for the St. Pete campus.](#)

Tutoring

The Tutoring Hub offers free tutoring in several subjects to USF undergraduates. Appointments are recommended, but not required. For more information, email asctampa@usf.edu.

[Tutoring website for the Tampa campus and Sarasota-Manatee Teachout site.](#)

[Tutoring website for the St. Pete campus.](#)

Writing Studio

The Writing Studio is a free resource for USF undergraduate and graduate students. At the Writing Studio, a trained writing consultant will work individually with you, at any point in the writing process from brainstorming to editing.

Appointments are recommended, but not required. For more information or to make an appointment, email: writingstudio@usf.edu.

[Writing studio website for the Tampa campus and Sarasota-Manatee Teachout Site.](#)

[Writing studio website for the St. Pete campus.](#)

Student Ombuds Office

Florida Statute 1006.51 and Florida Board of Governors Regulation 6.011 require that all public institutions provide ombuds services to students. The Student Ombuds Office at USF is a confidential, impartial, informal, and independent resource for students experiencing challenges related to the university. Ombuds can help students safely explore options, clarify processes, and consider next steps. [Learn more or make an appointment at usf.edu/student-ombuds.](https://usf.edu/student-ombuds)