

# Postgraduate Certificate

## Teaching Physical Education and Sport in Primary Education

Endorsed by the NBA





## Postgraduate Certificate

### Teaching Physical Education and Sport in Primary Education

Course Modality: **Online**

Duration: **6 weeks**

Certificate: **TECH Technological University**

Teaching Hours: **150 hours.**

Website: [www.techtitute.com/sports-science/postgraduate-certificate/teaching-physical-education-sport-primary-education](http://www.techtitute.com/sports-science/postgraduate-certificate/teaching-physical-education-sport-primary-education)

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# 01

# Introduction

The teaching of physical education in primary education is a fundamental element, since it is directly involved in the process of physical development in children. It is therefore necessary for professionals in this area to have the indispensable tools to offer their students effective learning that will have a positive influence on their physical and social growth. For that reason, TECH offers specific instruction in this professional field of sport sciences who want to obtain the appropriate skills in teaching in this field.







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*Get the necessary teaching tools to become a great professional in the field of Physical Education applied to Primary Education"*

Primary education is an essential period in children's lives. This stage will mark their physical, emotional and social growth, so it is important to offer them a high level of education. However, the way in which areas such as Physical Education, which is a fundamental field in their development as individuals and members of society, are taught is sometimes neglected.

It is not only the content that primary school students receive that has an influence, but also the way in which that content is taught. For this reason, TECH presents this Postgraduate Certificate in Teaching Physical Education in Primary Education, with which the professional interested in improving their skills as a teacher will get the necessary skills to become an expert in the field.

Throughout this Postgraduate Certificate, the student will learn new teaching tools, emphasizing the synergies that are generated by combining different areas of work and study, making Sports Science professionals also find deep content on Physical Education and Primary Education, enriching the learning experience and making the graduate professionals a valuable member of their work and community.

The way in which this program is designed is one of its strong points, since it employs a practical method that will help professionals to better assimilate how to apply the knowledge acquired in their professional field, taking into account that Primary Education is a particularly complex teaching stage that requires in-depth educational knowledge. Therefore, this Postgraduate Certificate in Teaching Physical Education in Primary Education is a step forward in the acquisition of teaching skills that will make the professional an expert in teaching methods applied in Primary Education from the Sports Sciences.

This **Postgraduate Certificate in Teaching Physical Education and Sport in Primary Education** contains a complete and innovative education program that places it at the forefront of the market. The most salient features of the educational program are:

- ◆ Obtaining useful teaching tools for the correct transmission of knowledge in Physical Education, applied to Primary Education.
- ◆ The contents, eminently practical, are specially prepared to provide effective and high-level teaching.
- ◆ Practical exercises, carried out by means of self-assessment tests, which guarantee a flexible learning process.
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, forums for the discussion of topics in which opinions and visions on the subject can be expressed.
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*Become an expert in Teaching Physical Education applied to Primary Education with this Postgraduate Certificate"*

“ *Educational skills are essential to transmit knowledge in the field of Physical Education: improve as a professional with TECH!*”

*Discover new ways to educate and make a quality leap in your teaching methods.*

*Learn how to apply your knowledge to elementary school students by following TECH's innovative program.*

The program's teaching staff includes professionals from the sector who contribute their work experience to this training program, as well as renowned specialists from leading 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 during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.





# 02 Objectives

The design of the program of this Postgraduate Certificate will facilitate the acquisition, by the student, of the necessary competences to specialize in the field of Teaching in relation to Physical Education in Primary Education. Thanks to the specificity of this Postgraduate Certificate, the student will obtain deep knowledge and 100% applicable to their professional environment, so that when they have completed it, they will have become an expert in teaching focused on Primary Education. The following are the general and specific objectives pursued by this Postgraduate Certificate.







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*Learn to teach with TECH and achieve your professional goals thanks to this Postgraduate Certificate"*



## General Objectives

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- ◆ Understand the importance of basic motor skills in childhood.
- ◆ Acquire tools for the motor development of children.
- ◆ Specialize in a field that is highly demanded by the labor market
- ◆ Open professional paths, focusing the knowledge of Sports Sciences to another field with a great present and future, such as Primary Education.
- ◆ Obtain basic educational and teaching skills with respect to early childhood education.
- ◆ Be able to develop a complete program of motor development applied to Primary Education
- ◆ Find synergies between different educational fields, so that the teaching of the program is as complete and deep as possible.
- ◆ Apply theoretical contents in practical activities, so that the education received can be used professionally from day one.



*TECH offers you all the tools you need to achieve your goals, thanks to its complete teaching program"*







## Specific Objectives

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- ◆ Know the teaching foundations in educational planning and intervention applicable to the teaching-learning process of Physical Education.
- ◆ Understand the relationship between theoretical teaching aspects and their practical application in Physical Education.
- ◆ Know the curriculum of Physical Education in Primary Education.
- ◆ Acquire the basic concepts of the subject, define them and relate them to
- ◆ Promote the acquisition of knowledge for the elaboration of planning, implementation and evaluation processes of Physical Education activities at school.
- ◆ Acquire skills for 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

# 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.



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*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

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- ♦ 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 has been planned in such a way that the Physical Education and Sports Science professional can delve into their teaching methods applied to Primary Education. Contrasted experts in the field have designed this program and have developed it in response to the needs that professionals demand in a high-level degree like this one. Through its study module, structured in ten topics, covering a large amount of content ranging from the general to the specific, the Postgraduate Certificate students will be able to add new teaching skills to their background as a professional and educator.



“

*An education program prepared to offer the best content to professionals seeking to specialize in Physical Education applied to Primary Education”*



## Module 1. Teaching 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. 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 Field 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 Teaching 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



# 04 Methodology

This academic program offers students 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, we use the Case Method

Our program offers a revolutionary method of skills and knowledge development. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

“

*At TECH, you will experience a way of learning that is shaking the foundations of traditional universities around the world.”*



*Our university is the first in the world to combine Harvard Business School case studies with a 100%-online learning system based on repetition.*





### A learning method that is different and innovative.

This intensive Sports Science program at TECH Technological University prepares you to face all the challenges in this field, both nationally and internationally. We are committed to promoting personal and professional growth, the best way to strive for success, that is why TECH uses Harvard case studies, with which we have a strategic agreement that allows us to provide our students with material from the best university the world.



*We are the only online university that offers Harvard materials as teaching materials on its courses"*

*The student will learn to solve complex situations in real business environments through collaborative activities and real cases.*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.



## Relearning Methodology

Our university is the first in the world to combine Harvard University case studies with a 100%-online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance Harvard case studies with the best 100% online teaching method: Relearning.

*In 2019, we obtained the best learning results of all online universities in the world.*

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only Spanish-speaking university licensed to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



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.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. 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 training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then adapted in 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.



### 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.



### Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.

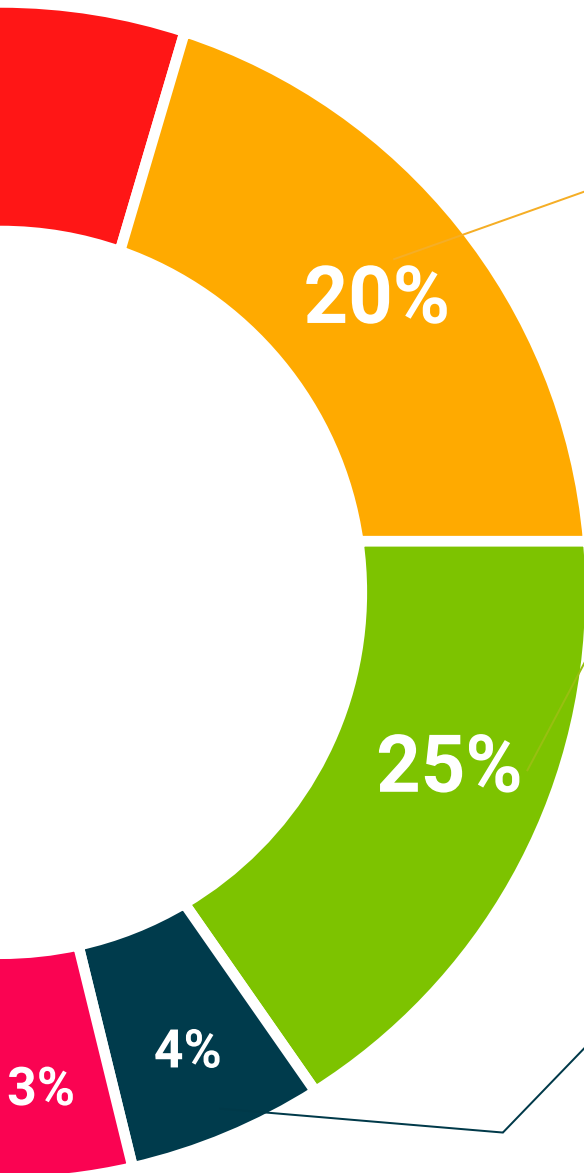


### Additional Reading

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.







#### Case Studies

They will complete a selection of the best case studies in the field used at Harvard. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### 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 educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 their goals.



# 06 Certificate

The Postgraduate Certificate in **Teaching 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**.





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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 Teaching Physical Education and Sport in Primary Education contains the most complete and up-to-date scientific 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 Teaching Physical Education and Sport in Primary Education**

Official N° of Hours: **150 hours.**

**Endorsed by the NBA**



\*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

Teaching Physical  
Education and Sport in  
Primary Education

Course Modality: **Online**

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Certificate: **TECH Technological University**

Teaching Hours: **150 hours.**

# Postgraduate Certificate

## Teaching Physical Education and Sport in Primary Education

Endorsed by the NBA



**tech** technological  
university

