

(Table 5.2) Course unit description

Study program: Teacher
Type and level of studies: Bachelor Studies
Course unit: Methodology of Teaching Physical Education 1
Teacher in charge: Slobodan Pavlovic, PhD, Assistant Professor
Language of instruction: English
ECTS: 3
Prerequisites: Passed the Didactics exam
Semester (Winter or Summer Semester)
Course unit objective The objective of the course is to contribute to the acquisition of knowledge on: physical education, 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 contents in programs for younger schoolchildren.
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 Theory teaching: 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 school physical education; 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 teaching: Methodology in the training of basic elements of the athletics technique. Methodology in the training of basic elements of the technique of gymnastics. Methodological procedure in training basic elements of technique from sports aigars. Methodological method in training basic elements of technique from dance activities. The structure of the time of physical education.
References Barkoukis, V. (2007). Experience of state anxiety in physical education. In J. Liukkonen, Y. Vanden Auweell, B. Vereijken, D. Alfermann, & Y. Theodorakis (Eds.), <i>Psychology for physical educators: students in focus</i> (pp. 57-72). Champaign, IL: Human Kinetics. Hardman, K. (2007). Current situation and prospects for physical education in the European Union. Brussels: European Parliament. Hussey, J., Bell, C., & Gormley, J. (2007). The Measurement of Physical Activity in Children. <i>Physical Therapy Reviews</i> , 12,(1), 52-58. Martin, D. E. & Coe, P. E. (1997). <i>Better Training for distance Runners</i> . USA: Human Kinetics.

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Park, H. J. (2007). Longitudinal Relationships Between Physical Activity, Sedentary Behaviors, and Obesity in Children and Adolescents. Dissertation. Chapel Hill: University of North Carolina.

Poček, S., Djordjić, V., & Tubić, T. (2012). Postural status and self-perception profile of children. Healthmed, 6(3), 249-256.

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Timo, J., Sami, Y. P., Anthony, W., Jarmo, L. (2015). Perceived physical competence towards physical activity, and motivation and enjoyment in physical education as longitudinal predictors of adolescents' self-reported physical activity. Journal of Science and Medicine in Sport, available online 15th November 2015.

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; 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