

# Postgraduate Certificate

## Physical Education and Sport Knowledge in Elementary Education

Endorsed by the NBA



**tech** technological  
university





## Postgraduate Certificate

### Physical Education and Sport Knowledge in Elementary Education

Course Modality: **Online**

Duration: **6 weeks**

Certificate: **TECH Technological University**

Official N° of Hours: **150 h.**

Website: [www.techtitute.com/us/ciencias-deporte/curso-universitario/Knowledge-educacion-fisica-deporte-educacion-primaria](http://www.techtitute.com/us/ciencias-deporte/curso-universitario/Knowledge-educacion-fisica-deporte-educacion-primaria)

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# 01

# Introduction

Physical Education is one of the most important elements that can positively intervene in childhood development. Through an innovative and profound didactic process, it is possible to become aware of how decisive it can be for Sports Science professionals to acquire knowledge in the field, learning new skills and tools to face their present and future work with maximum guarantees. This program offered by TECH is a deepening in Physical Education and Sport applied to primary education, starting from the field of Sports Science.







*Acquire decisive knowledge in the area of Sports Science applied to Primary Education with this TECH Postgraduate Certificate"*

Sports Science and Physical Education are professional and theoretical areas that contain a broad body of knowledge developed over the years. Precisely because it is such an extensive field, professionals are often unable to cover all the available content. In addition, they are constantly evolving and are often updated through new scientific discoveries. For this reason, this Postgraduate Certificate in Physical Education and Sport Knowledge in Elementary Education covers an essential space in terms of providing knowledge in the field to those students coming from Sports Sciences.

Primary Education is also one of the most important areas in terms of Physical Education, since there are a wide variety of sport, play and physical activities for children in which experts in Sports Science are needed who have specialized in it and who have acquired the necessary skills to develop such activities.

This Postgraduate Certificate deepens in the subject, expanding the existing knowledge and adapting it to a dynamic and innovative environment in which Sports Science professionals move, always attentive to the latest developments in their area in order to offer the best service to their customers, users or students.

This degree is prepared so that those professionals who want to take it not only have the best education, taught by the best experts in the field, but also have maximum flexibility to learn in a self-guided way and through the different tools offered by TECH, thanks to which the teaching experience is more intense and is fully adapted to the student.

This is, therefore, a great opportunity for those professionals who are not satisfied with the knowledge already acquired in Physical Education and Sport applied to Elementary Education and want to broaden it to improve their job performance.

This **Postgraduate Certificate in Knowledge of Physical Education and Sport in Elementary Education** contains the most complete and up-to-date scientific program on the market. Its features are:

- ◆ Acquisition of in-depth knowledge in the field of Physical Education and Sports applied to Elementary Education
- ◆ Specialization in this subject, the contents of which are highly demanded in today's labor market
- ◆ Practical exercises where theoretical contents are applied, making teaching more dynamic and effective
- ◆ Its innovative methodology, which combines different teaching methods to ensure an adequate learning process
- ◆ Theoretical lessons given by experts, resolution of doubts by these experts, questions to the expert, discussion forums and individual reflection works
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*Don't stop learning: acquire new knowledge that can be decisive for your professional career"*

“

*Expand your knowledge and become an expert in Sports Science for Elementary Education”*

It includes in its teaching staff professionals belonging to the field of Elementary Education, who pour into this training the experience of their work, in addition to recognized specialists from reference societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive training experience designed to train for real-life situations.

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

*Don't settle for what you know: be a specialist and a leader by learning with TECH.*

*TECH invites you to increase your job opportunities by learning with the best experts.*



# 02 Objectives

Through the teaching methodology that TECH proposes, and always accompanied by the best experts, the objective of this Diploma is to transfer to the student the best and most current Physical Education and Sports Knowledge applied to Elementary Education. Thus, the Sports Science professional will have a theoretical, scientific and practical base that may be used in their working career, so that the acquisition of this knowledge will have a positive influence on their development within the area, increasing their chances of professional advancement.







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*Your goals are TECH's goals:  
achieve them thanks to this Diploma  
recommended by recognized experts”*



## General Objectives

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- ◆ Broaden the knowledge base in Physical Education and Sports applied to Elementary Education
- ◆ Connecting Sport Science knowledge to Elementary Education
- ◆ Serve as a theoretical update for professionals in Sports Sciences
- ◆ Apply the theoretical contents of the subject to practical cases in order to obtain the best educational performance
- ◆ Master the general and specific contents that connect Sports Science to Elementary Education
- ◆ Acquisition of theoretical and practical skills of Physical Education and Sport Knowledge in Elementary Education



*Distinguish yourself from other Sports Science professionals by broadening your knowledge base"*







## Specific Objectives

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

- ◆ Know the origin and historicity 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 constructed from Physical Education for the 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 the challenges facing Physical Education



# 03

## Structure and Content

The curriculum of this Postgraduate Certificate has been designed by the best experts in Sports Sciences, who have put all their knowledge at the service of this degree to provide students with a complete, complex and rich experience that will help them develop their professional work. This program, therefore, has been designed taking into account the current needs of the field of Sports Science and Physical Education applied to Elementary Education.







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*Sign up and discover that the TECH program is the best program available to achieve your professional goals"*

## Module 1. Physical Education and Sport Knowledge 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. Current
  - 1.2.1. Basic Motor Skills
  - 1.2.2. Sports
  - 1.2.3. Body Language
  - 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. Physical Education Intentionality
  - 1.4.2. Objectives
  - 1.4.3. Current Contents 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. The Woman
  - 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/Training
- 1.7.3. Competitive Sports
- 1.7.4. Sport as Health

#### 1.8. Relationship between Physical Education and Leisure Time.

- 1.8.1. Relationships with the 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

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*The curriculum you are looking for,  
so you can do it when you want and  
where you want: you set the pace”*

# 04

# Methodology

This academic program offers students 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"*

### Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

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*At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"*



*You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.*



*The student will learn to solve complex situations in real business environments through collaborative activities and real cases.*

### A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“*Our program prepares you to face new challenges in uncertain environments and achieve success in your career*”

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*In 2019, we obtained the best learning results of all online universities in the world.*

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.





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.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. 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 training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



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



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly 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.



### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



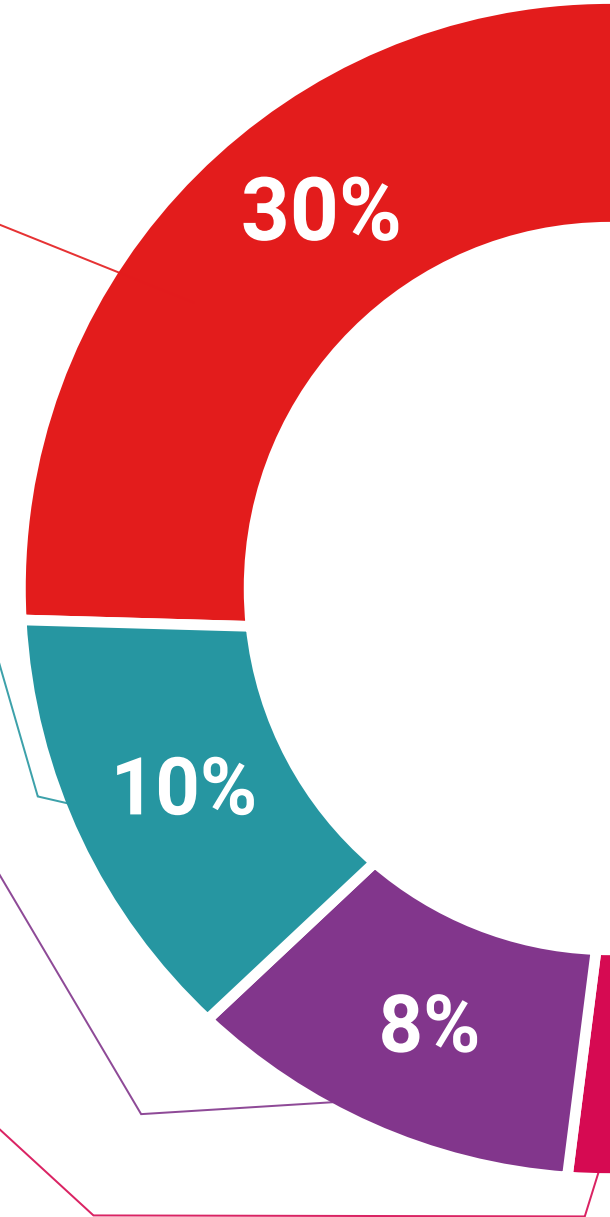
### Practising Skills and Abilities

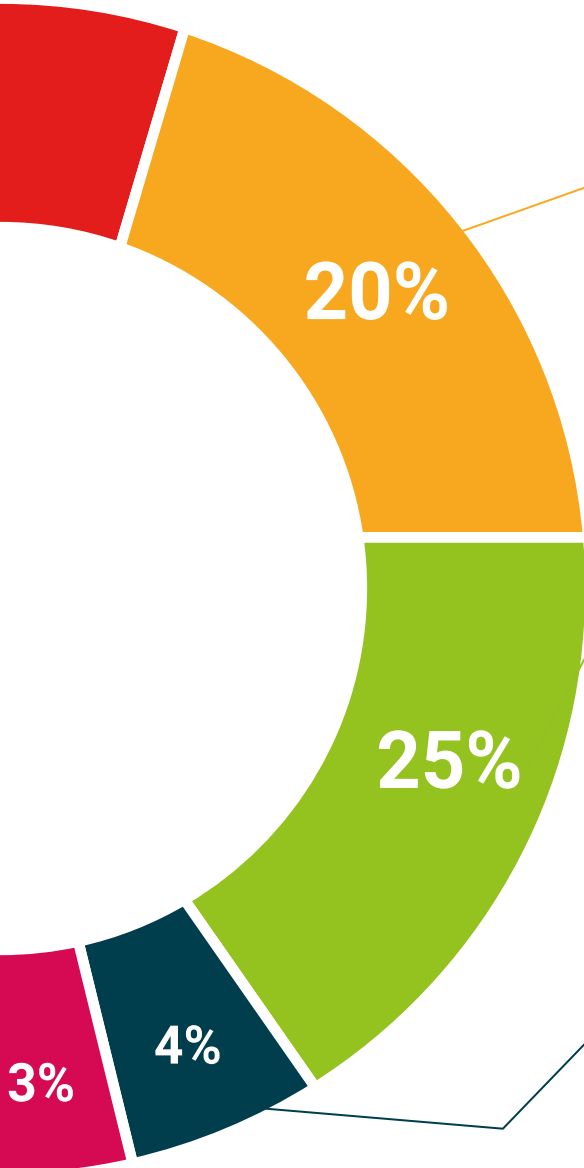
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



### 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.





#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### 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 educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.





# 05 Certificate

The Postgraduate Certificate in Physical Education and Sport Knowledge in Elementary Education guarantees, in addition to the most rigorous and up-to-date training, access to a Postgraduate Certificate issued by TECH Technological University.



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*Successfully complete this specialisation  
and receive your university degree  
without travel or laborious paperwork”*

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

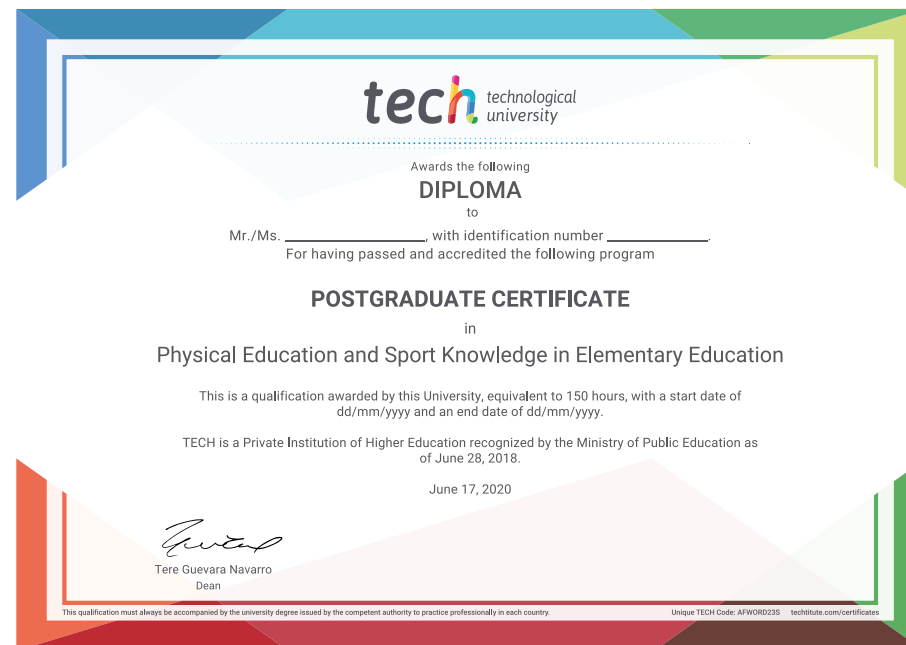
After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** diploma issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Diploma in Physical Education and Sport Knowledge in Elementary Education**

Official N° of Hours: **150 h.**

**Endorsed by the NBA**



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



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development languages  
virtual classroom



## Postgraduate Certificate

Physical Education  
and Sport Knowledge  
in Elementary Education

Course Modality: Online

Duration: 6 weeks

Certificate: TECH Technological University

Official Nº of Hours: 150 h.

# Postgraduate Certificate

## Physical Education and Sport Knowledge in Elementary Education

Endorsed by the NBA

