

CLASS CARD

Advanced Methodology of Physical Education

Basic classes	Code in the study plan	ECTS
Advanced Methodology of Physical Education	WFII_17	5

Education profile	Academic
Faculty and field of study	Faculty of Physical Education
Studies program in which the subject is realized	Curriculum of PE course Curriculum of Sport course (Rehabilitation students may also take part in this methodology class)
Professor's name	Zuzanna Mazur
Level of studies (eg. bachelor, master)	Master
Study year and semester	First year, first semester of graduate studies
Language	English
Method of realization (stationary/ distance learning)	Stationary
Lectures/classes hours	30
Form of passing classes	Credit for tasks
Type of subject (obligatory/ facultative)	Obligatory
Prerequisites	Required knowledge about Methodology of Physical Education and Pedagogy

DETAILED INFORMATION

Course aims and objectives

C1	Preparing students for the comprehensive implementation of physical education tasks in schools at all educational levels, with particular emphasis on upper secondary education.
C2	Improving the ability to apply methods, forms, and means necessary for the effective implementation of the goals and tasks of physical education in schools.
C3	Developing students' competencies in planning, effectively implementing, and evaluating the physical education process.
C4	Fostering attitudes of innovative and reflective practice in their future professional work.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
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KNOWLEDGE	
P_W03	Identifies and discusses the factors influencing the effectiveness of the educational process, including: the teacher's subject-matter, didactic, and pedagogical competencies; the quality of teacher-student interactions during lessons; the importance of teacher authority; and collaboration with students' parents, school staff, and the wider community.
P_W04	Understands the value of innovation and research-based practice in the work of a physical education teacher, including the rationale behind selecting both conventional and unconventional teaching methods, such as activating methods, project-based learning, and problem-based approaches. The student critically analyzes existing educational concepts as well as their own.
P_W06	Understands the need to individualize physical education classes and to adapt teaching strategies to the needs and capabilities of students and student groups with varying potential, motor skills, physical fitness levels, and sporting interests.
SKILLS	
P_U03	Adapts communication methods to the developmental level of students and creates educational situations that foster activity and the development of their interest in sports.
P_U05	Selects appropriate teaching methods and instructional resources, including information and communication technologies, that engage students and address their diverse educational needs, and is able to use them effectively in remote learning contexts.
SOCIAL COMPETENCES	
P_K02	Develops students' curiosity, cognitive activity, and independence, as well as logical thinking and critical use of various sources of knowledge, including digital media.
P_K04	Adapts teaching methods to students' needs and different learning styles, and encourages lifelong care for the body and health.

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE/CLASSES - subject	Reference to subject-specific learning outcomes
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The course is delivered in the form of an interactive lecture that actively engages students in developing subjects knowledge and practical skills.	P_W03, P_W04, P_W06, P_U03, P_U05, P_K02, P_K04
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PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
LECTURE/CLASSES	Auditorium-based, practical classes
Teaching resources: computer, multimedia projector, thematic presentations, scientific journals, educational films, and other multimedia materials.	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
P_W03, P_W04, P_W06, P_U03, P_U05, P_K02, P_K04	Review of a scientific article, Workshop, Multimedia presentation, Lesson unit scenario

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.

SAMPLE ASSESSMENT/EXAMINATION TOPICS

1. Key student competencies and methods of developing them.
2. Problem-based methods in physical education lessons.
3. Organizational model of physical education.
4. Health education in schools – examples of organizational solutions.
5. Selection and use of teaching aids in the physical education process.
6. Modern teaching tools supporting the physical education process.
7. Use of information and communication technologies in working with students.
8. Current trends in physical education worldwide.

ENGLISH BIBLIOGRAPHY

Basic	<ol style="list-style-type: none"> 1. Kirk, D. (2010). Physical Education Futures. Routledge. 2. Kirk, D., Macdonald, D., & O'Sullivan, M. (2006). The Handbook of Physical Education. Sage Publications. 3. Armour, K.M., & Macdonald, D. (2012). Research Methods in Physical
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	<p>Education and Youth Sport. Routledge.</p> <p>4. Siedentop, D. (2009). Introduction to Physical Education, Fitness, and Sport. McGraw-Hill Education.</p>
Additional	<p>1. Casey, A., Goodyear, V.A., & Armour, K.M. (2016). Digital Technologies and Learning in Physical Education: Pedagogical Cases. Routledge.</p>

SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
30	5	Contact classes
30		Students' preparations of the presentations
35		Self study as preparation to the task
30		Self study as reading text prepared by the teacher

Number of ECTS points that a student obtains in classes developing practical skills: 5

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