

PE 330 Final Exam Study Guide

1. Justification for active and healthy school environment
 - a. The number of overweight children is increasing which can predict adult obesity
 - b. PA improves children's health and academic performance

2. *Child Nutrition and WIC Reauthorization Act of 2004* recommendations/actions
 - a. Offer regular PA breaks in classroom
 - b. Strengthen nutritional service programs
 - c. Encourage students to participate in after school activities
 - d. Make recess/lunch active setting for all students

3. Physical education (PE) objectives
 - a. Teach motor and lifetime activity skills
 - b. Encourage physical activity
 - c. Support improved overall health

4. Children's needs + activities, lessons/each
 - a. -Movement-brain/physical activity breaks
 - b. -Success and approval-challenging them w/age appropriate activities-praise for participation
 - c. -Peer acceptance and tolerance-participation for all in a non-judgmental environment
 - d. -Cooperate and compete-teamwork activities
 - e. -Competency-teaching new skills and provide time to learn the skills
 - f. -Adventure and novelty-something new/different
 - g. -Creative satisfaction-freetime to play
 - h. -Rhythmic expression-ribbons, clapping, marching
 - i. -Know-teaching what they are doing/why they are doing

5. Developmental objectives (3) and definition/each
 - a. Psychomotor/Physical: movement
 - b. Cognitive: intellect/thinking
 - c. Affective/Social: Interaction with others, Personality/Confidence

6. Teaching/leading PA measures

7. Effective learning and/or learning environment characteristics
 - a. Management-organization and control of class affairs
 - i. Know students by name
 - ii. Acknowledge acceptable behavior
 - b. Proper teaching/behavior
 - i. Assertive communication style and have high standards
 - ii. Identify rules

8. Positive discipline + means/teaching examples
 - a.

Health Pe Final Exam Study Guide Answers

IM Harris



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