

# Postgraduate Certificate

## Teaching and Knowledge of Physical Education and Sport in Primary Education

Endorsed by the NBA





## Postgraduate Certificate

### Teaching and Knowledge of Physical Education and Sport in Primary Education

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

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

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# 01

# Introduction

Currently, Sports Sciences are at a point where specialization is essential to be able to access a professional career with guarantees.

One of the most important forms of specialization is focused on Primary Education, with Physical Education and Sports as the backbone subjects. This program offers the possibility of carrying out this process, so that enrolled students can obtain a broad base of practical and theoretical knowledge and teaching tools on physical activity and sport applied to early childhood education.





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*This Postgraduate Certificate will make your professional career take off, thanks to its innovative contents, which jointly integrate Sports Sciences and Primary Education"*

Every Sports Science professional needs to update and expand their knowledge periodically, due to the large amount of new content that is being incorporated into this field at a dizzying pace, making the choice to continue studying and acquiring new skills the best possible decision. For this reason, TECH has designed this Postgraduate Certificate in Teaching and Knowledge of Physical Education and Sport in Primary Education.

This Postgraduate Certificate has been created by renowned professionals in the field of Sports Sciences who are in contact with teaching in Primary Education. In this way, this institution remains at the forefront of studies related to Physical Education and Sport and is able to provide its students with an innovative and powerful perspective, drawn from practical and real environments, to be as useful as possible at the work and professional level.

The educational structure of this program has been carefully designed to be able to adequately transmit all its knowledge, both theoretically and practically, thus ensuring a complete and deep teaching that helps students to make a leap in level in terms of skills related to Physical Education, Sports and Primary Education.

Through an innovative online methodology, flexible and completely adaptable to the professional who wants to acquire new skills, this Postgraduate Certificate makes a significant difference in terms of content and teaching tools, enabling the professional to use their acquired skills in various contexts related to sport and childhood, and therefore becoming, a valuable member at both the social and labor level.

This **Postgraduate Certificate in Teaching and Knowledge of Physical Education and Sport in Primary Education** contains the most complete and innovative educational program on the market. The most important features of the program include:

- ◆ The combination of knowledge, integrating Sport Sciences into Primary Education
- ◆ An eminently practical methodology, based on the best contents
- ◆ A study structure carefully designed by leading experts
- ◆ Dynamic and practical exercises to apply the theoretical knowledge developed during the Postgraduate Certificate
- ◆ In-depth but enjoyable theoretical lessons, prepared for professionals looking for a fresh approach
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*This Postgraduate Certificate is what your career needs to reach other professional disciplines in which you can develop"*

“

*It's time to keep learning, TECH gives you the best opportunity to expand your knowledge"*

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.

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 student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Apply knowledge and teaching tools to Primary Education from the perspective of Sports Science.*

*Become a great professional with a complete innovative teaching and study this field in depth.*





# 02 Objectives

This Postgraduate Certificate in Teaching and Knowledge of Physical Education and Sport in Primary Education aims to connect Sport Science professionals with the latest developments in knowledge and learning methods existing in this area. Through an eminently practical approach, this program is a necessary specialty at a professional level to boost the career of those students seeking to broaden their horizons from their field of Sports Science.







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*TECH knows your goals and lives up to what you expect and need”*



## General Objectives

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- ◆ Learning the key concepts of teaching in Physical Education and Sport applied to Primary Education
- ◆ Learn the fundamental knowledge of Physical Education and Sport applied to Primary Education
- ◆ Prepare the student to put into practice the educational principles taught in this Postgraduate Certificate
- ◆ Apply educational methods through the knowledge imparted
- ◆ Serve as a basis for the specialization of Sport Science professionals who want to focus their careers on Primary Education
- ◆ Connecting Sport Sciences to Primary Education, thanks to the subjects of Physical Education and Sport
- ◆ Guide students in their search for specialization in the field of Sports Sciences
- ◆ Open new professional avenues thanks to the concepts developed in this Postgraduate Certificate



*This is the Postgraduate Certificate you are looking for if you are looking to differentiate yourself from other Sports Science professionals”*





## Specific Objectives

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### Module 1. Teaching Physical Education in Primary Education

- ◆ 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 content 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

### Module 2. Knowledge of Physical Education and Sport in Primary Education

- ◆ Know the origin and background of Physical Education
- ◆ Discover what is understood by the concept of Physical Education and what is included in it
- ◆ Recognize the conceptions of the body from their lived experiences and critically analyze the contribution that Physical Education can make to culture and society, in order to value its importance in the integral development of people
- ◆ Compare the main paradigms developed from Physical Education for every stage with respect to the Physical Education experienced, reflecting and exposing their ideas
- ◆ Know and value the main teaching and learning activities of Physical Education, as a strategy for the promotion of adherence to a systematic practice of physical activity
- ◆ Clarify the relationship between Physical Education and events in daily life
- ◆ Analyze the challenges facing Physical Education



# 03

## Structure and Content

This program, structured in two modules, is prepared to offer the Sports Science professional the best knowledge and the best teaching tools to develop their career in an effective way. It has also been designed by the best experts, who have ensured that its contents are both innovative and the highest level, preparing students to specialize in Physical Education and Sport in Primary Education.





“

*TECH offers you an innovative syllabus that will immediately improve your professional position”*

## 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 Learning 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 Area 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

## Module 2. Knowledge of Physical Education and Sport in Primary Education

- 2.1. History of Physical Education
  - 2.1.1. First Stage (First Half of the 19th century)
  - 2.1.2. Second Stage (Second Half of the 19th Century and First Half of the 20th Century)
  - 2.1.3. Third Stage (Second Half of the 20th century)
- 2.2. Currently
  - 2.2.1. Basic Motor Skills
  - 2.2.2. Sports
  - 2.2.3. Corporal Expression
  - 2.2.4. Motor Games
  - 2.2.5. Physical Activity for Health
  - 2.2.6. Activities in Nature
- 2.3. What is Physical Education Today?
  - 2.3.1. Unknowns to be Discovered
  - 2.3.2. Physical Education: Body and Movement
  - 2.3.3. Social Dimension of Physical Education
  - 2.3.4. The Sociocultural Perspective
- 2.4. Objectives and Contents
  - 2.4.1. Intentionality of Physical Education
  - 2.4.2. Objectives
  - 2.4.3. Current Content of Physical Education
- 2.5. Teaching Effectively
  - 2.5.1. How Should It Be Taught?
  - 2.5.2. How to be an Effective Teacher?
  - 2.5.3. Rules for Efficient Teaching-Learning
- 2.6. Pedagogical Aspects to Be Taken into Consideration
  - 2.6.1. Women
  - 2.6.2. Special Educational Needs
  - 2.6.3. Education for Nonviolence
  - 2.6.4. Discrimination and Social Exclusion
  - 2.6.5. Responsibility for the Environment
  - 2.6.6. Promoting Responsible Consumption
- 2.7. Relationships of Physical Education with Sport and Health
  - 2.7.1. Introduction
  - 2.7.2. Sport as Education/Learning
  - 2.7.3. Competitive Sports
  - 2.7.4. Sport as Health
- 2.8. Relationship Between Physical Education and Leisure Time
  - 2.8.1. Relations with Sports
  - 2.8.2. Maintenance Sports
  - 2.8.3. Recreational Sports
- 2.9. Body and Mind
  - 2.9.1. Human Physiology in Physical Exercise
  - 2.9.2. Lower Limb and Trunk
  - 2.9.3. Upper Limb and Neck
- 2.10. Challenges and Changes Facing Physical Education
  - 2.10.1. Education in the 21st Century
  - 2.10.2. Physical Education in the 21st Century
  - 2.10.3. Physical Education in the School of the Future



# 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.

“

*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 Teaching and Knowledge of Physical Education and Sport in Primary Education guarantees, in addition to the most rigorous and up to date education, access to a Postgraduate Diploma issued by TECH Technological University.



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*Successfully complete this program and receive your university degree without having to travel and without the hassle of paperwork"*

This **Postgraduate Certificate in Teaching and Knowledge of Physical Education and Sport in Primary Education** contains the most complete and up-to-date scientific program on the market.

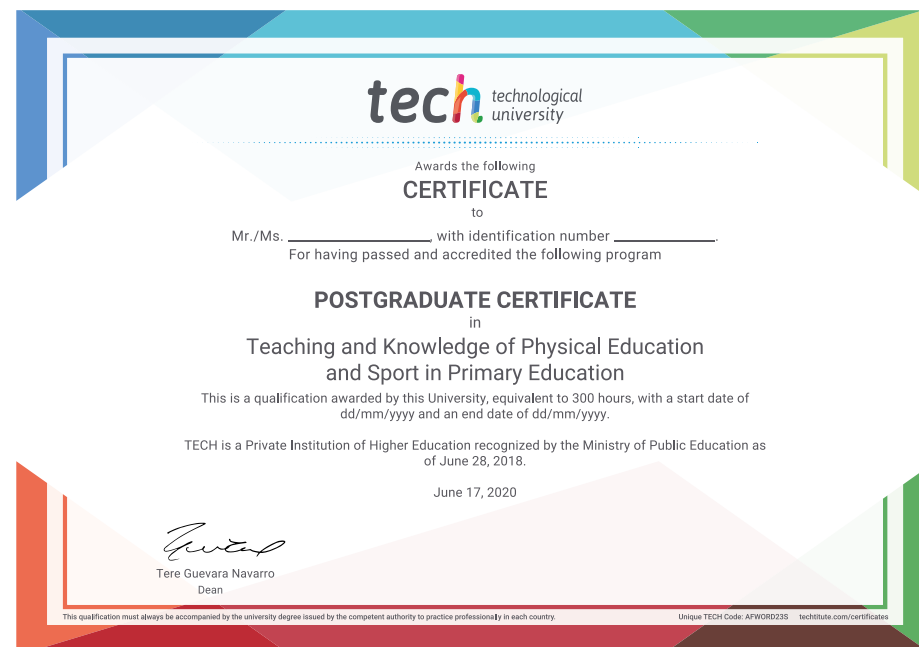
After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The 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 Teaching and Knowledge of Physical Education and Sport in Primary Education**

Official N° of Hours: **300 h.**

**Endorsed by the NBA**



\*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  
online training  
development language  
virtual classroom



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**tech** technological  
university

