

(Table 5.2) Course unit description

Study program: Pre-shool Teacher
Type and level of studies: Bachelor Studies
Course unit: Methodology of Physical Education 1
Teacher in charge: Goran Sekeljic, PhD, Full Professor
Language of instruction: English
ECTS: 4
Prerequisites: /
Semester (Winter or Summer Semester)
Course unit objective Acquiring of knowledge about: physical education, the importance and role of physical activity in integral development of children, the historical development of preschool physical education, the goals of physical education, the basic means of physical education (exercises and games), interdisciplinary physical education, methodological procedure in the training of natural shapes of movement
Learning outcomes of Course unit Acquired knowledge and beliefs that enabled the formation of adequate professional knowledge and professional attitude of students towards physical education and understanding of the importance and role of physical activity in the integral development of children. Acquired theoretical and methodical knowledge in the field of physical education.
Course unit contents Theoretical classes Physical education methodology - definition, concept and thematic space; Interpretation of basic concepts; The role of physical culture in the phylogenetic and ontogenetic development of humans; Historical development of physical culture; The goal of preschool physical education; The impact of physical exercise on the child's organism. Anthropological characteristics of children of pre-school age; Characteristics of motor development of children in pre-school age; Defining and developing motor skills; Motor exercise and motor game; Biomechanical basis for moving expression; Fundamentals of functional anatomy. Physiology of exercise. Practical classes Form Exercises - exercises in the function of stimulation of development, compensation and correction. The division of exercises according to the type of action and the topological basis (exercises for strengthening, stretching and loosening of the arms, shoulder belt, pelvis, legs, etc.) Principles and general methodological instructions regarding the training of natural forms of movement: walking and running, bouncing, jumping and skipping, throwing and catching balls, climbing, creeping and pulling, lifting and carrying, pulling, pushing and tugging, tilting and rebounding. Elementary games - the importance and role of children's games in terms of physical exercise (stimulating biological functions, socializing children, recreation and entertainment, etc.). Exercise balance. Children's folklore and rhythmic exercises.
References Biddle, S.J.H. (2001). Enhancing motivation in physical education. <i>Human Kinetics</i> , (101–127). Blimkie, C.J.R. (1989). Age and sex associated variation in strength during childhood: Anthropometric, morphologic, neurologic, biomechanical, endocrinologic, genetic and physical

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Flintoff, A. Scraton, S. (2001). Stepping into Active Leisure? Young Women's Perceptions of Active Lifestyles and their Experiences of School Physical Education, *Sport, Education and Society*, 6(1), 5–21.

Kovar, S., Ermler, K., Mehrof, J. & Napper-Owen, G. (2001). Choosing activity units to promote maximum participation: Creative physical education curricula. *The Physical Educator*, 58 (3), 114–124.

Malina, R.M. & Bouchard, C. (1991). Growth, Maturation, and Physical Activity, Champaign, IL., *Human Kinetics*.

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Number of active teaching hours				Other classes
Lectures: 2	Practice: 1	Other forms of classes: 1	Independent work	

Teaching methods
 Interactive classes and practical application of knowledge acquired; verbal-textual and analytical; popular lectures, discussion, method of practical activities, workshops, role playing, e-teaching, presentations and mentoring.

Examination methods (maximum 100 points)

Exam prerequisites	No. of points:	Final exam	No. of points:
Student’s activity during lectures	20	oral examination	30
practical classes/tests	30	written examination	
seminars/homework	20	
Project			
Other			

Grading system

Grade	No. 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	Less than 51	Failing

