

SPSC-541 Secondary Physical Education
University of Nicosia, Cyprus

Course Code SPSC-541	Course Title Secondary Physical Education	ECTS Credits 10
Department Life & Health Sciences	Semester Fall or Spring	Prerequisites None
Type of Course Elective	Field Sports Science	Language of Instruction Greek
Level of Course 2 nd Cycle	Year of Study 1 st or 2 nd	Lecturer(s) Dr Costas Tsouloupas
Mode of Delivery Face-to-face with support of electronic sources	Work Placement N/A	Co-requisites None

Objectives of the Course:

Physical education offers an essential starting point for anyone who cares about sport, physical activity and young people. It offers invaluable theoretical and practical guidance for studying to become an effective teacher or for anyone who wants to inspire children to engage in and enjoy physical activity for life. The main objectives of the course are to explore the:

1. Modern trends in physical education in secondary schools and their application to the Cypriot reality.
2. Dynamics of physical education in secondary education, the causes of reduced motivation of students and the impact of puberty on physical activity and other healthy behaviors.
3. Development of a physical education program in secondary school settings that aims to maintain the interest of the students while promoting physical activity and other healthy behaviors in and out of school.

Learning Outcomes:

After completion of the course students are expected to be able to:

1. Identify and explain selected strategies for developing responsible personal and social student behavior.
2. List and describe selected generic teaching strategies.
3. Identify and explain selected theories of motivation for learning.
4. Develop a "homework plan" for a 6 week grading period designed to motivate students to participate in physical activity outside the school setting.
5. Explain the importance of reflection and lifelong learning for the professional educator.
6. Write a "teaching autobiography" that includes experiences in teaching or content related areas, reasons for wanting to be a teacher, personal goals as a teacher, and teaching philosophy.
7. Observe and evaluate the teaching of peers using systematic observation techniques.
8. Develop a "teaching improvement plan" based on their practicum experience.

Course Contents:

1. An Orientation to Teaching Physical Education.
2. Modern Trends of the Sports Education in Secondary Education.
3. Factors that Influence Learning.
4. Developmentally Appropriate Learning.
5. Expectations and Learning outcomes for each Secondary School Grade.
6. Teaching Strategies.
7. Student Motivation, Personal Growth, and Inclusion.
8. Planning.
9. Observation Techniques and Tools.
10. Assessment in the Instructional Process.
11. Content-Specific Pedagogy.
12. The Professional Teacher and the Continuous Learner.

Learning Activities and Teaching Methods

Lectures, Lab Tutorials, Practical Exercises and Assignments. In-Class Exercises, Student-Led Presentations

Assessment Methods

Homework Assignments, Practical Exercises, Projects, Midterm Examination, Final Examination

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Armour, K.	Sport Pedagogy	Prentice Hall	2011	0273732587

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Tinning, R.	Pedagogy and Human Movement: Theory, Practice, Research	Routledge	2011	0415677343