


Course: Fundamentals of Physical and Health Education	
Type and level of studies: UAS	
Study program: Class Teacher Education	
Teacher(s): Aleksandar Ignjatović	
Language of instruction: English	
ECTS: 4	
Prerequisites: /	
Semester: Fall semester	

Course objectives:
 To enable students to achieve the goals and objectives of physical and health education. To gain knowledge of basic terms and organisational forms used during exercise. To understand the fundamental principles that govern physical exercise. To acquire knowledge about human motor abilities and ways to optimise their development. To comprehend the importance of timely and appropriate exercise for the prevention and correction of postural disorders, as well as the basic guidelines and exercises used in corrective treatments. To gain fundamental knowledge about the effects of various types of physical activities on individual organ systems and on the human organism as a whole, and to develop the ability to apply acquired knowledge in practical work with children.

Learning outcomes:
 The student understands the application and values of physical and health education through its manifestations in physical culture (physical education, sport, recreation). The student is familiar with basic principles in physical culture and applies modern technology in the process of physical exercise when planning and programming activities. The student recognises the importance of proper and balanced nutrition, knows the basic principles of corrective gymnastics, and understands the educator's role in preventing deformities. The student comprehends the necessity of promoting various forms of physical activity in light of the widespread epidemic of obesity and inactivity. The student is capable of critically using literature, understands the factors that influence the choice of games, and knows the role and tasks of demonstrators in implementing games. The student can use basic terminology in physical culture to demonstrate a set of shaping (conditioning) exercises.

Course contents:
 Theoretical Instruction:
 Introduction to the basic terms used in physical culture, sport, physical education, and recreation (1). Different forms of physical activity in the civilizations of ancient Egypt, Mesopotamia, India, China, Greece, and Rome (2). Systems of physical education in Europe and Serbia. The influence of the Turnen, Scandinavian, English, and Sokol systems of exercise on today's physical education system (3). Principles on which the laws of physical culture are based and their application in the implementation of different forms of physical activity (4). Basic characteristics, application, organisation, and implementation of various games (5). Presentation of the basic rules of the most popular sports games in Serbia. Educational, biological, and health influences of different sports (6). Basic sports: athletics, gymnastics, and swimming – their main characteristics and significance. Presentation of the elements and disciplines of basic sports adapted to different age categories (7). Classification, importance, and influence of motor abilities on participation and success in various sports activities (8). Demonstration of different tests for assessing motor abilities: strength, speed, agility, coordination, balance, precision, flexibility, and endurance (9). Importance, main guidelines, and principles of corrective gymnastics. Application of different tests for assessing bodily deformities (10). The most common spinal deformities. The importance and influence of early detection and prevention of bodily deformities (11). Selection of various types of physical activities for proper growth and development. The effects of physical activity on different organ systems and on the organism as a whole (12). The importance of maintaining personal hygiene, hygiene of facilities and equipment, nutritional hygiene, and proper rest before, during, and after physical activity (13). The importance of proper nutrition during various physical activities and maintaining optimal body weight (14). Current trends regarding the levels of children's physical activity. The epidemics of obesity and inactivity and potential solutions to current problems (15).

Practical Instruction:
 Participation in demonstrating and implementing various elementary games. Learning the role and tasks of demonstrators in conducting games and understanding the factors influencing the choice of games. Demonstration and methodology of basic elements of athletics: running, throwing, jumping, and relays. Demonstration and methodology of basic elements of sports gymnastics. Exercises for developing speed, strength, and agility. Exercises for developing coordination, balance, precision, flexibility, and endurance. Exercises for the prevention and correction of postural body deformities. In small groups (3–4 students), students prepare a one-day nutrition plan during class, respecting the required caloric intake, nutrient ratio, and meal schedule, using nutrition tables and online resources. Students demonstrate their knowledge of exercises and terminology used

in physical culture.

Teaching methods include frontal instruction, group work, pair work, circuit training, and station-based exercises with the use of obstacle courses.

References:

Chandler, T., Cronin, M., & Vamplew, W. (2007). Sport and Physical Education: The Key Concepts (2nd ed.). Routledge.
 Green, K., & Hardman, K. (Eds.). (2005). Physical Education: Essential Issues. SAGE Publications.
 Young, D. C. (2004). A Brief History of the Olympic Games. Blackwell Publishing.

Number of active teaching hours				Other classes
Lectures: 30	Seminars:	Project work:	Independent work: 30	

Teaching methods:

Lectures are delivered with the aid of PowerPoint presentations covering topics outlined in the course content. Video clips demonstrating the performance of various forms of physical activity, exercises, and tests are shown. Discussions are held with students on topics covered by the course, focusing on the importance and effects of different forms of physical activity on health, physical growth, and development.

Practical classes are conducted in the gymnasium, fitness room, outdoor exercise area in the park, and classroom. The following teaching methods are applied: frontal teaching, group work, pair work, and individual work. Circuit training, station work, and the use of obstacle courses are also implemented.

Examination methods (maximum 100 points)			
Exam prerequisites	No. of points:	Exam prerequisites	No. of points:
student's activity during lectures	10	oral examination	20
practical classes/tests	10	written examination	40
seminars/homework	20	project presentation	
project		portfolio	
other		Other	

Grading system		
Grade	Number of points	Description
10	91 – 100	Excellent
9	81 – 90	Exceptionally good
8	71 – 80	Very good
7	61 – 70	Good
6	51 – 60	Passing
5	≤50	Failing