

# Postgraduate Certificate

## Teaching and Knowledge of Physical Education and Sport in Primary Education





## Postgraduate Certificate

### Teaching and Knowledge of Physical Education and Sport in Primary Education

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/pk/education/postgraduate-certificate/teaching-knowledge-physical-education-sport-primary-education](http://www.techtitute.com/pk/education/postgraduate-certificate/teaching-knowledge-physical-education-sport-primary-education)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Structure and Content

---

*p. 12*

04

Methodology

---

*p. 16*

05

Certificate

---

*p. 24*

01

# Introduction

Thanks to this exercise, children learn about relationships, teamwork, creativity. For this reason, Physical Education is a mandatory subject and of great value in the primary education curriculum. However, it is essential that teachers know the most appropriate didactics for these students. For this reason, TECH offers this complete program with the most comprehensive information on the market.



“

*Know the most appropriate didactics to teach Physical Education lessons to Primary Education students and give a plus of quality to your classes”*



The objective of this course is to acquire the knowledge and the competences corresponding to the school contents of physical education, delving into the didactic elements that will lead to the implementation of the contents of the area.

In this way, through the knowledge of the conceptual and methodological bases in the teaching-learning process of physical education, the course seeks the adequate specialization of the teacher in charge of teaching this subject. For this, the concepts related to this area will be studied to understand why it is beneficial to practice exercise at this school stage, in addition to helping students to acquire healthy lifestyle habits.

Therefore, this is an unique educational opportunity in which we have a formative program with a distribution of subjects designed to allow students to manage their own time. In addition, you will have theoretical materials presented through enriched texts, multimedia presentations, exercises and guided practical activities, motivational videos, master classes and case studies at your disposal, allowing you to evoke knowledge in an orderly way and practice decision making that demonstrates your competence in the field of teaching.

This training is distinguished by the fact that it can be taken in a 100% online format, adapting to the needs and obligations of students, asynchronously and completely self-manageable. Students will be able to choose which days, at what time and how much time to dedicate to the study of the contents of the program, always in tune with the abilities and aptitudes dedicated to it.

This **Postgraduate Certificate in Teaching and Knowledge of Physical Education and Sport in Primary Education** contains the most complete and up-to-date Educational program on. The most important features of the specialization are:

- ♦ The development of practical cases presented in simulated scenarios by experts in the field of study, where the student will evoke in an orderly manner the knowledge learned and demonstrate the acquisition of the competencies
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ The latest developments on the educational task of the primary school teacher.
- ♦ Practical exercises where the students undergo the self-assessment process to improve learning, as well as activities at different skill levels
- ♦ Special emphasis on innovative methodologies and teaching research
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection

“*Sport is an essential activity in children's lives, so teachers must have the ability to plan appropriate activities for them*”

“

*Our 100% online program will allow you to manage your study time with total freedom”*

Its teaching staff includes professionals in the field of Primary Education, who pour their work experience into this course, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will allow professionals to learn in a contextual and situated learning environment, i.e., a simulated environment that will provide immersive specialization for real situations.

The design of this program focuses on Problem-Based Learning, by means of which teachers must try to solve the different professional practice situations that are presented to them. For this purpose, specialists will be assisted by an innovative interactive video system created by renowned and experienced experts in Physical Education.

*The program invites us to learn and grow, to develop as teachers, to learn about educational tools and strategies in relation to the most common needs in our classrooms.*

*You will have access to the contents from any fixed or portable device with internet connection, even from your cell phone.*

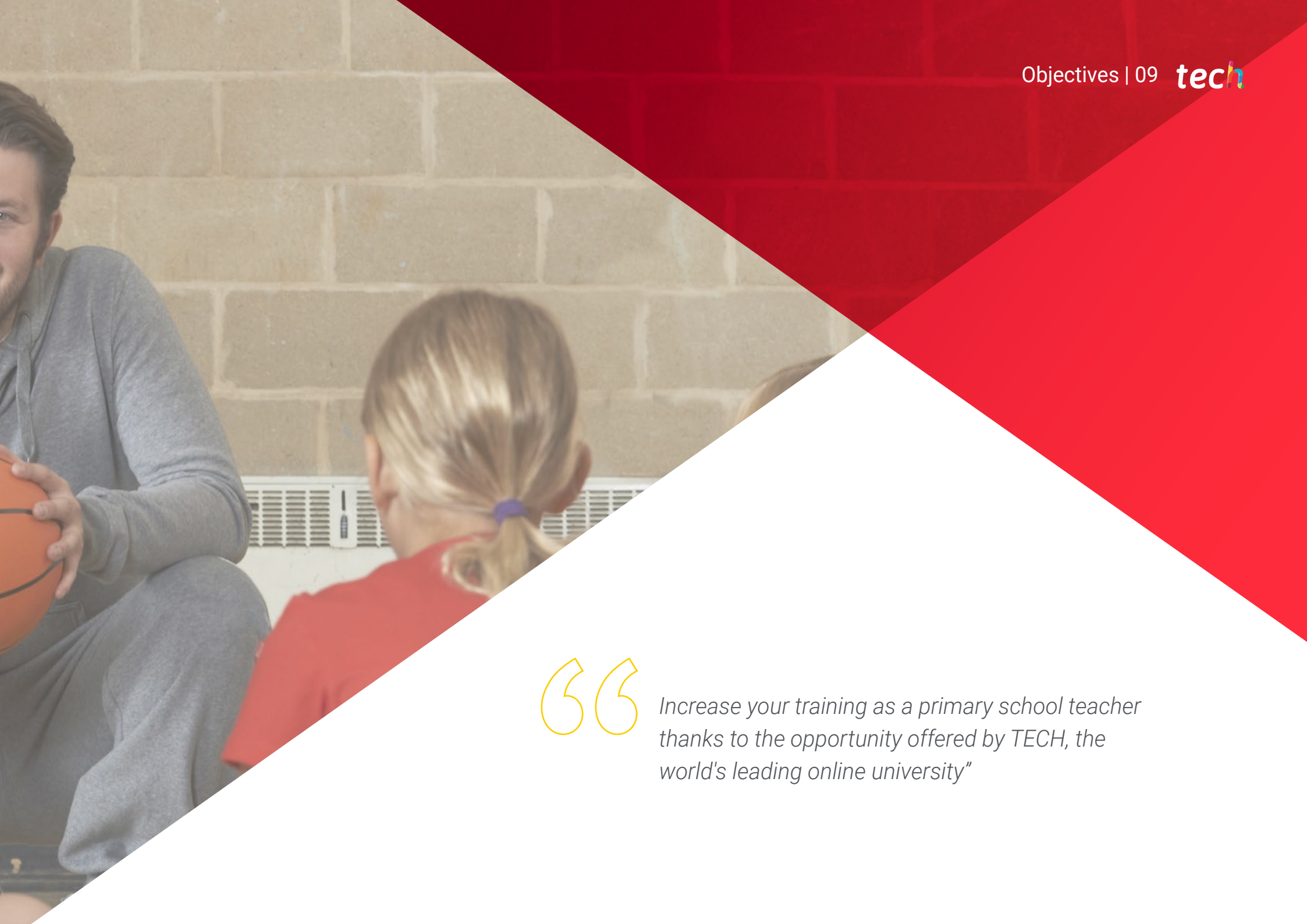


# 02 Objectives

The Postgraduate Certificate in Teaching and Knowledge of Physical Education and Sport in Primary Education is oriented to develop in students the skills required for the exercise of their profession. For this purpose, the most complete education is offered by leading experts in the field.







“

*Increase your training as a primary school teacher thanks to the opportunity offered by TECH, the world's leading online university”*



### General Objectives

---

- ♦ Design, plan, deliver, and evaluate teaching and learning processes, both individually and in collaboration with other teachers and professionals of the center.
- ♦ Foster educational skills in teachers that will enable them to improve the way they teach their lessons

“

*This program will allow you to acquire the necessary skills to develop your work with total guarantees of success"*





## Specific Objectives

---

- ♦ Know the origin and background of Physical Education
- ♦ Discover what is understood by the concept of Physical Education and what is included in it
- ♦ Recognize the conceptions of the body from their lived experiences and critically analyze the contribution that Physical Education can make to culture and society, in order to value its importance in the integral development of people
- ♦ Compare the main paradigms developed from Physical Education for every stage with respect to the physical education experienced, reflecting and exposing their ideas
- ♦ Know and value the main teaching and learning activities of Physical Education, as a strategy for the promotion of adherence to a systematic practice of physical activity
- ♦ Clarify the relationship between Physical Education and events in daily life
- ♦ Analyze challenges when facing Physical Education
- ♦ Know the teaching foundations in educational planning and intervention applicable to the teaching-learning process of Physical Education
- ♦ Understand the relationship between theoretical didactic aspects and their practical application in physical education
- ♦ Know the curriculum of physical education in Elementary Education
- ♦ Acquire the basic concepts of the subject, define them and relate them to
- ♦ Promote the acquisition of knowledge for the development of planning, implementation and evaluation processes of physical education activities at school
- ♦ Acquire skills in guidance, counselling and implementation of adaptations of the physical education curriculum and in the resolution of Teaching- Learning problems
- ♦ Evaluate the teaching intervention of the motor practice according to the principles of physical education

03

# Structure and Content

The structure of the contents has been designed by top level professionals within the educational panorama, with a wide trajectory and recognized prestige in the profession, endorsed by their experience, and with a wide command of the new technologies applied to teaching.





“

*The best content to create  
the best teachers”*

## Module 1. Knowledge of Physical Education and Sport in Elementary Education

- 1.1. History of Physical Education
  - 1.1.1. First Stage (First Half of the 19th century)
  - 1.1.2. Second Stage (Second Half of the 19th Century and First Half of the 20th Century)
  - 1.1.3. Third Stage (Second Half of the 20th century)
- 1.2. Currently
  - 1.2.1. Basic Motor Skills
  - 1.2.2. Sports
  - 1.2.3. Corporal Expression
  - 1.2.4. Motor Games
  - 1.2.5. Physical Activity for Health
  - 1.2.6. Activities in Nature
- 1.3. What is Physical Education Today?
  - 1.3.1. Unknowns to be Discovered
  - 1.3.2. Physical Education: Body and Movement
  - 1.3.3. Social Dimension of Physical Education
  - 1.3.4. The Sociocultural Perspective
- 1.4. Objectives and Contents
  - 1.4.1. Intentionality of Physical Education
  - 1.4.2. Objectives
  - 1.4.3. Current Content of Physical Education
- 1.5. Teaching Effectively
  - 1.5.1. How Should It Be Taught?
  - 1.5.2. How to be an Effective Teacher?
  - 1.5.3. Rules for Efficient Teaching-Learning
- 1.6. Pedagogical Aspects to Be Taken into Consideration
  - 1.6.1. Women
  - 1.6.2. Special Educational Needs
  - 1.6.3. Education for Nonviolence
  - 1.6.4. Discrimination and Social Exclusion
  - 1.6.5. Responsibility for the Environment
  - 1.6.6. Promoting Responsible Consumption
- 1.7. Relationships of Physical Education with Sport and Health
  - 1.7.1. Introduction
  - 1.7.2. Sport as Education/Learning
  - 1.7.3. Competitive Sports
  - 1.7.4. Sport as Health
- 1.8. Relationship Between Physical Education and Leisure Time
  - 1.8.1. Relations with Sports
  - 1.8.2. Maintenance Sports
  - 1.8.3. Recreational Sports
- 1.9. Body and Mind
  - 1.9.1. Human Physiology in Physical Exercise
  - 1.9.2. Lower Limb and Trunk
  - 1.9.3. Upper Limb and Neck
- 1.10. Challenges and Changes Facing Physical Education
  - 1.10.1. Education in the 21st Century
  - 1.10.2. Physical Education in the 21st Century
  - 1.10.3. Physical Education in the School of the Future



*You will have access to a library of multimedia resources 7 days a week, 24 hours a day"*

## Module 2. Physical Education Didactics in Elementary Education

- 2.1. Motor Development
  - 2.1.1. Introduction
  - 2.1.2. Neuromotor
  - 2.1.3. Resources for Neuromotor Development
- 2.2. Good Motor Competence is Achieved by Good Motor Learning
  - 2.2.1. Introduction to the Subject
  - 2.2.2. Key Concepts
  - 2.2.3. Physical Education as Part of Constructivist Development
  - 2.2.4. Motor Competence and Its Ecological Approach
- 2.3. Play as an Educational Resource
  - 2.3.1. Introduction
  - 2.3.2. Is it Possible to Work on Motor Skills by Playing?
  - 2.3.3. Characteristics and Implementation of the Motor Game
  - 2.3.4. Types and Strategies of Motor Games
- 2.4. Objectives, Contents and Assessment of Physical Education in the Curriculum
  - 2.4.1. Physical Education Competencies in Elementary Education
  - 2.4.2. Physical Education Objectives in Elementary Education
  - 2.4.3. Physical Education Assessment in Elementary Education
  - 2.4.4. Content Development Proposals
- 2.5. Contents: Hygienic-Postural Habits
  - 2.5.1. Introduction
  - 2.5.2. Articulation by Articulation
  - 2.5.3. The Strength
  - 2.5.4. Strength Learning Methods for Elementary School Education
- 2.6. Contents: Basic Physical Capabilities
  - 2.6.1. Introduction
  - 2.6.2. Resistance
  - 2.6.3. Speed
  - 2.6.4. Movement
- 2.7. Contents: Basic Motor Skills
  - 2.7.1. Introduction
  - 2.7.2. Displacements
  - 2.7.3. Turns
  - 2.7.4. Jumps
  - 2.7.5. Launches
  - 2.7.6. Receptions
- 2.8. Contents: Sports Activities in the Area of Physical Education
  - 2.8.1. Introduction
  - 2.8.2. Individual Sports:
  - 2.8.3. Adversarial Sports
  - 2.8.4. Collective Sports:
  - 2.8.5. Evolution of the Conception of Sport up to the Present Day
- 2.9. Physical Education Methodology in Elementary School
  - 2.9.1. Classroom Scheduling
  - 2.9.2. Elements of a Didactic Unit in Physical Education
  - 2.9.3. Physical Education Teaching Resources and Materials
- 2.10. New Methodological Proposals
  - 2.10.1. Excellence, Creativity and Learning
  - 2.10.2. ICT in Physical Education
  - 2.10.3. Gamification in Physical Education

04

# Methodology

This training program offers a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.







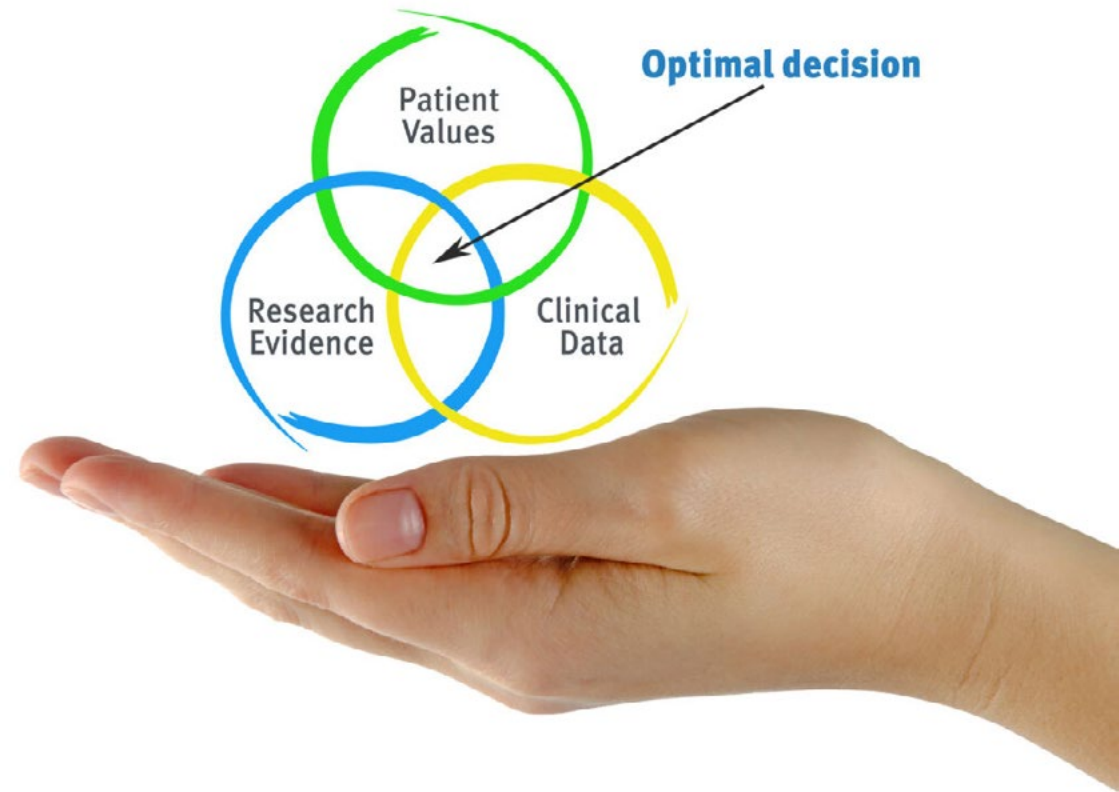
“

*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Education School we use the Case Method

In a given situation, what should a professional do? Throughout the program students will be presented with multiple simulated cases based on real situations, where they will have to investigate, establish hypotheses and, finally, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method.

*With TECH, educators can experience a learning methodology that is shaking the foundations of traditional universities around the world.*



*It is a technique that develops critical skills and prepares educators to make decisions, defend their arguments, and contrast opinions.*

“

*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

**The effectiveness of the method is justified by four fundamental achievements:**

1. Educators who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process is solidly focused on practical skills that allow educators to better integrate the knowledge into daily practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life teaching.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our University is the first in the world to combine case studies with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.

*Educators will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*





At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 85,000 educators with unprecedented success in all specialties. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Relearning will allow you to learn with less effort  
and better performance, involving you more in  
your specialization, developing a critical mindset,  
defending arguments, and contrasting opinions:  
a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialist educators who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Educational Techniques and Procedures on Video

TECH introduces students to the latest techniques, with the latest educational advances, and to the forefront of Education. All this, first-hand, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

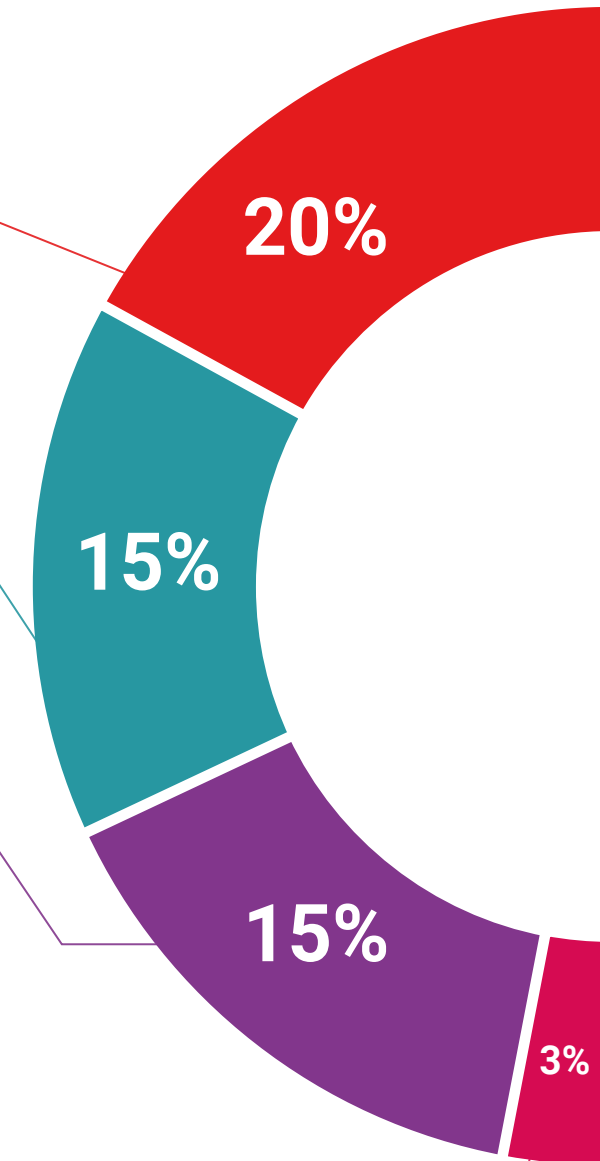
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

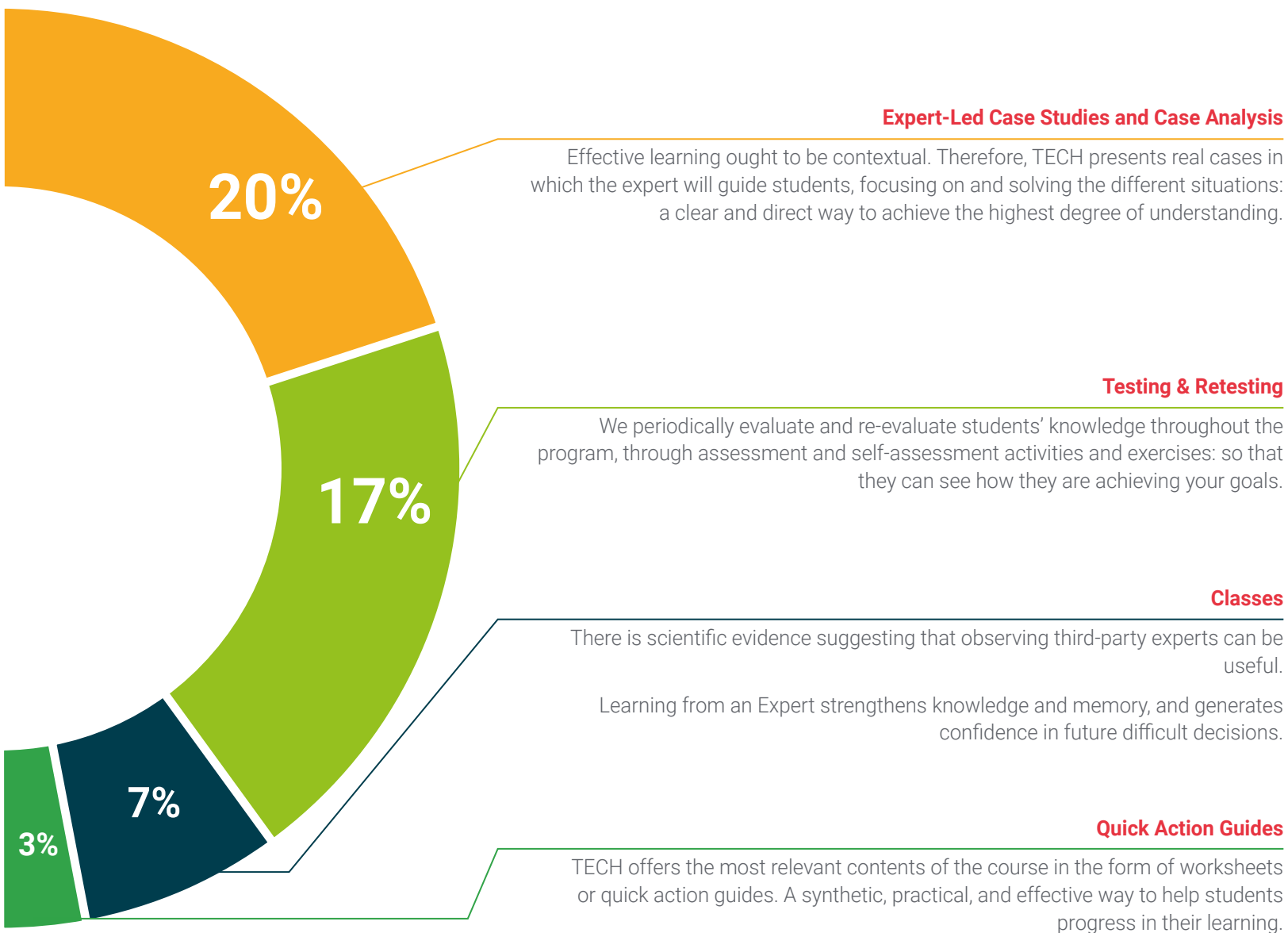
This exclusive multimedia content presentation training Exclusive system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.







# 05 Certificate

The Postgraduate Certificate in Didactics and Knowledge of Physical Education and Sport in Primary Education guarantees, in addition to the most rigorous and up to date education, access to a Postgraduate Certificate issued by TECH Technological University.





“

*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"*

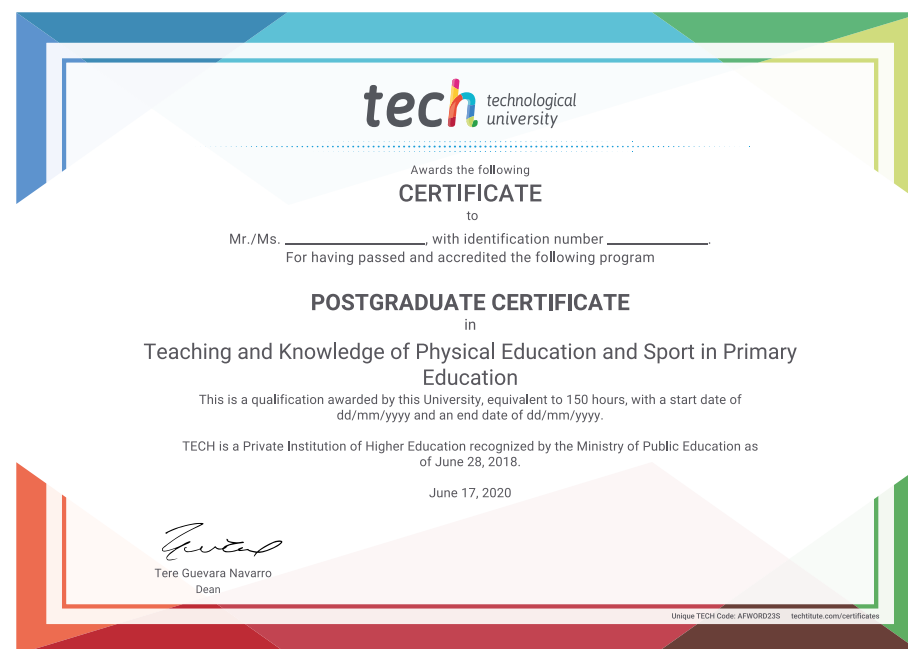
This **Postgraduate Certificate in Teaching and Knowledge of Physical Education and Sport in Primary Education** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Teaching and Knowledge of Physical Education and Sport in Primary Education**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



## Postgraduate Certificate

Teaching and Knowledge of  
Physical Education and Sport  
in Primary Education

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Certificate

Teaching and Knowledge of  
Physical Education and Sport in  
Primary Education

