EDSS 389: METHODS OF TEACHING PHYSICAL EDUCATION

In Workflow

1. TC Chair (lim@csus.edu)
2. ED College Committee Chair (corinne.lardy@csus.edu)
3. ED Dean (mae.chaplin@csus.edu)
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Approval Path

1. 2026-09-08T23:54:05Z
   Brian Lim (lim): Rollback to Initiator
2. 2026-09-09T19:51:55Z
   Brian Lim (lim): Rollback to Initiator
3. 2026-09-16T19:24:58Z
   Brian Lim (lim): Rollback to Initiator
4. 2026-09-22T21:21:23Z
   Brian Lim (lim): Approved for TC Chair
5. 2026-10-09T04:29:56Z
   Corinne Lardy (corinne.lardy): Approved for ED College Committee Chair
6. 2026-10-09T16:32:11Z
   Mae Chaplin (mae.chaplin): Approved for ED Dean

New Course Proposal

Date Submitted: 2026-09-22T03:07:34Z

Viewing: EDSS 389 : Methods of Teaching Physical Education

Last edit: 2026-10-09T04:26:44Z

Changes proposed by: Elisa Garzitto-Michals (101064037)

Contact(s):

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Catalog Title:
Methods of Teaching Physical Education

Class Schedule Title:
Method Teach Phys Edu

Academic Group: (College)
ED - Education

Academic Organization: (Department)
Teaching Credentials

Will this course be offered through the College of Continuing Education (CCE)?
No

Catalog Year Effective:
Fall 2027 (2027/2028 Catalog)

Subject Area: (prefix)
EDSS - Single Subject Credentials

Catalog Number: (course number)
389

Course ID: (For administrative use only.)
202463

Units:
3

Is the ONLY purpose of this change to update the term typically offered or the enforcement of existing requisites at registration?
No

In what term(s) will this course typically be offered?
Fall, Spring

Does this course require a room for its final exam?
No, final exam does not require a room (Last Class)

Does this course replace an existing experimental course?
No

This course complies with the credit hour policy:
Yes

Justification for course proposal:
Purpose: To provide Physical Education Teachers meaningful, effective and pedagogically accurate practice, knowledge and understandings on their way to becoming Physical Education teachers.

In the Single Subject Credential Program, all students must take a subject-specific teaching methods course that aligns with the subject in which they are earning their teaching credential. This course, for students earning their credential in Physical Education, was previously in 2 parts (1.5 units for Elementary Teachers and 1.5 units for Secondary Teachers) and was previously housed in the Department of Kinesiology. The Department of Kinesiology no longer offers the course, so the Teaching Credentials Department in the College of Education has assumed responsibility for offering it as this new course.

Expected Learning Outcomes for this course are from the standards for our profession, the Teaching Performance Expectations (TPEs) and are required to be used by the California Commission on Teacher Credentialing.

Moving the course to the Teaching Credentials Department will ensure that its pedagogy, planning, and assessment are better aligned with the Teacher Credential program and California teacher preparation requirements, including the Teacher Performance Expectations (TPEs). The course will also be more closely integrated with the overall credential program, providing greater continuity and coordination with candidates' other coursework and clinical experiences.

Course Description: (Not to exceed 90 words and language should conform to catalog copy.)
EDSS 389 is a 3-unit course designed for future physical educators who wish to deliver effective and meaningful physical education instruction to a diverse population of students. Emphasis is placed on physical education pedagogy, including the skills, strategies, and techniques that effective teachers use to promote student learning. The course also focuses on instructional planning, implementation, and assessment aligned with the California Teacher Performance Expectations (TPEs).

Are one or more field trips required with this course?
No

Fee Course?
No

Is this course designated as Service Learning?
No

Is this course designated as Curricular Community Engaged Learning?
No

Does this course require safety training?
No

Does this course require personal protective equipment (PPE)?
No

Course Note: (Note must be a single sentence; do not include field trip or fee course notations.)
Is there something about the course that can not be explained anywhere else?

Does this course have prerequisites?
Yes

Prerequisite:
Admission to the Teaching Credential program

Prerequisites Enforced at Registration?
No

Does this course have corequisites?
Yes

Corequisite:
EDSS 474A

Corequisites Enforced at Registration?
No

Graded:
Letter

Approval required for enrollment?
No Approval Required

Course Component(s) and Classification(s):
Lecture

Lecture Classification
CS#02 - Lecture/Discussion (K-factor=1WTU per unit)
Lecture Units
3

Is this a paired course?
No

Is this course crosslisted?
No

Can this course be repeated for credit?
No

Can the course be taken for credit more than once during the same term?
No

Description of the Expected Learning Outcomes and Assessment Strategies:

List the Expected Learning Outcomes and their accompanying Assessment Strategies (e.g., portfolios, examinations, performances, pre-and post-tests, conferences with students, student papers). Click the plus sign to add a new row.

	Expected Learning Outcome	Assessment Strategies
1	Create learning environments (i.e., traditional, blended, and online) that promote productive student learning, encourage positive interactions among students, reflect diversity and multiple perspectives, and are culturally responsive.	Micro-Teach Lesson Plan and Teaching Practice; Full Lesson Plan
2	Maintain high expectations for learning with appropriate support for the full range of students in the classroom.	Micro-Teach Lesson Plan and Teaching Practice; Full Lesson Plan

3	Demonstrate knowledge of subject matter, including the adopted California State Standards and curriculum frameworks.	Micro-Teach Lesson Plan and Teaching Practice; Full Lesson Plan; Scavenger Hunt for California Physical Education Standards
4	Plan, design, implement, and monitor instruction consistent with current subject-specific pedagogy in the content area(s) of instruction, and design and implement disciplinary and cross-disciplinary learning sequences, including integrating the visual and performing arts as applicable to the discipline.	Micro-Teach Lesson Plan and Teaching Practice; Scavenger Hunt for California Physical Education Standards; Resources and Planning with AI Assignment
5	Plan, design, implement and monitor instruction, making effective use of instructional time to maximize learning opportunities and provide access to the curriculum for all students by removing barriers and providing access through instructional strategies that include: • use of developmentally, linguistically, and culturally appropriate learning activities, instructional materials, and resources for all students, including the full range of English learners; • appropriate modifications for students with disabilities in the general education classroom; • opportunities for students to support each other in learning; and • use of community resources and services as applicable.	Micro-Teach Lesson Plan and Teaching Practice; Full Lesson Plan
6	Plan instruction that promotes a range of communication strategies and activity modes between teacher and student and among students that encourage student participation in learning.	Micro-Teach Lesson Plan and Teaching Practice; Scavenger Hunt for California Physical Education Standards; Resources and Planning with AI Assignment
7	Apply knowledge of the purposes, characteristics, and appropriate uses of different types of assessments (e.g., diagnostic, informal, formal, progress-monitoring, formative, summative, and performance) to design and administer classroom assessments, including use of scoring rubrics.	Micro-Teach Lesson Plan and Teaching Practice; Scavenger Hunt for California Physical Education Standards; Resources and Planning with AI Assignment

Attach a list of the required/recommended course readings and activities:

EDSS 389 Course Readings and Activities.docx

For whom is this course being developed?

Other

Is this course required in a degree program (major, minor, graduate degree, certificate?)

Yes

Has a corresponding Program Change been submitted to Workflow?

Yes

Identify the program(s) in which this course is required:

Programs:
Single Subject Credential in Physical Education (K-12)

Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer)?

No

Will there be any departments affected by this proposed course?

No

I/we as the author(s) of this course proposal agree to provide a new or updated accessibility checklist to the Dean's office prior to the semester when this course is taught utilizing the changes proposed here.

I/we agree

University Learning Goals

Graduate (Masters) Learning Goals:

Disciplinary knowledge
Communication

Critical thinking/analysis
Information literacy
Professionalism
Intercultural/Global perspectives
Research (optional)

Is this course required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?

Yes

For the Council for the Preparation of School Personnel (to be filled out with assistance of your department chair):

Does this course change impact your department's currently written Program Standards Document?

No

Common Standards: In what way does this course or program change impact the currently written Common Standards document? Please include any suggested language changes:

n/a

Is this change in response to program or unit assessment activities?

No

Will this course introduce any new or changes to program assessments?

No

Is this a Graduate Writing Intensive (GWI) course?

No

Reviewer Comments:

Brian Lim (lim) (Tue, 08 Sep 2026 23:54:05 GMT): Rollback: Hi Elisa, please see my email for suggested changes. Thanks.
Brian Lim (lim) (Wed, 09 Sep 2026 19:51:55 GMT): Rollback: Hi Elisa, please see my email for the suggestions. Thanks.
Brian Lim (lim) (Wed, 16 Sep 2026 19:24:58 GMT): Rollback: I am sending back to you as you requested.

Key: 15589