



University of Nicosia, Cyprus

Course Code SPSC-140	Course Title Foundation of Teaching & Pedagogy in Physical Educ.	ECTS Credits 6
Department Sports Science	Semester Spring or Fall	Prerequisites None
Type of Course Required	Field Physical Education	Language of Instruction Greek
Level of Course 1 st Cycle	Year of Study 1 st	Lecturer Dr Tsouloupas Costas
Mode of Delivery face-to-face	Work Placement N/A	Co-requisites None
Recommended Optional Programme Components: N/A		

Objectives of the Course:

This course will study the specific foundation of teaching methods, content, organization, and evaluation of physical education programs in schools as well as the effective pedagogical teaching in the context of schools, sports clubs and fitness classes. The course will further examine possible models of pedagogy and identify how each can be justified within contemporary physical education. In addition, the course is designed to introduce the pedagogical skills for teaching educational games, rhythmic activities and educational gymnastics for developmentally appropriate physical education programs, sporting clubs, physical activities and aerobic/fitness class programs. Students will undertake practical sessions in instructing the various skills activities, basic gymnastics, rhythmic and creative movements and also they will teach individuals and small groups within their own class.

Learning Outcomes:

By the end of this half-theoretical and half-practical course students should be able to:

1. Develop a basic understanding of the meaning and purpose of physical education and the characteristics and needs of the school child.
2. Develop a theoretical and philosophical basis school physical education.
3. Understand the fundamentals of sport pedagogy.
4. Be familiar with the current literature in physical education pedagogy.
5. Understand the content of educational games, educational gymnastics, and educational rhythms.
6. Identify and demonstrate the major characteristics of mature walking, running, hopping, skipping, and jumping.
7. Know how to prepare rhythmical/musical gymnastic lesson plans.
8. Get an understanding of how to prepare physical education lessons plan.
9. Know how to teach/deliver/demonstrate physical activity lessons.
10. Demonstrate a variety of fundamental ball, rhythms, and gymnastic skills and give instruction to the class using appropriate teaching techniques.
11. Describe ways to use the body and movement activities to communicate ideas and feelings.
12. Become knowledgeable in the activities appropriate for the school child, including games of low organization, lead-up games, rhythms, and stunts and

- tumbling.
13. Prepare units, and lesson plan activities appropriate for the school child.
 14. Develop a curriculum appropriate for the school child.

Course Contents:

<p>Part I. Introduction to Physical Education</p> <ol style="list-style-type: none"> 1. Health and Developmental Benefits of Physical Education 2. Meeting the Mission of the Elementary School 3. Introduction to pedagogical gymnastic (history, objectives, benefits, role). 4. The relationship between music, rhythm and pedagogical gymnastic (rhythms: 2/4, 4/4, 3/4, 8/8, 8/16 etc.). 5. Teaching games for understanding. 6. Educational rhythmic activities, games pedagogical gymnastic for children. <p>Part II. Addressing the Child's Needs</p> <ol style="list-style-type: none"> 7. Physical Growth and Maturation 8. Motor Performance During Childhood 9. Cognition, Learning, and Practice 10. Physical Activity for Children 11. Psychosocial Factors in Physical Education 12. Individual Differences <p>Part III. Preparing to Teach Physical Education</p> <ol style="list-style-type: none"> 13. Individual Differences 14. Planning Your Curriculum 15. Organizing for Teaching 16. Managing Students 17. Teachers' Rights, Responsibilities, and Best Practices 18. Equipment and Facilities <p>Part IV. Teaching Physical Education</p> <ol style="list-style-type: none"> 19. Instructing Students 20. Evaluating Students 21. Growing As a Teacher
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Learning Activities and Teaching Methods:

Lectures and practical application

Assessment Methods:

Midterm examination, Two mini practical examinations, Final examination, Attendance/participation

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Deborah A. Wuest, Charles A. Bucher	<i>Foundations of Physical Education, Exercise Science, and Sport</i>	McGraw-Hill Companies, The Pub	2008	9780073523743
Buck, Marilyn	<i>Introduction to Physical Education and Sport: Foundations and Trends</i>	Cengage Learning	2003	9780534598501

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
K.T. Thomas, A.M. Lee, J.R. Thomas	<i>Physical Education Methods for Elementary Teachers</i>	Human Kinetics Publishers	2008	0736067043
Pangrazi, R.	<i>Dynamic Physical Education Curriculum Guide: Lesson Plans for Implementation for Dynamic Physical Education for Elementary School Children (15th ed)</i>	Pearson: Benjamin Cummings	2006	0805379096
Rink, J.E.	<i>Teaching physical education for learning (5th Ed.)</i>	McGraw- Hill	2005	0072973048
Siedentop, D., Hastie, P., & van der Mars, H	<i>Complete Guide to Sport Education</i>	Human Kinetics	2004	0736043802
Judith L. Oslin, Linda L. Griffin and Stephen A. Mitchell	Sport Foundations for Elementary Physical Education	Human Kinetics	2003	0736038515