

**UNIVERSITY “ UKSHIN HOTI “ PRIZREN**

**EDUCATIONAL FACULTY**

**PRIMMARY PROGRAM**

1.	Full name of course:	Methods of physical education
2.	Module level / cycle:	1 cycle- 240 ECTS-Education
3.	ECTS credit score:	7
4.	Duration:	One semester - seventh seventh
5.	Faculty / School / Department:	EDUCATIONAL FACULTY
6.	Web page:	<a href="http://www.uni-prizren.com">www.uni-prizren.com</a>
7.	Mathematics course:	Yes
8.	Object status:	Obligatory
9.	Access restrictions:	No
10.	Exam:	Continuous examination and final exam
11.	Objectives of the course:	<ol style="list-style-type: none"><li>1. Follow and study the general principles of educational work in physical education.</li><li>2. Provides new phenomena in the educational process and improves the existing knowledge.</li><li>3. Establishes a way of educating students in the field of physical education.</li><li>4. It enables the student to independently perform all programs and organizational forms of work in the teaching of physical education.</li></ol>
12.	Learning outcomes through competencies:	<ol style="list-style-type: none"><li>1. Identifying general and specific goals and tasks of physical education.</li><li>2. Recognition of general characteristics, biopsychosocial development of students of the younger school age.</li><li>3. Knowing the impact and application of physical exercises and physical exercise on the body.</li><li>4. Realization of the course of the teaching process.</li></ol>

		<p>5. Education and realization of the plan and programs of physical education for pupils of Elementary schools.</p> <p>6. Ability to practically perform all organizational forms of work.</p>
13.	Learning methods:	Teaching, Practical classes, Seminar papers, Interactive teaching.
14.	Verification explanation:	<p>1. Seminar work-analysis and presentation</p> <p>2. Practical work-practically</p> <p>3. Final exam-written and verbally</p>
15.	Weight factor:	<p>1. Seminar work - 20%</p> <p>2. Practical work - 30%</p> <p>3. Final exam - written 30%, verbally - 20%</p>
16.	<p><b>Teaching content - theory</b></p> <p>1. Introduction lecture and introduction to the method of physical education</p> <p>2. Objectives and tasks of physical education</p> <p>3. The system of physical education at school</p> <p>4. Basic curriculum structure (introductory part of the lesson: tasks, organization, resources)</p> <p>5. Basic curriculum structure (preparation part of the clock: tasks, organization, resources)</p> <p>6. General structure of the lesson (main part: tasks, resources, organization)</p> <p>7. General structure of the teaching lesson (final part of the lesson: tasks, resources, organization)</p> <p>8. Colloquium</p> <p>9. Methodological organizational forms of work in the teaching of physical education and the frontal form of work</p> <p>10. Group forms of work</p> <p>11. Individual form of work</p> <p>12. Typology of the teaching clock (general type of clock, type of sports education technique, type of sports training session)</p> <p>13. Intensification of teaching of physical education</p> <p>14. Daily preparation, programming in teaching physical education and monitoring, evaluation I and evaluation</p> <p>15. Colloquium</p>	

### **Contents of teaching - practical**

1. Demonstration of the test time
2. Demonstration of the test time
3. Organization, methods and means of the introductory part of the time
4. Organization, methods and means of the introductory part of the time
5. Organization, methods and means of the preparatory part of the time
6. Organization, methods and means of the preparatory part of the time
7. Organization, methods and means of the main part of time (work in pairs, triples and quadruples)
8. Organization, methods and means of the main part of the time (parallel form of work, alternately parallel forms of work - additional exercises of time)
9. Organization, methods and means of the main part of the time (alternating departmental work - supplementary exercises)
10. Organization, methods and means of the main part of time (circular and cellular forms of work)
11. Organization, methods and means of the major part of the time (polygons and work paths)
12. Organization, methods and means of reciprocal work style
13. Organization, methods and means in the style of work in small homogenized groups
14. Organization, methods and means of the final part of the time
15. Discussion and Time Analysis

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