

Postgraduate Certificate

Principles of Early Childhood Physical Education

Endorsed by the NBA



tech technological
university



Postgraduate Certificate

Principles of 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.techtute.com/us/sports-science/postgraduate-certificate/principles-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

The human body is a complex organism, especially when it is in the development stage, as not all children evolve at the same pace or in the same way. It is, therefore, crucial that the children's sports teacher understands the essential concepts of the structure and anatomy of the body. Thus, this Postgraduate Certificate in Principles of Early Childhood Physical Education aims to provide students with the skills to rationalize, understand and adapt physical activity for the proper development of children, and also seeks to promote healthy habits adapted to each individual.





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Knowing the peculiarities of children's anatomical development, you will be able to adapt to their different physical needs. Enroll and become an expert in Principles of Early Childhood Physical Education”

When we talk about the anatomy of human beings, it may sound cliché to say that no two people are alike, but the reality is that the growth of the body is such a complex process that it requires precise study that covers all the characteristics and specific features of the body.

For this reason, the children's sports teacher must appreciate the diversity of the students they are going to teach, as well as their different abilities and individual needs. Children do not grow at the same rate or have the same physical skills at similar ages, which requires extra effort on the part of the fitness instructor in adapting exercises and games for each child.

Aware of this problem, TECH has assembled an expert teaching team to design this Postgraduate Certificate in Principles of Early Childhood Physical Education. Students will learn the basic principles of children's anatomy while acquiring the necessary skills to adapt their work methodology to the diversity of their students. In addition, the area of knowledge is widened to include psychological and emotional issues, learning to deal with problems of this nature in the classroom with different physical activity and sports techniques.

A course that will strengthen the student's knowledge base and curriculum in a professional field where specializations and skills that go beyond basic job descriptions are increasingly demanded. In addition, the student has the advantage of taking the program completely online, without the need to travel to a physical center or adhere to restrictive schedules.

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

- ◆ Study of the anatomy of the human being in the first years of life
- ◆ Clear and concise didactic material, easy to study and review
- ◆ High-quality audiovisual content that serves as a support and reference for the knowledge provided
- ◆ Content that is accessible from any device with an Internet connection



Enhance your professional image while gaining essential knowledge in your field with this Postgraduate Certificate in Principles of Early Childhood Physical Education"

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Ensure that the most advanced children overcome all obstacles Help those that may fall behind to reach their full potential. This Postgraduate Certificate gives you the keys to adapt to all situations”

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.

You are a person committed to the successful development of children. With this Postgraduate Certificate you will demonstrate your commitment and build a better professional career.

Only the most prepared are able to reach the top. Continue to prepare yourself to move up the career ladder and specialize in Principles of Early Childhood Physical Education.



02 Objectives

The objective of the Postgraduate Certificate in Principles of Early Childhood Physical Education is to provide students with fundamental knowledge about the anatomy and growth of the human being, while providing them with the tools to adapt their work methodology to different problems. Thanks to the detailed contents, upon completion students will be able to apply their learning as they go along.





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The future of children's physical and emotional growth is largely in your hands. Assume this responsibility knowing all the Principles of Early Childhood Physical Education"



General Objectives

- ◆ Understanding of an infant's body, its aptitudes and the adaptation of the exercises to it
- ◆ In-depth knowledge of all the systems that make up the human body
- ◆ Analysis of the evolutionary characteristics of human beings and how they affect behavior in physical education classes
- ◆ Study of child psychology as it relates to physical education





Specific Objectives

- ◆ 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



Don't stop pursuing your career goals. Specialize in Principles of Early Childhood Physical Education and gain access to the best job offers in sports teaching"



03

Structure and Content

The teaching team responsible for the Postgraduate Certificate in Principles of Early Childhood Physical Education has elaborated the entire syllabus with the objective that the student acquires all the core and complementary skills in the field of sports teaching. For this reason, the content is as up to date as possible, guaranteeing the highest quality for the student. The structure and topics are well defined, with clear concepts that facilitate the student's study and learning.





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With the best possible teaching team in charge of this Postgraduate Certificate, the student will be supported throughout the learning process to learn all the necessary Principles of Early Childhood Physical Education”

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. Tissue Types: Conjunctive, Muscular, and Nervous
- 1.2. The Bone and Joint System. Bone Growth and Development
 - 1.2.1. The Bone 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. Muscular Growth and Development
 - 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. Muscular Growth and Development
- 1.4. Cardiorespiratory System Evolutionary Characteristics of the System
 - 1.4.1. Cardiorespiratory System
 - 1.4.2. Circulatory System
 - 1.4.3. 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 Cardiorespiratory System
- 1.5. The Nervous System. Physical Education Classroom Implications
 - 1.5.1. The Nervous System
 - 1.5.2. Anatomical Organization and Structure
 - 1.5.3. Functions
 - 1.5.4. Evolutionary Characteristics and Implications for 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. Bioenergy 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. Neuromotor Area
 - 1.8.4. Cognitive Domain
 - 1.8.5. Socio-Affective Area
- 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



There is no subject that you can't master. Continue your path to professional success and enroll on Principles of Early Childhood 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.





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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.

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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.



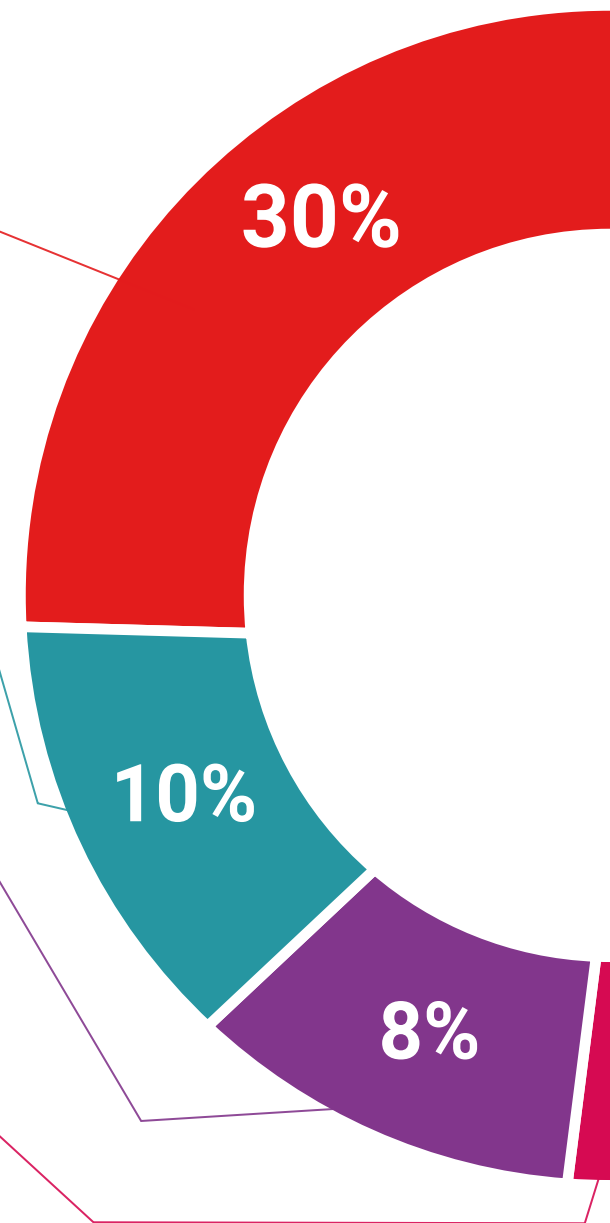
Practising Skills and Abilities

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 Principles of 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.



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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 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 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 Principles of 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

innovation

personalized service

knowledge present

online training

development language

virtual classroom

tech technological
university

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