



University of Nicosia, Cyprus

Course Code SPSC-306	Course Title Methodology of Elementary & Secondary Physical Education	ECTS Credits 6
Department Sports Science	Semester Fall	Prerequisites SPSC-140
Type of Course Required	Field Physical Education	Language of Instruction Greek
Level of Course 1 st Cycle	Year of Study 3 rd	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 was designed to develop instructional skills in the planning and teaching of psychomotor, cognitive, and affective learning in group settings. This course involves the study of and participation in physical education activities appropriate for the school children. The purpose is to provide the prospective school classroom teacher/physical education specialists, with a knowledge base in motor development, elementary and secondary physical education curriculum planning and appropriate selection of physical activities for children. Students will also demonstrate the competency necessary to design, implement, and evaluate a physical education curriculum.

Learning Outcomes:

- A.** By the end of this course students will demonstrate the following abilities:
1. Develop an understanding of the importance of physical education in today's diverse society and its contributions to the total development of the student (Psychomotor, cognitive, and affective domains).
 2. Understand the physical education curriculum and the role of the physical education teacher to the curriculum.
 3. Develop an awareness of the needs, interests, and abilities of the secondary school student.
 4. Demonstrate effective and appropriate teaching, organizational skills, and classroom management techniques to facilitate indoor and outdoor environments.
 5. Demonstrate the ability to effectively plan, organize, and teach physical education lessons via teaching opportunities with secondary aged students.
 6. Identify, assess, and analyze developmentally appropriate movement experiences, manipulative activities, fitness and sport skills for each grade level and how these activities make up a well balance physical education curriculum that will promote physical activity and involvement in physical

- activity throughout their lives.
7. Develop a personal philosophy of physical education.
 8. Develop an understanding of the relationship between physical education knowledge and physical education practice.
 9. Shall demonstrate knowledge of selected physical education teaching methods and understand circumstances that help determine the relevance of a particular style in a given situation.
 10. To write acceptable behavioural objectives in all three domains for selected activities.
 11. To write and use a functional lesson plan.
 12. To develop interaction and classroom behavioural management techniques.
 13. To develop both objective and subjective evaluation assessments and approaches in the evaluation of a student's performance.
 14. Discuss and research major issues confronting the profession of physical education.
 15. Communicate and advocate the value of physical education as part of the total school curriculum.
 16. Identify professional organizations and publications related to physical education teaching.
 17. Examine future problems and directions related to teaching physical education in public school settings.

B. Specific Instructional Objectives:

The student will demonstrate knowledge of:

1. The goals and objectives of elementary physical education.
2. Children's motor development.
3. Activities appropriate for the elementary school child, including games of low organization, lead-up games, rhythms, and stunts and tumbling.
4. Teaching elementary & secondary physical education by presenting a lesson(s).

Course Contents:

1. Historical overview
2. Need for elementary & secondary physical education
3. Objectives of elementary & secondary physical education
4. The Main Purpose of Physical Education
5. Technology in Physical Education
6. Children and Adolescents and Physical Activity
7. Growth and Development
8. How Adolescents Learn
9. Including Students With Disabilities
10. Effective and Reflective Teaching
11. Teaching Styles in Physical Education
12. Creating a Positive Learning Environment
13. Curriculum Development
14. Planning Units and Lessons
15. Assessment and Grading
16. Be Ready for the Unexpected
17. Challenges and Roles of the Teacher-Coach
18. Legal Issues Associated With Teaching Physical Education
19. Designing Your Physical Activity Center

20. Emerging As a Teacher Leader 21. Keeping Up to Date: Learner for Life 22. Managing classes 23. Children with disabilities 24. Legal liability

Learning Activities and Teaching Methods:

Lectures and some practical application from the students

Assessment Methods:

Final examination, Midterm examination, Coursework: curriculum design and demonstration, Reading Summaries, Observations/Reflective Journal, Participation.

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Pangrazi, Robert P	Dynamic physical education for elementary school children. (15th ed.)	Pearson: Benjamin Cummings	2007	0805379088
Paul W. Darst, Robert P. Pangrazi	Dynamic Physical Education for Secondary School Students, 6/E	Pearson: Benjamin Cummings	2009	0321536797

Recommended Textbooks/Reading:

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