

**Kaskaskia College Course Syllabus  
CHCA 128**

I. COURSE LOCATION

**X**    **ON CAMPUS**            CCC

II. COURSE IDENTIFICATION

**PREFIX: CHCA    NUMBER: 128    NAME: Motor Fitness Activities for the Pre-School Child**

<b>2</b>	<b>LECTURE HOURS</b>	<b>CHCA 0550</b>	<b>CURRICULUM &amp; NO.</b>
<b>0</b>	<b>LABORATORY HOURS</b>	<b>1.2/200202</b>	<b>PCS-CIPS NUMBER</b>
<b>2</b>	<b>CREDIT HOURS</b>	<b>N</b>	<b>VARIABLE (Y/N)</b>
<b>0</b>	<b>CLINICAL HOURS</b>	<b>N</b>	<b>REPEATABLE (Y/N)</b>
<b>0</b>	<b>SOE HOURS</b>	<b>0</b>	<b>TIMES</b>

III. DIVISION TO WHICH COURSE IS ASSIGNED

BACCALAUREATE/TRANSFER  
**X**    **CAREER EDUCATION**  
 CONTINUING COMMUNITY EDUCATION  
 ABE/ASE  
 HEALTH OCCUPATIONS  
 OTHER

IV. CATALOG DESCRIPTION OF COURSE

A course designed to instruct the student of the Child Care Program how to develop and facilitate motor fitness activities appropriate for the preschool child (ages 2-6).

V. PREREQUISITES FOR THE COURSE

CHCA 111

VI. METHODS OF INSTRUCTION

<b>X</b>	<b>DISCUSSION-LECTURE</b>	SEMINAR
	LABORATORY	TELE-LECTURE (FILM-TV)
	CORRESPONDENCE	LABORATORY-DISCUSSION
	TELEVISION (TELECOURSE)	LECTURE
	RADIO	LECTURE-LABORATORY
	INDEPENDENT STUDY	<b>X</b> <b>OTHER (IDENTIFY):</b>
	CO-OP	<b>Field observations</b>

VII. OBJECTIVES OF THE COURSE (USE ADDITIONAL PAGES AS NECESSARY)

- A. To provide the student with an understanding of the psychology of play.
- B. To give the student an understanding of the characteristics and motor capabilities of the child (ages 2-6).
- C. To provide the student with suggestions for aiding the Physical, mental and social development of the pre-school child.
- D. To provide the student with an understanding of skills involved in teaching basic movement activities.
- E. Provide background knowledge of types of equipment of aid in physical development.
- F. Basic knowledge of safety while teaching motor activities to help avoid common childhood accidents.
- G. Develop skills in producing homemade equipment used for Motor fitness activities. (ages 2-6)

VIII. A. REQUIRED TEXTBOOK(S)

TITLE: Experiences in Movement – Birth to eight  
AUTHOR(S): Pica  
COPYRIGHT DATE: 1983      EDITION: 3rd  
PUBLISHING COMPANY: Thompson  
ISBN# 0-13-6778-6150-3

TITLE: Optimum Training for Athletes 7 to 23  
AUTHOR(S): Roberts  
COPYRIGHT DATE:      EDITION:  
PUBLISHING COMPANY: Kaskaskia College Word Processing  
ISBN# 2-1030-1186-4

B. REQUIRED WORKBOOK(S)

TITLE:  
AUTHOR(S):  
COPYRIGHT DATE:      EDITION:  
PUBLISHING COMPANY:  
ISBN#:

IX. SUPPLEMENTARY INSTRUCTIONAL MATERIALS IDENTIFY GENERAL SOURCES:

IF EXTENSIVE COLLATERAL READINGS ARE REQUIRED FROM SPECIFIC BOOKS, PROVIDE INFORMATION.

X. METHODS OF EVALUATION OF STUDENTS ENROLLED IN THE COURSE

- 1. Written tests and final exam.
- 2. Practicals (Dem. of teaching abilities within class structure.)
- 3. Project (Dev. of motor fitness unit plans for preschool child).
- 4. Subjective analysis of students field experience in child care centers.

## XI. COURSE OUTLINE

- A. The Psychology of play for the Pre-school Child.
  - 1. Perceptual-Motor Learning
  - 2. Cognitive Development
  - 3. Social Development
  
- B. The Social Characteristics and Motor Capabilities of the Pre-school Child. (Ages 2-6)
  - 1. Physical Characteristics for each age
  - 2. Social Characteristics for each age
  - 3. Appropriate physical activities for each age group
  
- C. Movement Exploration (Creative Activities)
  - 1. Methodology
  - 2. Activities for specific ages
  
- D. Rhythmic Activities
  - 1. Creative movement
  - 2. Singing and Musical Games
  
- E. Fitness and Exercise
  - 1. Methodology
  - 2. Exercises for specific ages
  
- F. Homemade Apparatus and Basic Equipment
  - 1. Types of Equipment
  - 2. Activities for specific ages
  
- G. Game Type Activities
  - 1. Methodology
  - 2. Activities for specific ages
  
- H. Perceptual-Motor Lesson Plan
  - 1. Sequential development of gross motor activities for specific ages
  - 2. Appendix of games and other activities

PREPARED BY: Tina Suarez

REVIEW/REVISION DATE: 2004

REVIEWED BY:

**CHCA 128**  
**Motor Fitness Activities for Young Children**  
**Learning Outcomes**

- I. The student will gain the total effectiveness of play both in the classroom and outdoors.**
  - A. The students will watch the video, “ The Importance of Play” and write A full documented report on their understanding the movie.**
  - B. The students will be required to do a classroom presentation of the movie summary to enhance their professional skills of understanding when planning their daily curriculum.**
  
- II. The students will understand the motor abilities of children ages 2-6.**
  - A. Each student will complete developmentally appropriate lesson plans on effective motor activities,**
  - B. Children from the campus child care center will come to the classroom as part of the students teaching skills.**
  - C. Each student will be required to teach the above lesson plans to the group of children.**
  
- III. The students will be able to demonstrate their skills in determining the safety of playground equipment.**
  - A. The students will be required to watch the video, “ Outdoor Play Equipment. Is It Safe?”.**
  - D. Each student will write a fully documented summary of their personal findings concerning the movie.**
  - B. Each student will contact a local child care center to determine if their playground equipment is safe. This will be done as a checklist procedure.**
  
- IV. Each student will design two pieces of motor fitness equipment.**
  - A. With each piece of equipment, the student will design two developmentally appropriate lesson plans to teach in the classroom with their equipment.**
  
- V. Each student will complete a mid-term exam.**
  - A. The mid-term exam will be used as an assessment tool.**
  - B. Each student will use a checklist located in the textbook.**
  - C. The student will make an appointment with a child care facility to assess ten individual children.**
  - D. This assessment will give the student knowledge on what children need be able to accomplish physically at each developmental stage.**
  
- VI. Each student will complete a final exam.**
  - A. The student will complete 10 developmentally appropriate motor fitness lesson plans.**

- B. The student will teach each lesson plan as part of their final presentation with children in the classroom.**
- C. The student will be graded for their teaching skills and the appropriateness of each lesson.**