

# Postgraduate Certificate

## Early Childhood Physical Education

Endorsed by the NBA

A photograph of children in a gymnasium. A young boy in a yellow and black jersey is in a starting crouch, with an adult's hands on his back. Other children are visible in the background, also in starting positions. The gym has a wooden floor and large windows.

**tech** technological  
university



## Postgraduate Certificate Early Childhood 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/sports-science/postgraduate-certificate/early-childhood-physical-education](http://www.techtitute.com/us/sports-science/postgraduate-certificate/early-childhood-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

Physical education and health are closely linked given the importance of following healthy sporting habits in improving quality of life. When we transfer this maxim to early childhood education, it has even greater significance, since education in healthy values is fundamental for the proper development of the child. This program delves into the role of the sports teacher as a fundamental pillar for the healthy growth of the child. Physical education is the most powerful tool for instructing children in subjects such as physical health, first aid or social values and norms, all of which are addressed in this course.





“

*Physical education plays a vital role in a child's early education. Enhance your profile as a sports teacher by specializing in Early Childhood Physical Education for Children and bet on a sector with good career prospects"*

Physical education has assumed a role of vital importance for children, because as society advances, there is a greater awareness of how fundamental it is to develop healthy values through sports. This is not only because of the physical benefits of maintaining healthy habits, but also because of how helpful this is for the child's self-esteem and overall quality of life.

In view of these circumstances, sports teachers must be more prepared than ever to face a reality in which more will be demanded of them. Centers not only value academic training in sports education, but also a complete set of skills and mastery of physical education for infants and the positive values that should be imparted to them.

TECH has developed this Postgraduate Certificate in Early Childhood Physical Education with this new reality in mind, which is more demanding for sports teachers. The team of experts responsible for this program has compiled the most comprehensive didactic material on the subject, covering the health benefits of physical exercise, physical exertion in primary education, abilities and aptitudes of the child, as well as complementary but equally important topics such as basic first aid, sports hygiene or the future outlook of physical education.

Therefore, the student is guaranteed to acquire the basic and advanced skills currently demanded of any sports teacher who wants to focus their career in the field of Early Childhood Physical Education. The study of the program is made more accessible for students as it does not require physical presence in an educational center or fixed schedules, and they can distribute the content of the teaching according to their own needs.

This **Postgraduate Certificate in Early Childhood Physical Education** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ Analysis of the importance of physical education in infants
- ◆ Study of the positive impact of physical exercise on children's self-esteem and quality of life
- ◆ Understanding and appreciation of the role of the teacher in physical education for children
- ◆ Special emphasis on innovative and modern methodologies, in accordance with the expertise expected of a 21st century teacher
- ◆ Graphic and schematic contents that facilitate the acquisition of knowledge
- ◆ Development of transferable skills such as communication or the use of online educational tools



*Go where you couldn't before  
with this Postgraduate Certificate  
that will open the doors you need  
to become an Early Childhood  
Physical Education teacher"*

“

*You know that a sports teacher never stops learning. That is why TECH brings together in this Postgraduate Certificate course the most innovative and up-to-date material in Early Childhood Physical Education"*

The program's teaching staff includes professionals from 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 learning designed for 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 student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Join one of the most relevant branches of teaching today with this Postgraduate Certificate in Early Childhood Physical Education.*

*With this program you will have everything you need to be the best sports teacher in Early Childhood Physical Education.*



# 02 Objectives

The Postgraduate Certificate in Early Childhood Physical Education provides the student with the most up-to-date knowledge and the most innovative methodology in the field of sports teaching for children. Thus, the objective of this program is to ensure that the student knows everything about this area, including a look at the current and future situation.







“

*You are preparing yourself for a better future career. Don't worry, you're on the right track. Enroll on the Postgraduate Certificate in Early Childhood Physical Education and achieve all your goals with the best resources available"*



## General Objectives

---

- ◆ Know the role of the children's sports teacher and its wide scope, not only in the area of physical exercise but as an important educator in values
- ◆ Study the connection between physical education and health as a way to improve the infant's quality of life
- ◆ Expand your knowledge on topics such as primary education training and basic first aid
- ◆ Broaden your knowledge base with multiple bibliographic references on the topics



*Your goals are closer than you might think. Enroll now and don't miss the opportunity to reach your dream goal of teaching children's sports"*





## Specific Objectives

---

- ◆ Know the relationship between Physical Education and Health and its importance in improving the quality of life of the person
- ◆ Know the relationship between Physical Education and Education in Values and its importance in the integral education of the person
- ◆ Know the basics of physical training at school age
- ◆ Know basic first aid for the most common problems in a Physical Education class

03

# Structure and Content

The Postgraduate Certificate in Early Childhood Physical Education contains all the knowledge necessary for sports teachers to focus their professional objectives on primary education. Written by a team of experts in the field, the topics are clear and easy to consult, greatly aiding the student's academic work.





“

*TECH has created this Postgraduate Certificate together with the best technicians in Early Childhood Physical Education, guaranteeing you access to high quality educational resources”*

## Module 1. Physical Education, Health and Education in Values

- 1.1. Physical Education and Health
  - 1.1.1. Physical Education and Health
  - 1.1.2. Definition of Physical Education and its Relation to Health
  - 1.1.3. Physical Education and Health: Scientific Evidence
  - 1.1.4. Another Health-Related Term: Quality of Life
- 1.2. Physical Education and Health: Training in Primary Education (I)
  - 1.2.1. Fitness or Physical Condition
  - 1.2.2. Training and Adaptation
  - 1.2.3. Fatigue and Recovery
  - 1.2.4. Training Components
  - 1.2.5. Principles of Training
- 1.3. Physical Education and Health: Training in Primary Education (II)
  - 1.3.1. Athletic or Sporting Fitness
  - 1.3.2. Adaptation to Training
  - 1.3.3. Energy Systems of Energy Production
  - 1.3.4. Before You Start: Safety
  - 1.3.5. Conditional and Coordinative Capacities
- 1.4. Physical Education and Health: Training in Primary Education (III)
  - 1.4.1. Evaluation of the Intensity of Exertion in Physical Education
  - 1.4.2. Work of Conditional Abilities in Physical Education: Primary Education
  - 1.4.3. Evaluation of Conditional Abilities in Physical Education: Primary Education
- 1.5. Physical Education and Health: Basic First Aid (I)
  - 1.5.1. Introduction and General Principles
  - 1.5.2. Evaluation of the Injured Person
  - 1.5.3. Order of Action: Basic Cardiopulmonary Resuscitation
  - 1.5.4. Consciousness Alterations. Lateral Safety Position
  - 1.5.5. Airway Obstruction: Asphyxias





- 1.6. Physical Education and Health: Basic First Aid (II)
  - 1.6.1. Hemorrhages: Shock
  - 1.6.2. Trauma
  - 1.6.3. Injuries Due to Temperature
  - 1.6.4. Neurological Emergencies
  - 1.6.5. Other Emergencies.
  - 1.6.6. The First Aid Kit
- 1.7. Didactics of Physical Education in Relation to Health and Improvement of Quality of Life in Primary Education
  - 1.7.1. Hygiene in Physical Education
  - 1.7.2. Teaching First Aid in Primary Education
  - 1.7.3. Physical Activity and Health Topics
- 1.8. Physical Education Didactics in Relation to Values Education in Primary Education.
  - 1.8.1. Methodology of Education in Attitudes, Values and Norms.
  - 1.8.2. Influence of the Social Context on Education in Attitudes, Values and Norms.
  - 1.8.3. Attitude, Values and Standards Education Evaluation
  - 1.8.4. Educational Intervention in Attitudes, Values and Norms in Physical Education.
- 1.9. Present and Future of Physical Education
  - 1.9.1. Physical Education Today
  - 1.9.2. The Future of Physical Education
- 1.10. The Physical Education Professional
  - 1.10.1. Characteristics of the Physical Education Professional
  - 1.10.2. Design of Activities 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"*

### Case Study to contextualize all content

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

“

*At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"*



*You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.*



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

### A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

**“** *Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

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

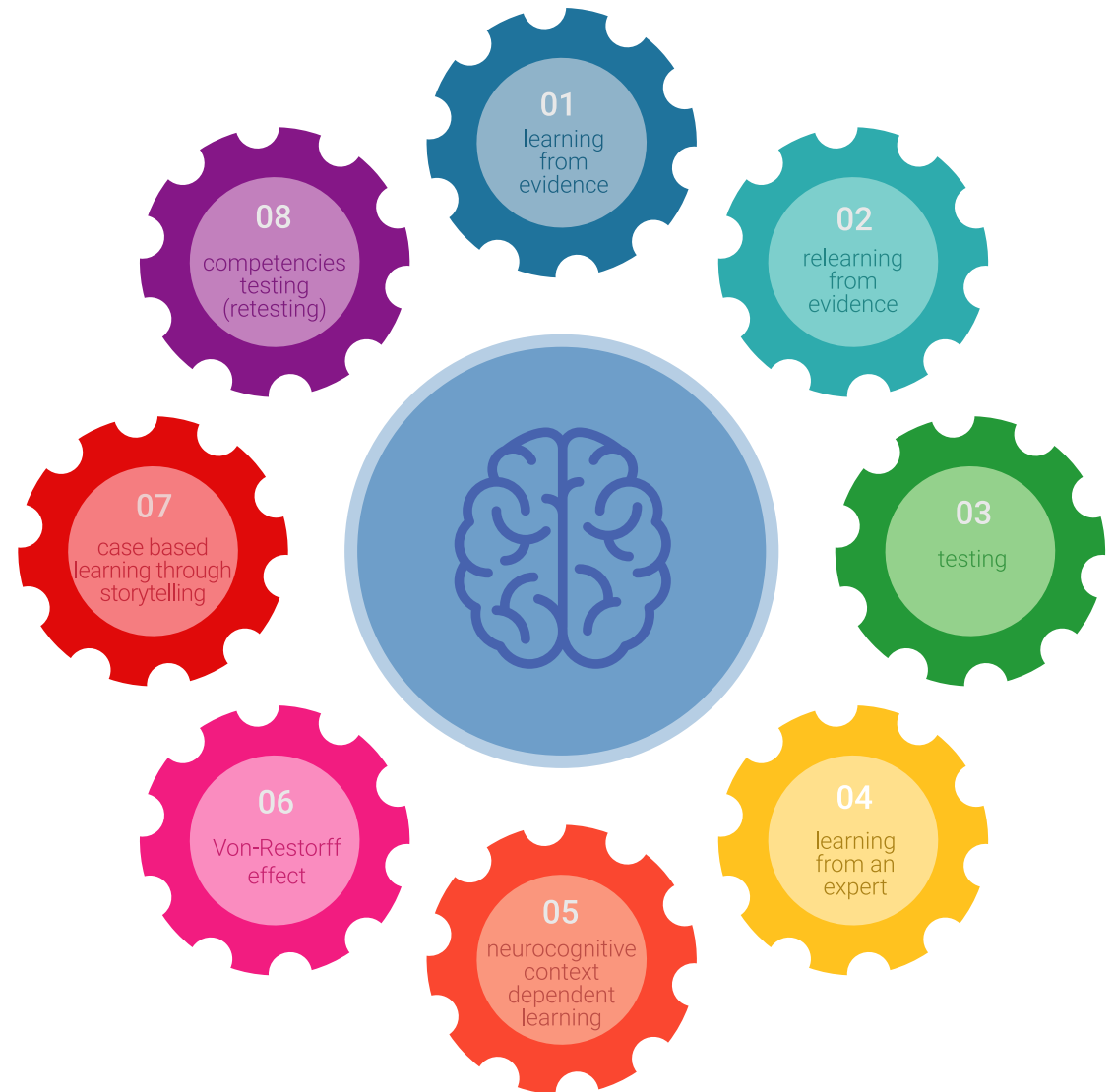
TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study 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 one in the world authorized 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 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.



#### 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.



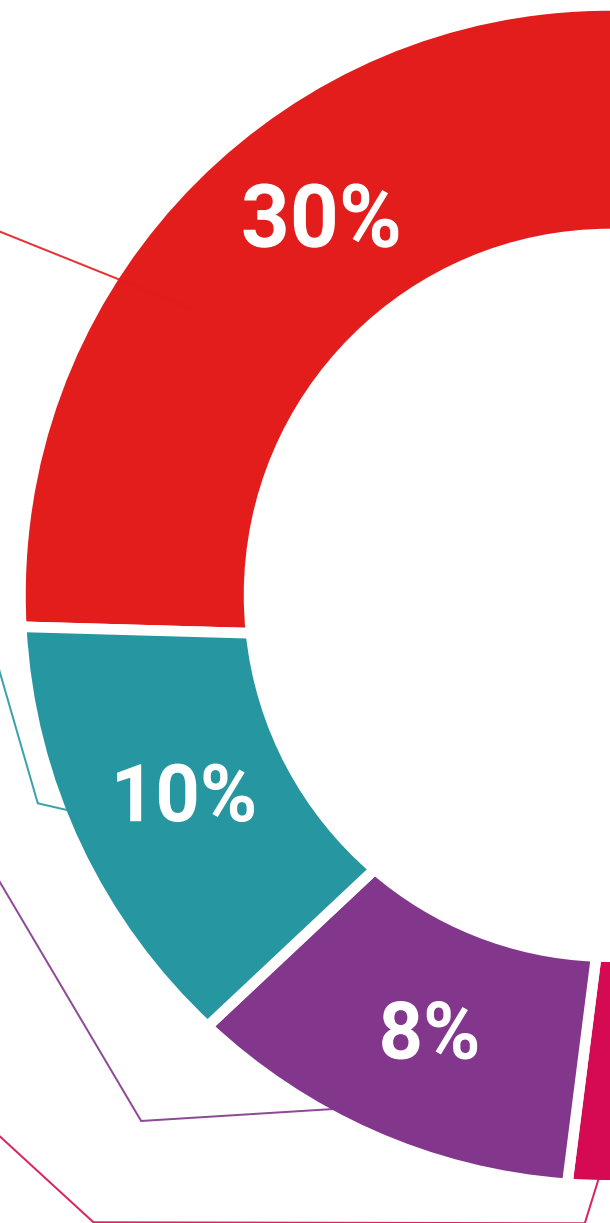
#### Practising Skills and Abilities

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

Students will complete a selection of the best case studies chosen specifically for this situation. 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.



05

# Certificate

The Postgraduate Certificate in Early Childhood 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.





“

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

This **Postgraduate Certificate in Early Childhood Physical 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 Diploma** 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 Early Childhood Physical Education**

Official N° of Hours: **150 h.**

**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.

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



## Postgraduate Certificate

Early Childhood

Physical Education

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

# Postgraduate Certificate

## Early Childhood Physical Education

Endorsed by the NBA

