

# Postgraduate Certificate Didactics of Physical Education and Sport in Primary Education





## Postgraduate Certificate

### Didactics of Physical Education and Sport in Primary Education

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/pk/education/postgraduate-certificate/didactics-physical-education-sport-primary-education](http://www.techtute.com/pk/education/postgraduate-certificate/didactics-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

Physical Education is an essential subject for the development of children and for the acquisition of values that they will keep for the rest of their lives. However, it is necessary for teachers of this subject to be able to apply the most appropriate didactics for primary school students. Don't think twice and prepare yourself with TECH, thanks to this high-quality teaching program.





“

*The practice of exercise is fundamental for the development of children, and teachers are responsible for promoting interest in sports in their students”*

The acquisition of knowledge and competencies corresponding to the school contents of Physical Education in the Primary Education stage is fundamental for teachers of this subject. For this reason, this program will delve into the didactic elements that will lead to the implementation of the contents of the subject.

In this way, through the knowledge of the conceptual and methodological bases in the Teaching/Learning process of Physical Education, this program has been designed to offer an adequate training to the teacher in charge of teaching this subject in this educational stage.

This program is offered as a unique study opportunity with an educational program with a distribution of subjects designed to allow students to self-manage their time. Additionally, they will have at their disposal theoretical materials presented through enriched texts, multimedia presentations, exercises and guided practical activities, motivational videos, master classes and practical cases, where they will be able to expand their knowledge in an orderly way and improve their decision-making that demonstrates their knowledge within the field of teaching.

This education is distinguished by the fact that it can be taken in a 100% online format, adapting to the needs and obligations of the student, in an asynchronous and completely self-manageable manner. The student 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 capabilities and skills dedicated to it.

This **Postgraduate Certificate in Didactics of Physical Education and Sport in Primary Education** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ 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 development
- ♦ 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



*TECH provides you with the main educational tools to prepare you to develop your work in the field of teaching”*

“

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

It includes, in its teaching staff, professionals belonging to the field of Primary Education, who bring to this program the experience of their work, in addition to recognized specialists from prestigious reference societies and 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.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the specialist will be assisted by an innovative interactive video system developed by renowned and experienced experts in Physical Education.

*To access all the content of our program you only need to have a fixed or mobile device with an internet connection.*

*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.*



# 02

# Objectives

The program in Didactics 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, TECH offers the most complete training from the hand of the main experts in the field.







“

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



## General Objectives

---

- ♦ Design, plan, deliver and assess 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

---

- ♦ Get to know the didactic 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 content of Physical Education in Primary Education
- ♦ Acquire the basic concepts of the subject, define them and relate them to each other
- ♦ Promote the acquisition of knowledge for the elaboration of planning, implementation and evaluation processes of Physical Education activities at school
- ♦ Acquire skills in guidance, counseling 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 train  
the best teachers”*

## Module 1. Didactics of Physical Education in Primary Education

- 1.1. Motor Development
  - 1.1.1. Introduction
  - 1.1.2. Motor Development and Executive Functions in Children from 6 to 12 Years of Age
  - 1.1.3. Neuromotor
  - 1.1.4. Resources for Neuromotor Development
- 1.2. Good Motor Competence is Achieved by Good Motor Learning
  - 1.2.1. Introduction to the Subject
  - 1.2.2. Key Concepts
  - 1.2.3. Physical Education as Part of Constructivist Development
  - 1.2.4. Motor Competence and Its Ecological Approach
- 1.3. Play as an Educational Resource
  - 1.3.1. Introduction
  - 1.3.2. Is it Possible to Work on Motor Skills by Playing?
  - 1.3.3. Characteristics and Implementation of the Motor Game
  - 1.3.4. Types and Strategies of Motor Games
- 1.4. Objectives, Contents and Evaluation of Physical Education in the Curriculum.
  - 1.4.1. Physical Education Competencies in Primary Education
  - 1.4.2. Physical Education Objectives in Primary Education
  - 1.4.3. Assessment of Physical Education in Primary Education
  - 1.4.4. Content Development Proposals
- 1.5. Contents: Hygienic-Postural Habits
  - 1.5.1. Introduction
  - 1.5.2. Articulation by Articulation
  - 1.5.3. The Strength
  - 1.5.4. Strength Training Methods for Primary School Education
- 1.6. Contents: Basic Physical Capabilities
  - 1.6.1. Introduction
  - 1.6.2. Resistance
  - 1.6.3. Speed
  - 1.6.4. Movement





- 1.7. Contents: Basic Motor Skills
  - 1.7.1. Introduction
  - 1.7.2. Displacements
  - 1.7.3. Turns
  - 1.7.4. Jumps
  - 1.7.5. Launches
  - 1.7.6. Receptions
- 1.8. Contents: Sports Activities in the Area of Physical Education
  - 1.8.1. Introduction
  - 1.8.2. Individual Sports:
  - 1.8.3. Adversarial Sports
  - 1.8.4. Collective Sports:
  - 1.8.5. Evolution of the Conception of Sport up to the Present Day
- 1.9. Methodology in Physical Education in Primary School.
  - 1.9.1. Classroom Scheduling
  - 1.9.2. Elements of a Didactic Unit in Physical Education
  - 1.9.3. Physical Education Teaching Resources and Materials
- 1.10. New Methodological Proposals
  - 1.10.1. Excellence, Creativity and Learning
  - 1.10.2. ICT in Physical Education
  - 1.10.3. Gamification in Physical Education

“

*This program is the key to advancing your professional career, don't let this opportunity pass you by"*

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.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**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 your goals.



**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.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



05

# Certificate

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





The image features two black graduation caps (mortarboards) against a blue sky with light clouds. The caps are positioned diagonally, with one in the foreground and another slightly behind it. The background is split into a white lower half and a red upper half by a diagonal line. The caps are made of a textured material, likely felt or a similar fabric. The tassels are visible on the left side of the foreground cap.

“

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

This **Postgraduate Certificate in Didactics 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 Didactics 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.

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



## Postgraduate Certificate Didactics of Physical Education and Sport in Primary Education

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Certificate

## Didactics of Physical Education and Sport in Primary Education

