



UNIVERSITY OF NICOSIA ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

Course Code EDUE-255	Course Title Physical education in elementary school	ECTS Credits 3
Department Pedagogical Studies	Semester Fall/Spring	Prerequisites None
Type of Course Required	Field Physical education	Language of Instruction Greek
Level of Course Undergraduate	Year of Study 2 nd	Lecturer(s) Dr. Marios Hadjicharalambous, Dr. Marios Christou
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites None
Recommended Optional Programme Components: N/A		

Objectives of the course:

- The theoretical and practical preparation of students into the subject of teaching physical education in elementary school

Learning outcomes:

Students:

- To understand how important are sport and exercise for health in general and sport specific training (physical education) in elementary school
- Be familiar with the basic physical, biological, physiological and kinetic characteristics of children aged 6-12 years old
- To plan and organize programs of physical education with a predetermined goal and purpose in relation with children's age and motor skills abilities
- To perform physical education lessons taking into account children's age, motor skills abilities, and physical capacities
- To teach physical education in elementary school, according to modern methods, and teaching styles, following the curriculum

Course content:

- Teachers role in physical education lessons
- The aims of sporting activities and sporting culture, education of motor skills and physical capacities
- The exercise benefits for health
- Teaching methods for physical education in elementary school
- Programming methodology, setting goals for physical education lessons and psychomotor skills
- Anatomy, physiology, and exercise physiology for children aged 6-12 years old.
- Biological maturation, exercise and fitness
- Organize physical education lessons (daily, weekly, monthly, and yearly plans)
- Practical: Evaluate children's health and fitness level (using simple tests)
- Practical: Educational and recreational games
- Practical: Group games and athletics
- Practical teaching in physical education

Learning activities and teaching methods:

Lecture, individual and group work, student theoretical and practical presentations.

Assessment methods

Individual project, group project, presentation, final examination.

Required textbooks/reading:

Authors	Title	Publisher	Year	ISBN
Gallahue, D.L. (Translation- Editing: Evangelinou, Ch., & Pappa, A.)	Develolopmental Physical Education for Today's Children	University Studio Press.	2002	900-12-1062-8

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Pangrazi, R.	Teaching Physical Education in Primary Education.	University Studio Press. 1 st Edition. Thessaloniki	1999	
Papaioannou, A., Theodorakis, G.	Towards Better teaching Physical Education	Salto	2002	
Anastasiadis, A., Gidaris, D.	Physical Education Lessons in Education	Meandros	1994	

Attendance Regulations:

Students are required to attend all classes. Those who are absent for 20% or more of the course will be withdrawn.