

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM

COURSE TITLE:

Physical education in secondary schools

COURSE CODE:

N146

E.C.T.S. CREDITS

4

RESPONSIBLE FOR THE COURSE:

NAME	Andreas Avgerinos		
POSITION	Lecturer		
SECTOR	Sport Management, School Physical Education & Recreation		
OFFICE	B1 - 4		
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CO-INSTRUCTORS			

SEMESTER:

1 st	<input type="checkbox"/>	2 nd	<input type="checkbox"/>	3 rd	<input type="checkbox"/>	4 th	<input checked="" type="checkbox"/>
5 th	<input type="checkbox"/>	6 th	<input type="checkbox"/>	7 th	<input type="checkbox"/>	8 th	<input type="checkbox"/>

COURSE TYPE:

Obligatory	<input checked="" type="checkbox"/>
Direction	<input type="checkbox"/>
Specialization	<input type="checkbox"/>
Prerequisite for specialization	<input type="checkbox"/>
Elective (<i>open</i>)	<input type="checkbox"/>

HOURS (*per week*):

2

DIRECTION (*only for 3rd & 4th year courses*):

SPECIALIZATION (*only for 3rd & 4th year courses*):

LANGUAGE OF TEACHING:

GREEK

ENGLISH

AIM OF THE COURSE (*acquired skills & learning outcome*):

Students participating in the lectures and the workshops of the course will: a) acquire a deep understanding of the issues related to the necessity and the dimensions of physical education in secondary education, as implemented in modern curricula internationally, b) develop skills of an effective organization, implementation and evaluation of the teaching content of physical education lesson, and c) understand the role of the teacher of physical education in the modern school.

COURSE CONTENTS (*outline – titles of lectures*):

1. Curriculum models - Factors affecting the curricula - Current educational trends.
2. Comparative analysis of physical education models: “Exercise for Health” – “Social-moral development”.
3. Physical education in the school curriculum: aims, objectives and goals.
4. Conducting an effective physical education lesson.
5. Effective planning of physical education lessons.
6. Modern approaches to the prescription of physical activity for health in children and adults - Improving fitness in young people.
7. The model of "Exercise for Health" - The promotion of physical activity at school - The "Active School Policy".
8. The assessment of students in physical education.
9. The problem of obesity and the role of school.
10. Effective teaching: criteria and indicators for evaluating the teacher and the curriculum.
11. What can we do to increase high school students’ interest for physical education and the active lifestyle?
12. Tutorial: practical applications of technology in physical education.
13. Seminar.

TEACHING METHOD (*lectures – labs – practice etc.*):

1. Lectures.
2. Tutorials.
3. Seminars.

ASSESSMENT METHOD(S):

1. Participation in one project.
2. Two 1-hour written examinations.
3. 2 essays.

LEARNING OUTCOMES

1. Understanding of issues related to the necessity and the components of physical education in secondary education.
2. Ability for effective organization, implementation and evaluation of teaching physical education.
3. Understanding of the role and the dimensions of the physical education teacher in modern school.
4. Ability to plan physical education classes based on the guidelines of the National Curriculum.

LEARNING OUTCOMES – CONTINUED:

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Understanding of issues related to the necessity and the components of physical education in secondary education.	Lectures, demonstrations and commentary of digital material, home study.	Intermediate checks with 2 written tests.	60
Ability for effective organization, implementation and evaluation of teaching physical education.	Practical exercises, Tutorials, home study.	Intermediate checks with brief written test (quiz) and final exams.	30
Understanding of the role and the dimensions of the physical education teacher in modern school.	Lectures, group work, home study.	Intermediate checks with 2 written tests and final exams.	15
Ability to plan physical education classes based on the guidelines of the National Curriculum.	Practice of planning scenarios.	Intermediate Checks.	15
		TOTAL	120

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**Obligatory**

Papaioannou, A., Theodorakis, J. & Goudas, M. (2006). For a better physical education. Thessaloniki: Christodoulidis.

Notes, articles and lecture slides posted in e-class.

Suggested

<http://www.hape.gr> (e-book)

Capel, S. (1997). Learning to teach physical education in the secondary school. London: Routledge.

Graham, G. (2002; 2008). Teaching children physical education: becoming a master teacher. Champaign, IL: Human Kinetics.

Mohnsen, B.S. (1997). Teaching middle school physical education. Champaign, IL: Human Kinetics.