

# Postgraduate Certificate

Psychomotor Development of  
the Individual and its Treatment  
at School. The Body: Image and  
Perception. Motor Skills



## Postgraduate Certificate

Psychomotor Development of  
the Individual and its Treatment  
at School. The Body: Image and  
Perception. Motor Skills

- » Modality: **online**
- » Duration: **6 weeks**
- » Certificate: **TECH Global University**
- » Credits: **6 ECTS**
- » Schedule: **at your own pace**
- » Exams: **online**

Website: [www.techtute.com/us/education/postgraduate-certificate/psychomotor-development-individual-treatment-school-body-image-perception-motor-skills](http://www.techtute.com/us/education/postgraduate-certificate/psychomotor-development-individual-treatment-school-body-image-perception-motor-skills)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

# 01

# Introduction

From birth, the human being continuously and progressively acquires skills, which make up the called psychomotor development. The accompaniment during the first stages of the child's life by family members and teachers will allow the infant to obtain correct basic physical skills. This teaching allows primary school teachers to know all the content and actions to be developed in Physical Education and to identify motor and psychomotor development disorders. The completely online methodology will allow you to advance in your teaching career while perfecting your knowledge, without schedules and without presence. All you need is a device with Internet connection to access the syllabus.





“

*Improve your students' motor skills  
with this Postgraduate Certificate.  
Enroll now”*

The role played by physical activity in children is vital for their proper development and to prevent diseases as common as childhood obesity. In schools it is of great importance the dedication to the tasks that allow a correct motor and psychomotor development.

From a multidisciplinary approach, this Postgraduate Certificate explores the movement of the human being. Delve into Physical Education, its main concepts, characteristics and applications in schools. It also gives great importance to motor development and the elements that influence psychomotor development.

During the six weeks of this program, the Primary Education teacher will learn about the main disorders that affect psychomotor development, their evaluation and intervention. All this, accompanied by an up-to-date multimedia content and complemented with essential readings and practical cases that can be applied in schools.

An opportunity to expand knowledge and acquire a specialization to progress in the teaching profession. The online method also provides flexibility, as students can distribute the course load according to their interests.

This **Postgraduate Certificate in Psychomotor Development of the Individual and its Treatment at School. The Body: Image and Perception. Motor Skills** contains the most complete and up-to-date educational program on the market. The most important features include:

- ♦ Practical cases presented by experts in Primary Education
- ♦ The graphic, schematic, and practical contents with which they are created, provide practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ 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



*Learn with this Postgraduate Certificate the main disorders in motor and psychomotor development and learn how to intervene in your classroom"*

“*Physical Education is vital for the development of children. Improve your skills as a teacher and contribute to the correct growth of your students”*

The program's teaching staff includes professionals from sector who contribute their work experience to this program, as well as renowned specialists from leading societies and prestigious universities.

Its 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 education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*The Relearning system will facilitate the learning and consolidation of the concepts taught in this Postgraduate Certificate.*

*Develop the physical skills of your students in your school in a correct way. Enroll in this program.*



# 02

# Objectives

At the end of this Postgraduate Certificate, the teacher will be able to know the educational methodology currently applied in Physical Education. Likewise, they will be able to identify the social context in education, the attitudes that each child should have according to their growth stage, as well as the assessment method to be used in each case according to the regulations in force. The teacher will also be able to detect possible psychomotor disorders and intervene correctly in the classroom. In this way, they will be able to improve their teaching skills in the classroom and adequately teach skills to their students. TECH's Relearning methodology will allow you to consolidate all the knowledge acquired in this training.





“

*Do you want to improve your teaching skills? You are here and the answer is yes. Take a step forward and enroll in this Postgraduate Certificate”*



## General Objectives

---

- ♦ Design, plan, deliver, and evaluate teaching and learning processes, both individually and in collaboration with other teachers and professionals of the center
- ♦ Recognize the importance of rules in all educational processes
- ♦ Promote participation and respect for the rules of coexistence
- ♦ Develop the necessary skills in teachers to teach music and art education lessons in elementary education





## Specific Objectives

---

- ♦ Methodology of Education in Attitudes, Values and Norms
- ♦ Influence of the Social Context on Education in Attitudes, Values and Norms
- ♦ Attitude, Values and Standards Education Evaluation
- ♦ Educational Intervention in Attitudes, Values and Norms in Physical Education

“

*Assess correctly the motor and psychomotor development of your students thanks to the learning in this Postgraduate Certificate”*



03

# Course Management

This academic program includes the most specialized teaching staff in the current educational market. They are specialists selected by TECH to develop the whole syllabus. In this way, starting from their own existence and the latest evidence, they have designed the most up-to-date content that provides a guarantee of quality in such a relevant subject.





“

*TECH offers the most specialized teaching staff in the field of study. Enroll now and enjoy the quality you deserve”*

## International Guest Director

Phillip Ward, Ph.D., is passionate about **Physical Education** and the specialized training of **teachers** who will be engaged in this discipline at the **elementary** level. Throughout his career, he has been dedicated to improving instruction in the subject through **disruptive teaching tools and strategies**. His work has had a significant impact in countries such as the United States and **China**, even receiving official recognition from the government of the Asian country as a **High Level Foreign Expert**.

His research has **promoted peer-assisted learning techniques** in Physical Education. This methodological vision has been used and cited beyond the limits of the school subject and has been linked to areas such as **Medicine** and **Special Education**. Regarding the applications of his studies, he has published at least **160 articles and monographs**. Also, he has appeared as co-author or author of chapters in scientific volumes and has attended more than **150 conferences** around the world as a speaker.

On the other hand, Dr. Ward directs the **Physical Education Teaching Research Program** in the **Department of Human Sciences** at The Ohio State University. From there, he leads **multi-methodological projects** that integrate specialists linked to centers of study of global prestige. Among them, the University of Louvain (Belgium), the East China Normal University and the Hong Kong Institute of Education (China), the University of Tsukuba and the Nippon University of Sport Science-Nittaikai (Japan), and the University of West Virginia and Zinman College (Israel) stand out.

He has also been one of the eight specialists who published a **review** for the conformation of a **Doctorate program for Physical Education Teachers**. He is also a **consultant** for the Journal of Teaching in Physical Education and QuEST (Quality Improvement Experiential Student Training).



## Dr. Ward, Phillip

---

- ♦ Director of Physical Education Research, Ohio State University, United States
- ♦ Director of the Master's Degree in Athletic Training, Ohio State University, United States
- ♦ Professor of Kinesiology, Department of Human Sciences, The Ohio State University, Ohio
- ♦ Professor, Department of Health, Physical Education, Recreation and Dance, Illinois State University, Illinois
- ♦ Consultant to the Department of Education and Physical Education, City of Victoria, Australia
- ♦ Physical Education Teacher, Manningham Rd. Primary School, Victoria, Australia
- ♦ Ph.D. in Physical Education Teaching, Ohio State University, Ohio State University
- ♦ Master of Arts in Physical Education Teaching, Victoria College, Victoria, Australia
- ♦ Bachelor of Education, Deakin University, Australia
- ♦ Graduate Diploma in Sport Science from Victoria College, Australia
- ♦ Graduate Diploma in Teaching from North Brisbane College of Advanced Education, Australia
- ♦ Member of: International Association for Physical Education in Higher Education National Academy of Kinesiology National Association of Kinesiology in Higher Education Society of Physical and Health Educators



*Thanks to TECH, you will be able to learn with the best professionals in the world"*

03

# Structure and Content

The syllabus of this Postgraduate Certificate approaches the teaching of Physical Education from different disciplines in order to offer students a global and more complete vision. After introducing the Primary Education teacher to the corporeality of the human being, the program delves into psychomotor and psychomotor development, basic physical abilities and the development of actions and activities with children in the classroom. The video summaries and the high quality content will be a great support for the students of this program who seek to improve their competences in the area of human body development.







“

*You will enroll in a Postgraduate Certificate with multimedia content that will provide you with an enjoyable learning experience”*

## Module 1. Psychomotor Development of the Individual and its Treatment at School

- 1.1. Corporeality of the Individual
  - 1.1.1. Integrality of the Person and Psychophysical Relationships
  - 1.2.1. Ourselves
  - 1.3.1. Knowing the Entire Body
- 1.2. Motor Development
  - 1.2.1. Grow
  - 1.2.2. Motor Behavior and its Measurement
  - 1.2.3. Human Growth and Maturation
  - 1.2.4. Motor Development and the Influence of Physical Activity on Motor Development
- 1.3. Influence of Psychomotor Skills on Motor Development
  - 1.3.1. Motor Learning
  - 1.3.2. Objectives of Psychomotor Education
  - 1.3.3. Structuring of Motor Learning and Physical Development of the Child
  - 1.3.4. Psychomotor Skills and Education
- 1.4. Elements Influencing Psychomotor Development
  - 1.4.1. Body Image and Body Scheme
  - 1.4.2. Controlling Posture
  - 1.4.3. Breathing Control
  - 1.4.4. Laterality
  - 1.4.5. Spatial and Temporal Structuring
  - 1.4.6. Motor Coordination
  - 1.4.7. Relationship Between Early Learning and Psychomotor Skills
- 1.5. Disorders of Motor and Psychomotor Development
  - 1.5.1. What are Motor and Psychomotor Development Disorders?
  - 1.5.2. What are the Causes and Symptoms?
  - 1.5.3. How Do We Evaluate Psychomotor Development?
  - 1.5.4. Intervention Practices and Psychomotor Methodology



- 1.6. Basic Physical Capabilities
  - 1.6.1. Resistance
  - 1.6.2. Strength
  - 1.6.3. Speed
  - 1.6.4. Flexibility
  - 1.6.5. Agility
  - 1.6.6. Health Effects of Physical Activity
- 1.7. Motor Skills
  - 1.7.1. Communication
  - 1.7.2. What are Motor Skills?
  - 1.7.3. Motor Tasks and their Classification
  - 1.7.4. Motor Task Analysis
  - 1.7.5. Motor Tasks in Primary Education
- 1.8. Principles of Motor Learning
  - 1.8.1. Motor Learning
  - 1.8.2. Implementation of Motor Learning
  - 1.8.3. Phases and Models of Motor Learning
  - 1.8.4. Factors Influencing Motor Learning
  - 1.8.5. Transfer and Motor Learning
- 1.9. What We Find in the Field of Physical Education
  - 1.9.1. What is Physical Education?
  - 1.9.2. What are its Objectives?
  - 1.9.3. What are its Contents?
  - 1.9.4. Individual Motor Actions in Stable Environments
  - 1.9.5. Motor Actions in Oppositional Situations
  - 1.9.6. Motor Actions in Cooperative Situations, with or without Opposition
  - 1.9.7. Motor Actions in Situations of Adaptation to the Physical Environment
  - 1.9.8. Motor Actions in Artistic or Expressive Situations
  - 1.9.9. Evaluation Criteria (Royal Decree 126/2014)

- 1.10. Content Blocks Included in the Physical Education Area
  - 1.10.1. Objectives of Physical Education
  - 1.10.2. Block of Contents
  - 1.10.3. Block 1: Common Contents
  - 1.10.4. Block 2: Body Awareness
  - 1.10.5. Block 3: Motor Skills
  - 1.10.6. Block 4: Games and Sports Activities
  - 1.10.7. Block 5: Artistic/Expressive Physical Activities



*Movement is the key in this  
Postgraduate Certificate. Move  
and enroll with just one click”*

05

# 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 Psychomotor Development of the Individual and its Treatment at School. The Body: Image and Perception. Motor Skills guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





“

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

This program will allow you to obtain your **Postgraduate Certificate in Psychomotor Development of the Individual and its Treatment at School. The Body: Image and Perception. Motor Skills** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Psychomotor Development of the Individual and its Treatment at School. The Body: Image and Perception. Motor Skills**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



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



## Postgraduate Certificate

Psychomotor Development of the Individual and its Treatment at School. The Body: Image and Perception. Motor Skills

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Certificate Psychomotor Development of the Individual and its Treatment at School. The Body: Image and Perception. Motor Skills

