

**Subject: Methodology of Physical Education****I. General information:**

Organization unit	Faculty of Physical Education Chair: Physical Education Department: Pedagogy and Psychology of Physical Culture Supervisor: Prof. Jerzy Nowocień
Course name	Methodology of Physical Education
Subject code	9/2/II/PE
Teaching language	English
Type of subject (obligatory/ facultative)	Obligatory
Level of studies (eg. bachelor, master)	Bachelor
Year of studies	II
Semester	I
ECTS Points	4
Teacher/e-mail	Dr Zuzanna Mazur zuzanna.mazur@awf.edu.pl
Studies program in which the subject is realized	Physical Education
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	-

II. Detailed Information**Course aims and objectives**

C1	preparing students for comprehensive implementation of physical education tasks in schools at all levels of education, with particular emphasis on primary education.
C2	development of students' competence in planning, effective implementation and evaluation of the physical education process.

C3	creating attitudes of innovative and reflective action in future professional work.
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Learning outcomes

Learning outcome	Subject's learning outcomes
Knowledge	
K_W14 Familiarity with elementary rules for planning the educational processes with the aim of developing key competences of a student and student's safety. Comprehension of the importance of selecting the right strategy, form, method in reaching physical education objectives. Knowledge as to how to devise and carry the required documentation and comprehends the rules of didactic proceeding in terms of modifying attitudes, skills, knowledge and physical fitness on particular development stages of students who have different health and physical conditions.	<p>Student knows and understands the planning process, monitoring the implementation and evaluation of the physical education curriculum, and how to measure physical education as a school work.</p> <p>Student knows the forms and methods as well as the specifics of working with young people. Understands the importance of choosing strategies, forms, means and methods of education, as well as conditions in the implementation of physical education tasks and goals. Knows the rules for preparing and maintaining educational documentation and understands the rules of teaching.</p>
K_W04 Familiarity and comprehension of alternative educational concepts, conditions, functions and meaning of education in human life, as well as its main objectives and tasks, as well as the associated basic processes and mechanisms.	Student understands the sense of innovation and innovation and research work of a PE teacher and critically analyzes and assesses existing and own educational concepts.
Skills	
K_U04 Ability to formulate and work out operating principles of basic educational objectives as well as to design and evaluate simple educational and didactic programs.	Student is able to measure the quality of school work in the field of physical education. Is able to use the values of sport, recreation.
K_U06 Ability to implement the rules of education in work of a teacher and to select the appropriate methods to achieve the assumed educational objectives.	Student is able to assess the correctness of the selection of methods and forms depending on the physical fitness and age of students. He can safely organize physical activities.
Social Competences	
K_K02 Reaching assigned objectives and tasks, planning and implementing educational activities in different social environments individually as well as in a team.	Student is involved in creative task solving, designs and implements educational activities independently and as a team.
K_K05 Developing and advancing knowledge and skills in an individual way.	Student convincingly expresses his own opinion, is able to effectively negotiate and use basic communication techniques.

K_ K06 Creating appropriate social relations with individuals and groups using effective available communication channels. Ability to work effectively under pressure and resolve conflicts.	Student adapts working methods to the needs and different learning styles of students and stimulates them to take care of their body and health throughout their lives.
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Class content

Number of meeting	Title
Exercise / practical classes	
1	Organization of classes. Credit conditions for the course - works assessment, evaluation criteria, time limits for completion.
2-3	Physical education standards and programs for primary school in Poland and Europe - comparative analysis
4	Recommendations for the PE teacher, based on physical, psychomotor and mental growth and development of high school students.
5	Organizational model of physical education. Health education at school.
6-7	The formal structure of the lesson as a methodical unit. Types of physical education lessons. Lesson planning. Formulating lesson objectives and teaching content selection. Shaping body posture and physical fitness as the main goal of physical education.
8	Forms of conducting physical education classes. Individualisation of teaching. Use of lesson time by the teacher and student.
9-14	Methods, forms, equipment and facilities in PE classes. Supervision of PE classes at primary and secondary education schools. The structure and rules of good PE class. PE class – how to prepare it correctly? Design a PE lesson plan. Delivering PE classes for polish students at primary education school.
15	Final test. Summary and conclusion of the term.

Assessment criterion

The assessment model is composed 5 criteria:

1. theoretical evaluation (test),
2. oral presentation,
3. conducting physical education lesson and preparing lesson scenario,
4. class attendance,
5. activity during class.

For each criterion, grades from 2 to 5 are awarded depending on the degree of realization.

Obligatory literature

1. Pangrazi R.P., Beighle A. (2019); Dynamic Physical Education for elementary school children, Human Kinetics Publishers, 18e or previous editions.
2. Pangrazi R.P., Beighle A. Pangrazi D. (2009); Promoting physical activity and health in the classroom, Pearson.

ECTS Points calculation

Type of the activity	Number of hours for the activity	ECTS points
With direct contact with tutor (total)	60	2
a) Lectures / exercises	45	x
b) Other contact hours, consultations	15	x
Other forms of classes / gaining effects of education	60	2
Literature analysis	15	x
Preparation of presentation	10	x
Studying of didactic materials	20	x
Preparation to the exam	15	x
Number of hours / Total ECTS Points	120	4