

**Subject: Advanced 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	Advanced 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)	Master
Year of studies	I
Semester	I
ECTS Points	5
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	Required knowledge about methodology of physical education and pedagogy

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 post-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_W09 Knows forms, means and methods as well as the specific nature of the organization of training in diverse sport disciplines and is capable of working with young people, adults and retirees. Knows the rules of developing own original physical education and health plans. Comprehends the need of innovation and innovative and research work in sport. Knows and understands the process of planning, implementation and evaluation.	Student understands the place of physical education in the framework curriculum and describes the core curriculum of general education, objectives, teaching content and key competences developed for this subject, with particular emphasis on post-primary school.
K_W04 Knows and understands the importance of the concept of Olympism and health in physical education and the prevention of social pathologies. Knows methods needed to measure the quality of the educational work of an institution, including educational ones, and understands the need for professional development. Critically analyses and evaluates existing and own educational concepts on the basis of the current state of knowledge.	Student indicates and discusses the factors determining the effectiveness of the education process, including: the teacher's substantive, didactic and educational competences; quality of teacher-student interaction during the lesson, importance of teacher authority and cooperation with students' parents, school staff and the community outside school.
K_W09 Knows forms, means and methods as well as the specific nature of the organization of training in diverse sport disciplines and is capable of working with young people, adults and retirees. Knows the rules of developing own original physical education and health plans. Comprehends the need of innovation and innovative and research work in sport. Knows and understands the process of planning, implementation and evaluation.	Student understands the sense of innovation and research and innovation work of a physical education teacher, including the sense of the selection of conventional and unconventional teaching methods, including activating methods, project methods and problem methods. Student explains the possibilities of using educational resources (including electronic) and indicates the educational application of information and communication technology
Skills	
K_U06 Ability to evaluate the accuracy of	Student adjusts the methods of communication

selected exercise and effort programs depending on the age and physical fitness of people exercising. K_U12 Ability to safely organize movement activities in dysfunctional and integrational groups. Ability to assess the correctness of selecting the content, methods, forms and means in movement activities in these groups. Ability to predict work effects.	to the developmental level of students and creates didactic situations for the activity and development of their sports interests
K_U06 Ability to evaluate the accuracy of selected exercise and effort programs depending on the age and physical fitness of people exercising.	Student selects class work methods and teaching aids, including those in the field of information and communication technology, activating students and taking into account their diverse educational needs, and is able to use them in remote work with the student.
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_K04 Readiness to undertake individual activities and to execute them in a systematic and professional way. Ability to manage human resources in achieving complex professional tasks of educational character (recreational and health).	Student develops students' curiosity, cognitive activity and independence, logical thinking and critical use of various sources of knowledge, including digital media.
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 independently and critically supplements his knowledge and skills. In his work he uses an interdisciplinary approach to the field in which he is a specialist.

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	Organizational model of physical education. Health education at school. Physical education standards and programs for high 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.
5-6	Physical education teachers education in Poland and Europe.

7-8	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.
8-9	Teaching methods, models and styles in physical education. Forms of conducting physical education classes. Individualisation of teaching. Use of lesson time by the teacher and student.
10-11	Activating methods in the process of physical education. Activation of the student in physical education lesson - creative methods. Using Information Computer Technology in physical education.
12-13	Searching for and using innovative methods of implementing the lesson and instrumental tasks of the lesson.
14	Assessment in physical education. Assessing student achievement. Evaluation functions. Formative assessment. The use of physical fitness tests and methods of assessing student knowledge and skills. Self-assessment of the student and teacher in the process of physical education.
15	Final test. Summary and conclusion of the term.

Assessment criterion

The assessment model is composed 4 criteria:

1. theoretical evaluation (test),
2. oral presentations,
3. class attendance,
4. activity during class.

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

Obligatory literature

1. Darst P.W., Pangrazi R.P., Brusseau T. Heather E. (2014); Dynamic Physical Education for secondary school children, Human Kinetics Publishers, 8e or previous editions.
2. Didactic materials provided by the teacher.

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	90	3
Literature analysis	25	x
Preparation of presentation	20	x
Studying of didactic materials	25	x
Preparation to the exam	20	x
Number of hours / Total ECTS Points	150	5