

(Table 5.2) Course unit description

Study program: Primary School Teacher
Type and level of studies: Bachelor Studies
Course unit: Methodology of Teaching Physical Education 1
Teacher in charge: Slobodan Pavlović, Ph.D., Associate Professor
Language of instruction: English
ECTS: 4
Prerequisites: /
Semester: Summer Semester
Course unit objective The objective of the course is to contribute to the acquisition of knowledge on: physical education, sport, school's sport, importance and role of physical activity in integral development of children, historical development of school physical education, goals of physical education, basic means in physical education (exercises and games), interdisciplinarity of physical education, training of teaching content in programs for younger school children.
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 Methods of physical education – definition, concept and thematic space; Interpretation of basic concepts; The role of physical culture in the phylogenetic and ontogenetic development of man; Historical development of physical culture; The goal of physical education in schools; The impact of physical exercise on the child's organism. Anthropological characteristics of children of school age; Characteristics of motor development of children to 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 Mastering knowledge about the division of motor skills. Planning, implementation and evaluation of physical education classes. Application of different organizational forms of exercise in physical education class.
References Gniewosz, G.; Regina, M.; Sticker, M.R.; Paulus, M. A longitudinal assessment of the stability of the three-dimensional moral self-concept during early childhood. <i>Eur. J. Dev. Psychol.</i> 2022, 20, 327–346. Martin, D. E. & Coe, P. E. (1997). <i>Better Training for distance Runners</i> . USA: Human Kinetics. McKenzie, T. J. (2015). <i>System for observing fitness instruction time: Description and procedures manual</i> (Generic Version for Paper Entry). San Diego State University. Pavlović, S., Pelemiš, V., Badrić, M., Stević, D., & Mitrović, N. (2025). Moving Minds: How Physical Activity Shapes Motivation and Self-Concept in School Children. <i>Behavioral Sciences</i> , 15(5), 629, https://doi.org/10.3390/bs15050629

Pavlović, S., Pelemiš, V., Marković, J., Dimitrijević, M., Halaši, S., Nikolić, I, Čokorilo, N. (2023). The Role of Motivation and Physical Self-Concept in Accomplishing Physical Activity in Primary School Children, *Children, Sports*, 11, 173, [https:// doi.org/10.3390/sports11090173](https://doi.org/10.3390/sports11090173)

Pavlović, S., Marinković, D., Madić, D., Đorđić, V., Milovanović, I., Brymer, E. (2021). Motivation and Physical Self-Concept as Indicators of Students' Physical Activity in Physical Education Classes, *Facta Universitatis, Physical Education and Sport*, 796:159-005, <https://doi.org/10.22190>

Pelemiš, V., Pavlovic, S., Mitrovic, N., Nikolic, I., Stevic, D., & Trajkovic, N. (2024). Physical Activity Levels During Physical Education Classes and Their Impact on Physical Fitness in 10-Year-Old School Children: A Comparative Study, *Journal of Functional Morphology and Kinesiology*, 9(4), 220. <https://doi.org/10.3390/jfmk9040220>

Rowland, T. W. (1990). *Exercise and Children's Health*. Champaign, IL: Human Kinetics.

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

Teaching methods
 Lecture, co-curricular work in small groups, team learning, problem teaching, practical work, student research (individually and in group), consultations, seminar papers, discussion clubs, knowledge tests, visuals: films, pictures, video clips.

Examination methods (maximum 100 points)

Exam prerequisites	No. of points:	Final exam	No. of points:
student's activity during lectures	15	oral examination	50
practical classes/tests	15	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