

# Postgraduate Certificate Principles of Pre-School Physical Education





## Postgraduate Certificate Principles of 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/pk/education/postgraduate-certificate/principles-pre-school-physical-education](http://www.techtitute.com/pk/education/postgraduate-certificate/principles-pre-school-physical-education)

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# 01

# Introduction

Knowing the principles of Physical Education is essential for teachers who wish to specialize in this field, as this will be the best way to prepare and design their lessons, taking into account a series of specific knowledge about the human body. For this reason, TECH Technological University offers the student the most complete program on this aspect in order to give a further boost to the profession.







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*We offer you a very complete program in Physical Education so that you will be able to increase your skills in the field of teaching"*

The objective of this Postgraduate Certificate in Principles of Pre-School Physical Education is to provide teachers with the concepts and knowledge necessary to teach their lessons with full guarantees of success.

Specifically, this Postgraduate Certificate aims to provide the basic and essential knowledge about the structure and functioning of the human body so that the future teacher will be able to rationalize, understand and adapt physical activity towards a harmonious development of the child and the promotion of healthy habits.

In addition, it studies biological variability as a natural phenomenon in order to provide the teacher with a better understanding of the concept of diversity, understanding it as a positive element in the development of children.

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 Principles of Pre-School Physical Education** contains the most complete and up-to-date educational 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 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"*

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

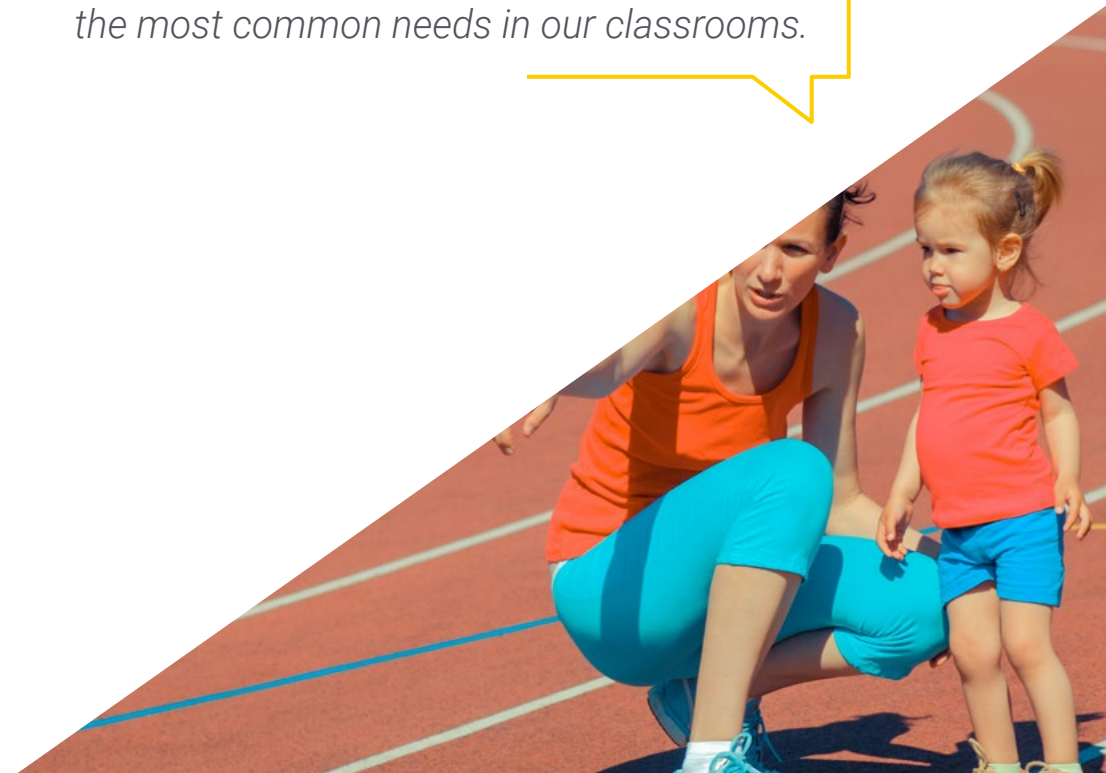
Its teaching staff includes professionals belonging to the field of education, who contribute their work experience to this training, as well as renowned specialists from reference societies and prestigious universities.

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 Physical 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 Principles of Pre-School Physical Education is oriented to develop in the students the skills required for the exercise of their profession. For this purpose, the most complete education offered by leading experts in the field.







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



### General Objective

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

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







## Specific Objectives

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- ♦ Provide basic and essential knowledge about the structure and functioning of the human body
- ♦ Rationalize, understand and adapt physical activity to the harmonious development of children and the promotion of healthy habits

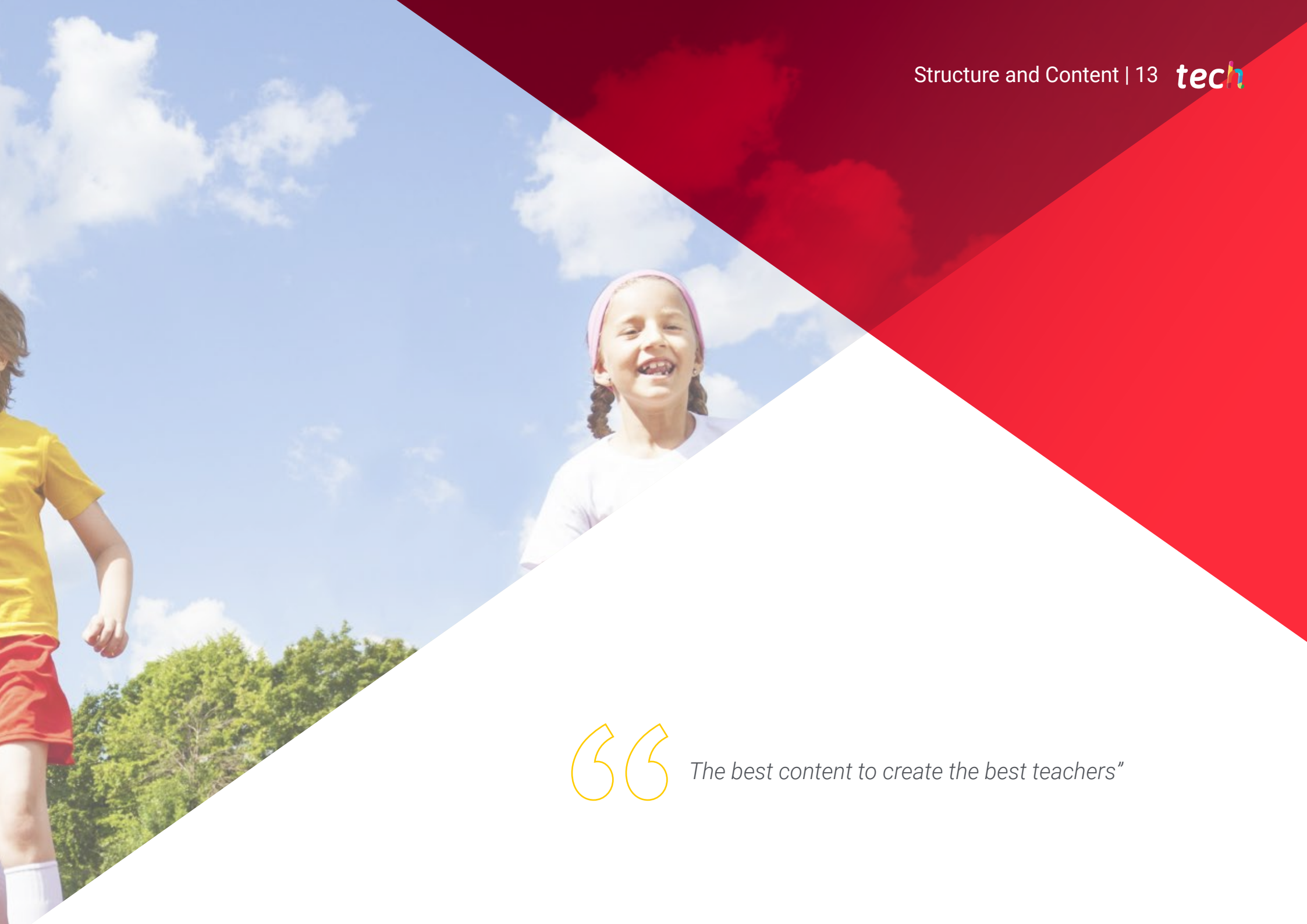
03

# 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. Anatomical, Physiological and Psychological Bases of Physical Education**

- 1.1. Introduction to the Human Body
  - 1.1.1. The Human Body
  - 1.1.2. Levels of Organization
  - 1.1.3. Anatomical Position and Directions
  - 1.1.4. Axes and Body Planes
  - 1.1.5. The Cell and Tissues
  - 1.1.6. The Cell: Size, Shape and Composition
  - 1.1.7. Tissues. Type: Conjunctive, Muscular, and Nervous
- 1.2. The Skeletal and Articular System: Bone Growth and Development
  - 1.2.1. The Skeletal System
  - 1.2.2. Anatomical Structure: The Skeleton
  - 1.2.3. Bone Tissue and Bone Types
  - 1.2.4. Functions of the Skeletal System
  - 1.2.5. The Articular System
  - 1.2.6. Bone Growth and Development
- 1.3. The Muscular System: Growth and Development at the Muscular Level
  - 1.3.1. The Muscular System
  - 1.3.2. Structure of the Muscular System: Fibers and Myofibrils
  - 1.3.3. Muscle Contraction: Types of Contraction
  - 1.3.4. Functions of the Muscular System: Growth and Development at the Muscular Level
- 1.4. The Cardio-Respiratory System: Evolutionary Characteristics
  - 1.4.1. The Cardiorespiratory System
  - 1.4.2. The Circulatory System
  - 1.4.3. The Respiratory System
  - 1.4.4. Circulatory and Respiratory System Functions
  - 1.4.5. Basic Physiology of the Circulatory and Respiratory Systems
  - 1.4.6. Evolutionary Characteristics of the Cardio-respiratory System
- 1.5. The Nervous System: Implications for Physical Education Classes
  - 1.5.1. The Nervous System
  - 1.5.2. Anatomical Organization and Structure
  - 1.5.3. Functions
  - 1.5.4. Evolutionary Characteristics and Implications of the System in Physical Education Classes
- 1.6. Blood
  - 1.6.1. Blood Characteristics
  - 1.6.2. Blood Plasma
  - 1.6.3. Formal Elements
  - 1.6.4. Red Blood Cells (Red Blood Cells)
  - 1.6.5. Leukocytes (White Blood Cells)
  - 1.6.6. Red Blood Cells and Coagulation
- 1.7. Energy Metabolism
  - 1.7.1. Energy Sources
  - 1.7.2. Carbohydrates
  - 1.7.3. Fats
  - 1.7.4. Proteins
  - 1.7.5. Bioenergetics. ATP Production
  - 1.7.6. ATP-PC System or Alactic Anaerobic System
  - 1.7.7. Glycolytic or Lactic Anaerobic
  - 1.7.8. Oxidative or Anaerobic
  - 1.7.9. Energy Consumption at Rest and During Exercise
  - 1.7.10. Adaptations to Aerobic Training
  - 1.7.11. Causes of Fatigue



- 1.8. Evolutionary Characteristics of Human Behavior in Physical Education Classrooms
  - 1.8.1. Concept and Factors Influencing Student Growth and Development
  - 1.8.2. Psychological
  - 1.8.3. Neuro-Motor Field
  - 1.8.4. Cognitive Domain
  - 1.8.5. Socio-Affective Environment
- 1.9. Psychology in Physical Education
  - 1.9.1. Human Behavior and Psychological Fields of Action in Physical Activity and Sport
  - 1.9.2. Psychology in Physical Activity and Sport: Praxis
  - 1.9.3. Problem Solving Techniques in Physical Activity and Sports
- 1.10. Development of Autonomy
  - 1.10.1. Control of One's Own Body
  - 1.10.2. The Evolution of Children's Autonomy

“ *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.

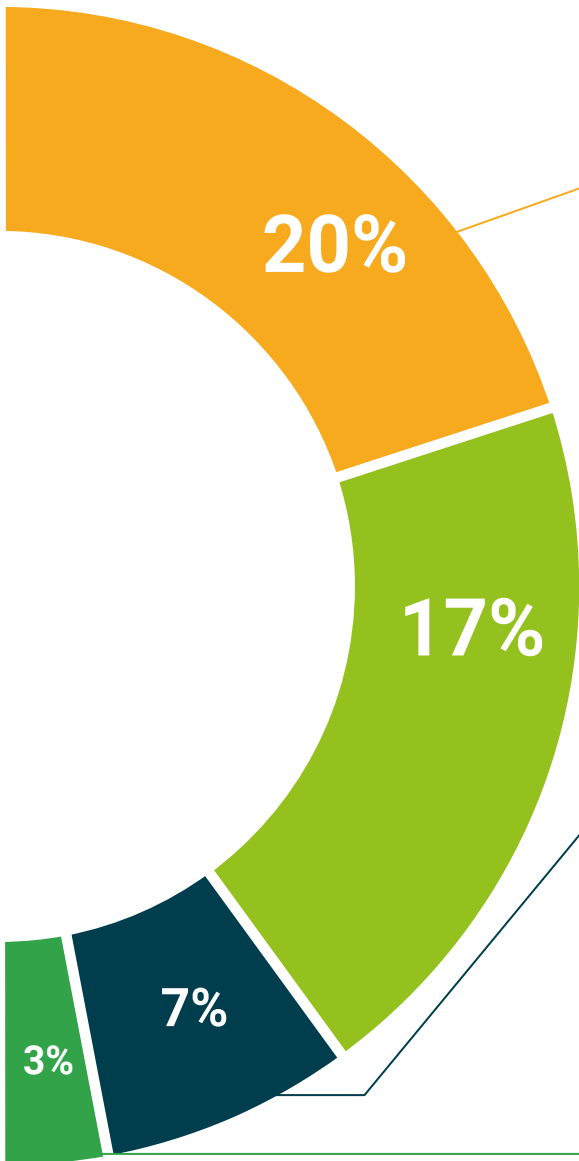
This exclusive multimedia content presentation training Exclusive system was awarded by Microsoft as a "European Success Story".



#### 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 Principles of Pre-School Physical Education guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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

This **Postgraduate Certificate in Principles of 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 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 Principles of Pre-School Physical 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



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Principles of Pre-School  
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- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

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