

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

Elementary physical education

COURSE CODE:

N137

ECTS CREDITS

4

RESPONSIBLE FOR THE COURSE:

NAME	Vasiliki Derri	
POSITION	Associate Professor	
SECTOR	Sports Management, School Physical Education & Recreation	
OFFICE	B1 - 10	
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CO-INSTRUCTORS		

SEMESTER:

1 st	<input type="checkbox"/>	2 nd	<input type="checkbox"/>	3 rd	<input checked="" type="checkbox"/>	4 th	<input type="checkbox"/>
5 th	<input type="checkbox"/>	6 th	<input type="checkbox"/>	7 th	<input type="checkbox"/>	8 th	<input type="checkbox"/>

COURSE TYPE:

Obligatory	<input checked="" type="checkbox"/>
Direction	<input type="checkbox"/>
Specialization	<input type="checkbox"/>
Prerequisite for specialization	<input type="checkbox"/>
Elective (<i>open</i>)	<input type="checkbox"/>

HOURS (*per week*):

2

DIRECTION (*only for 3rd & 4th year courses*):

SPECIALIZATION (*only for 3rd & 4th year courses*):

LANGUAGE OF TEACHING:

GREEK	<input checked="" type="checkbox"/>	ENGLISH	<input type="checkbox"/>
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AIM OF THE COURSE (*content and acquired skills*):

The course aims to provide students with knowledge concerning: a) the nature of the multifaceted development of children, b) the effective planning of physical education lessons according to the short-term and long-term educational objectives, c) the contemporary methods of effective teaching, transfer and evaluation of knowledge, performance and learning, d) the planning of physical education programs, based on students' particular developmental characteristics and needs and e) the role of physical education in lifetime exercise and health promotion.

COURSE CONTENTS (*outline – titles of lectures*):

1. Physical education in the school curriculum - Aims, objectives and developmental stages.
2. Class management and discipline strategies in the school setting.
3. Physical education and physical activity: why are they essential?
4. Children with special needs/mental and bodily particularities in education.
5. Planning the physical education lesson.
6. Implementing an effective physical education lesson.
7. Contemporary teaching methods and styles in physical education.
8. Teaching fundamental movement skills.
9. Teaching sport skills.
10. Teaching cognitive and social skills.
11. Health-related fitness, skill-related fitness: development, planning, instruction, and assessment.
12. Teacher, student and program evaluation in physical education.
13. Revision.

TEACHING METHOD (*lectures – labs – practice etc.*):

1. Lectures.
2. Applications.

ASSESSMENT METHOD(S):

- 1) One pre-programmed quiz (30%)
In class activities (20%)
Final exams (50%)
- 2) Final exams (100%).

LEARNING OUTCOMES:

- Upon the completion of this course the student will be able to:
1. Understand the nature of the multifaceted development of children.
 2. Understand the design of the teaching content of a class according to short / long-term educational goals.
 3. Identify modern methods of effective teaching and assessing knowledge and performance.
 4. Create programs for physical education classes based on students' developmental characteristics and needs.
 5. Understand the role of school physical education in the promotion of lifelong exercise for health.

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Understanding of the nature of the multifaceted development of children.	Lectures, guidance for research on the web, home study.	Formative knowledge assessment with multiple choice tests.	15
Understand the design of the teaching content of a class according to short / long-term educational goals.	Lectures, thematic discussions, home study.	Formative assessment with individual and team projects.	40
Ability to identify and describe modern methods of effective teaching and assessment of knowledge and performance.	Lectures, group assignment, experiential exercises, home study.	Formative assessment with team projects and knowledge quiz.	15
Ability to create programs for physical education classes based on students' developmental characteristics and needs.	Lectures, practical applications, individual and group assignments, home study.	Presentations of individual & group assignments.	40
Understanding of the role of school physical education in the promotion of lifelong exercise for health.	Lectures, thematic discussions, group assignment.	Formative knowledge assessment with short knowledge tests and final exams.	10
		TOTAL	120

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Pangrazi, R.P. (1997). Teaching physical education in elementary school. Thessaloniki: University Studio Press.
2. Kioumourtzoglou, E. (2007). Physical education in the beginning of 21st century - Standards, goals and objectives - Theoretical approaches. Thessaloniki: Christodoulidis.