



Board of Teacher Education
Sports Science

Syllabus

Physical education 2

Course Code:	IDGL12
Course Title:	Physical education 2 <i>Idrottsvetenskap med didaktisk inriktning 2</i>
Credits:	30
Degree Level:	Undergraduate level
Progressive Specialisation:	First cycle, has less than 60 credits in first-cycle course/s as entry requirements (G1F)

Major Field of Study:
IVA (Sport Science)

Course Approval

The syllabus was approved by the Board of Teacher Education 2016-09-06, and is valid from the Spring semester 2017 at Karlstad University.

Prerequisites

Physical Education 1, 30 ECTS cr, or equivalent

Learning Outcomes

The aim of the course is that students develop their knowledge of and skills in leading and inspiring young people's development and their motivation to engage in health promoting activities. On the basis of subject knowledge and subject-specific teaching methodology they learn the skills independently to plan, evaluate and argue for the selection of subject content. The aim is also that students develop their ability to identify, critically review and apply different teaching models in various educational contexts. In addition, students are expected to problematise and reflect on the importance of outdoor activities for individuals, and also to learn more about the anatomy and physiology of the human body.

Module 1 Physical Education Pedagogy, 7.5 ECTS cr

Upon completion of the module, students should be able to:

1. give an account of basic theories and concepts of physical education theories and concepts,
2. identify professional skills specific to the PE area
3. apply established academic knowledge in the subject area in the development of PE,
4. plan, evaluate and carry out different forms of sports activities,
5. argue for choices made in teaching PE based on subject-specific teaching research,
6. reflect on their own conduct and how their values affect their teaching,
7. give an account of/discuss how health and PE can be adapted to students with various disabilities.

Module 2. The Physiology of Training in Theory and Practice 7.5 ECTS cr

Upon completion of the module students should be able to

1. give an account of the physiological foundations of fitness training and various forms of muscular strength training,
2. analyse the biomechanical laws linked to sports activities,
3. identify ergonomic dilemma in different sports contexts,
4. conduct, analyse and evaluate different physical tests,
5. independently lead and conduct a cycle ergometry test and relate and assess the fitness values in relation to individual profiles,
6. apply basic CPR,
7. give an account of the importance of physical activity and health promoting effects with an emphasis on young people's health and health development.

Module 3. Body, Health and Movement, 7.5 ECTS cr

Upon completion of the module, students should be able to:

1. identify different cultural body ideals and handle these in connection with PE and health instruction,
2. reflect on and evaluate the importance of physical activities to lifestyle and health from an individual and social perspective,
3. problematise course content and approaches from a gender perspective,
4. plan and conduct physical activities for the purpose of enhancing young people's health,
5. reflect on and evaluate different forms of leadership and teaching skills.

Module 4 Models for Teaching Physical Education, 7.5 ECTS cr

Upon completion of the module, students should be able to:

1. give an in-depth account of and critically review theories of learning,
2. identify and critically compare PE teaching models,
3. demonstrate a sound understanding of subject theories and teaching aspects of PE in an oral presentation,
4. apply the knowledge and skills in the physical education pedagogy covered in the course in different sports activities,
5. problematise course content and methods from a gender perspective,
6. describe and reflect on different principles for assessment and grading,
7. analyse national curricula by designing a local syllabus with specifications of goals, content and assessment criteria,
8. individually and in groups plan, conduct and reflect on different choices of outdoor activities,
9. participate in a camp designed to develop knowledge and skills to spend a longer time in nature.

Content

Instruction is in the form of lectures, group work, literature seminars and practical demonstrations of methodology in different physical activities. Theory and practice are integrated in all modules. Students are required to participate actively in all sessions.

Module 1 Physical Education Pedagogy, 7.5 ECTS cr

Different traditions in physical education pedagogy are presented, theories discussed and teaching models introduced and compared in terms of Swedish and international research in the field. Learning is also treated in the context of the design and performance of the teaching. Different types of sports activities are practised.

Module 2. The Physiology of Training in Theory and Practice 7.5 ECTS cr

The module comprises theoretical as well as practical components. Motor skills are studied with a focus on children and youth exercising. Ergonomic measuring methods in connection with physical activity are treated. Ergonomics with an emphasis on health and motor patterns aiming to prevent injury is also treated.

The course integrates a social perspective on physical activity among children and youth based on studies on physical activity in relation to health. Physical activity is studied with an emphasis on health promotion and sickness prevention.

Module 3. Body, Health and Movement, 7.5 ECTS cr

Different forms of physical activity are emphasised and related to the educational goals of PE and health. Different perspectives on the body and movement and the importance of the body for identity-creation are treated. Outdoor activities are planned and conducted with a focus on camping. Different physical activities are problematised and analysed based on their contribution to young peoples' physical and psychosocial development.

Module 4. Models for Teaching Physical Education, 7.5 ECTS cr

Students develop and deepen their knowledge of physical education. Physical education instruction is analysed on the basis of models and theories for teaching physical education. Different forms of play, sports and outdoor activities are situated in the context of sports pedagogy and related to curricular goals for the subject physical education. National curricula for physical education are linked to content and assessment criteria. Outdoor activities are planned and conducted with a focus on camps.

Reading List

See separate document.

Examination

Assessment is based on:

Module 1 Physical Education Pedagogy, 7.5 ECTS cr

Learning outcomes 1-3: individual hand-in assignment and literature seminar.

Learning outcomes 4-7: individually and in pairs by means of a written specialisation task linked to practical teaching situations.

Module 2 The Physiology of Training in Theory and Practice 7.5 ECTS cr

Learning outcomes 1-5: individual take-home exam and literature seminar.

Learning outcome 6: practical performance of health profile evaluation and a take-home exam.

Learning outcome 7: completed CPR-instruction

Module 3. Body, Health and Movement, 7.5 ECTS cr

Learning outcomes 1-2: individual hand-in assignment and an oral presentation in a seminar.

Learning outcome 3: individually and in pairs by means of a written specialisation task linked to teaching situations.

Learning outcomes 4-5: individually and in groups by means of participation in planning and conducting outdoor activities and hand-in assignments.

Module 4. Models for Teaching Physical Education, 7.5 ECTS cr

Learning outcomes 1-3: individual hand-in assignment and an oral presentation in a seminar.

Learning outcome 4: individually by means of a practical teaching demonstration.

Learning outcome 5: continuously and in seminars.

Learning outcomes 6-7: seminar participation.

Learning outcomes 8-9: individually and in groups on the basis of students' participation in the planning, conducting and following up of outdoor activities and outdoor techniques.

Grades

One of the grades Distinction (VG), Pass (G) or Fail (U) is awarded in the examination of the course.

Quality Assurance

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

Course Certificate

A course certificate will be provided upon request.

Additional information

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.

Outdoor activities are seasonally dependent and may therefore take place at other times than the semester periods. Students have to meet the extra cost of such activities.