

Subject: Advanced methodology of Physical Education

GENERAL INFORMATION

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| Organization unit | Faculty of: Physical Education Chair of Theory and Methodology of Physical Education Chairman: Zuzanna Mazur |
| Course name | Advanced Methodology of Physical Education |
| Subject code | WFII_17 |
| Teaching language | English |
| Type of subject (obligatory/ facultative) | Obligatory |
| Level of studies (eg. bachelor, master) | Master |
| Study year | 1 |
| Semester | 2 |
| ECTS points | 5 |
| Professor | Zuzanna Mazur |
| 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) |
| Method of realization (stationary/ distance learning) | Stationary |
| Prerequisites | Required knowledge about methodology of physical education and pedagogy |

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 upper secondary 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 |
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| Lectures/classes | |
| 1. | Organization of classes. Course credit requirements – assessment tasks, evaluation criteria, and deadlines. |
| 2. | The role of physical education in schools. Core curriculum for physical education (educational goals and content). |
| 3. | Organizational models of physical education. Health education in schools. Physical education standards and curricula in Poland and Europe – a comparative analysis. |
| 4. | Physical education teacher education in Poland and Europe. |
| 5. | Activating methods in the process of physical education – practical workshops using selected methods (implementation of the main part of a lesson scenario developed by student teams). |
| 6. | Use of educational resources (including digital) and the educational application of information and communication technologies. |
| 7. | Selection and use of teaching aids in physical education. Modern teaching tools supporting the physical education process. Exploring and applying innovative methods for implementing lesson content and instrumental lesson tasks. |
| 8. | Competencies of the physical education teacher. Teacher authority. The role of the teacher in shaping appropriate motivation among school-aged youth. Adapting communication methods to the developmental level of students. Adjusting tasks to the current needs and abilities of students. The teacher's professional toolkit. |
| 9. | Assessment and monitoring of student progress in physical education. |
| 10. | Current global trends in physical education. Innovation and action research in the work of a physical education teacher. |

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.

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

| TYPES OF CLASSES | HOURS |
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| 1. Contact classes | 30 |
| 2. Students' preparations of the presentations | 30 |



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| 3. Self study as preparation to the task | 35 |
| 4. Self study as reading text prepared by the teacher | 30 |
| Total = 125 hours- ECTS points 5 | |

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| Author of the class card: | Name, surname and email |
| Date: 15.04.2025 | Zuzanna Mazur zuzanna.mazur@awf.edu.pl |