

Postgraduate Certificate
Personal Development in
Pre-School Physical Education





Postgraduate Certificate Personal Development in Pre-School Physical Education

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

Website: www.techtitute.com/us/education/postgraduate-certificate/personal-development-pre-school-physical-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

Knowing oneself is an essential facet in any person to improve their autonomy and, therefore, it is important that this work begins at an early age. To promote this objective, TECH Technological University has proposed to prepare Physical Education teachers in this field.





“

Physical education teachers must be able to foster their students' own self-knowledge and personal development, so this program will enable them to advance in this field"

This Postgraduate Certificate in Personal Development in Pre-School Physical Education provides the future teacher with a series of knowledge to delve into the contribution of physical education in the development of the curricular areas of Early Childhood Education. In this way, the framework of the Early Childhood Education curriculum is presented and the contents that refer to self-knowledge and personal autonomy are approached: corporal expression, knowledge of one's own body and play.

Likewise, the content related to the knowledge of the student's immediate environment is studied, starting with the student's own body and its spatial location, also analyzing the natural environment and the differentiation between activities in nature and aquatic activities.

This program 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 way. 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.

The order and distribution of the subjects and their units is specially designed to allow each student to choose their own schedule and self-manage their time. For this purpose, you will have at your disposal theoretical materials presented through enriched texts, multimedia presentations, exercises and guided practical activities, motivational videos, master classes and case studies, where you will be able to evoke knowledge in an orderly manner and work on decision making that demonstrates your high-level education within this field of teaching.

This **Postgraduate Certificate in Personal Development in Pre-School Physical Education** contains the most complete and up-to-date program on the market. Its most notable features 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 in Physical Education teaching
- ♦ 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



If you are looking to excel in your profession, don't think twice, at TECH Technological University we offer you the most complete education of the moment"

“

Acquire a higher professional level that will allow you to compete with the best thanks to the completion of this very complete program"

Its teaching staff includes professionals belonging to the field of education, who contribute their work experience to this training, as well as renowned 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 immersive education programmed to learn in real 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 teacher will be assisted by an innovative interactive video system developed by renowned experts in Pre-School Education and with extensive teaching experience.

We offer you the best teaching methodology with a multitude of practical cases so that you can develop your study as if you were facing real cases.

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 Postgraduate Certificate in Personal Development in Pre-School Physical Education is oriented to develop in the students the skills required for the exercise of their profession. For this purpose, TECH offers the most complete education from the hand of the main experts in the field.





“

We want to develop your skills so that you can, in a short period of time, make the professional leap you deserve”



General Objective

- Develop in the teacher the necessary competences to teach Physical Education lessons at the Pre-School Education stage in compliance with the educational objectives





Specific Objective

- Study in depth the contribution of Physical Education in the development of the curricular areas of Pre-School Education

“

Our goal is to achieve academic excellence and to help you achieve it too”

03

Structure and Content

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





“

The best content to create the best teachers”

**Module 1. Knowledge of Oneself, of the Environment and Personal
Autonomy in Physical Education**

- 1.1. Curricular Framework for Physical Education in Pre-School Education
 - 1.1.1. The Domains of Experience and the Development of Motor Skills
 - 1.1.2. The Globalizing Approach to Pre-School Education: Methodological Implications in Physical Education
- 1.2. The Construction of Identity and Knowledge of one's own Body
 - 1.2.1. The Construction of Personal Identity
 - 1.2.2. Knowledge of one's own Body
- 1.3. Body Language and the Construction of Personal Identity and Autonomy
 - 1.3.1. Conceptual Framework of Corporal Expression
 - 1.3.2. Body Expression in the Pre-School Education Curriculum
 - 1.3.3. Symbolic Play and Dramatic Play as Methodological Resources in Body Language and Expression
- 1.4. The Body and Interaction with the Environment I: Spatial Organization
 - 1.4.1. Spatial Organization
 - 1.4.2. The Ontogenesis of Spatial Organization
 - 1.4.3. Activities and Games for the Development of Spatial Organization
- 1.5. The Body and Interaction with the Environment I: Temporal Organization
 - 1.5.1. Organizing Time
 - 1.5.2. Temporal Notions: Order, Duration and Rhythm
 - 1.5.3. Ontogenesis of Temporal Organization
 - 1.5.4. Motor Play as a Fundamental Element for the Development of Spatio-Temporal Organization
- 1.6. The Body and Interaction with the Environment II: Coordination
 - 1.6.1. What is General Dynamic Coordination?
 - 1.6.2. Evolution of Coordination
 - 1.6.3. Factors Influencing Coordination
 - 1.6.4. Motor Play in Pre-School Education as an Important Element in Motor Development
 - 1.6.5. Didactic Orientations





- 1.7. Knowledge of the Natural Environment in Physical Education I: in Nature
 - 1.7.1. Conditions of the Natural Environment that Stimulate Growth and Motor Skills
 - 1.7.2. Guidelines for Physical Activities in the Natural Environment Design
 - 1.7.3. Implications of Considering Physical Activities in the Natural Environment as School Content
- 1.8. Knowledge of the Environment in Physical Education II: Educational Aquatic Activities
 - 1.8.1. Motor Development in Water
 - 1.8.2. Evolution of Motor Patterns and Aquatic Skills
 - 1.8.3. Guidelines for the Design of Aquatic Activities
- 1.9. Physical Education and Interdisciplinary Work
 - 1.9.1. Interdisciplinarity in Early Childhood Education: the Globalizing Approach
 - 1.9.2. The Globalizing Approach in Physical Education
 - 1.9.3. Holistic Methodologies in Physical Education: Motor Stories and Motor Songs
- 1.10. Professional Coordination
 - 1.10.1. The Importance of Teacher Coordination in Physical Education
 - 1.10.2. Teamwork



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

Postgraduate Certificate in Personal Development in Pre-School Physical Education guarantees students, in addition to the most rigorous and up-to-date knowledge, 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-left section and a red upper-right section by a diagonal line.

“

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

This **Postgraduate Certificate in Personal Development in Pre-School Physical 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 diploma 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 Personal Development in Pre-School Physical Education**

Official N° of Hours: **150 h.**



*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.



Postgraduate Certificate
Personal Development in
Pre-School Physical Education

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

Postgraduate Certificate
Personal Development in
Pre-School Physical Education

