

Subject: Methodology of Physical Education

GENERAL INFORMATION

Organization unit	Faculty of: Physical Education Chair of Theory and Methodology of Physical Education Chairman: Zuzanna Mazur
Course name	Methodology of Physical Education
Subject code	WFI_15
Teaching language	English
Type of subject (obligatory/ facultative)	Obligatory
Level of studies (eg. bachelor, master)	Bachelor
Study year	2
Semester	1
ECTS points	6
Professor	Zuzanna Mazur
Studies program in which the subject is realized	Curriculum of PE course Curriculum of Sport course
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	-

DETAILED INFORMATION

Course aims and objectives

1. Preparing students for the comprehensive implementation of physical education tasks in schools at all educational levels, with particular emphasis on primary education.
2. Improving the ability to apply methods, forms, and means necessary for the effective implementation of the goals and tasks of physical education in schools.
3. Developing students' competencies in planning, effectively implementing, and evaluating the physical education process.
4. Fostering attitudes of innovative and reflective practice in their future professional work.

Main topics

No	Topic
	Lectures/classes



1.	Organization of classes. Course credit requirements – assessment tasks, evaluation criteria and deadlines.
2.	Physical education standards and programs for primary school in Poland and Europe - comparative analysis.
3.	Recommendations for the physical education teacher based on students' physical, psychomotor, and cognitive development.
4.	Organizational models of physical education and health education in schools. Physical Education Concept.
5.	The formal structure of a PE lesson as a basic methodical unit, lesson planning, formulating lesson objectives and teaching content selection. shaping body posture and physical fitness as the main goal of physical education.
6.	Methodology of conducting PE classes, methods and forms of movement teaching.
7.	Structure and principles of a well-conducted PE lesson, key elements and their importance for class effectiveness.
8.	Creating and implementing a PE lesson plan, simulating and conducting sample physical education lessons.
9.	Final test and semester summary.

CONDITIONS FOR PASSING CLASSES:

Obtaining positive evaluations for all assigned tasks is required. Passing the course also requires regular attendance and making up for any absences and passing the final exam.

1 ECTS point = 25 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	30
2. Students' preparations of the presentations	30
3. Self study as preparation to the task	35
4. Self study as reading text prepared by the teacher	30
5. Preparation to the exam	25
Total = 150 hours- ECTS points 6	

Author of the class card:	Name, surname and email
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