



## LITHUANIAN SPORTS UNIVERSITY

### STUDY MODULE PROGRAMME (SMP)

Module Code	S	270	B	066	Accredited until	2024	06	01	Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Didactics of Physical Education

Prerequisites

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Develop a long-term and short-term plan based on education governing documents and select learning methods appropriate for achieving learning goals.	Exercise classes, Formal lecture, Practical exercises (tasks), Role play	Group work, Individual work, Reporting for practice work
2	Evaluate learning achievement of learners using the transparent criteria.	Discussion, Exercise classes, Formal lecture	Group work, Individual work, Peer-assessment, Reporting for practice work
3	Create a safe learning environment supporting the learner's emotional, social, intellectual, and spiritual development.	Debates, Discussion, Exercise classes, Formal lecture, Individual project, Team project	Case analysis (study), Group work, Individual work
4	Individualize and differentiate physical loads depending on the student's health condition and fitness.	Discussion, Exercise classes, Formal lecture	Group work, Individual work, Reporting for practice work
5	Identify causes of errors in individual and team sports techniques and tactics, select and apply the correction methods.	Discussion, Exercise classes, Formal lecture	Group work, Individual work, Reporting for practice work
6	Knowledge and understanding of health education, physical activity and motivation theories and their practical applicability.	Discussion, Exercise classes, Formal lecture	Individual work, Reporting for practice work

Main aim

Teach students didactical competences: to develop the ability to integrate theoretical and practical knowledge, to develop the ability to transform this knowledge during the planning and implementation of the lesson.

Summary

Discussing and implementation on didactics principles and practice teaching including determination of the purposes, organization, teaching strategies and technologies of PE classes

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Specialaus lavinimo

Group under financial classification

4.Socialinių mokslų studijos (išskyrus politikos mokslus, sportą ir studijas, nurodytas 8 punkte)

Syllabus

№.	Sections and themes	Responsible lecturer
1.	PE planning and organizing: long-term and short-term lesson plans	
2.		
3.		

№.	Sections and themes	Responsible lecturer
4.		
5.		
6.	PE class control and quality assessment criteria	
7.	Creativity development in PE classes	
8.	Safe learning and hygiene in PE classes	

Evaluation procedure of knowledge and abilities:

Ten grade criterion scale and summative evaluation system are applied. The semester's individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing up the products.

References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Anderson, L. (2017). Building character, community, and a growth mindset in physical education: activities that promote learning and emotional and social development.		1	No	
2.	Himberg C., Hutchinson G.E., Roussell J.M. (2003). Teaching Secondary Physical Education - Preparing Adolescents to be Active for Life. Human Kinetics Publishers, Inc.		1	No	
3.	Lietuvos Bendrojo Lavavimo Mokyklos Pagrindinio ugdymo Bendrosios programos. Kūno kultūra. 2007 (projektas)			No	
4.	Volbekienė, V. (2014). Fizinis aktyvumas: gyvenimo įgūdžių pamokos : studijų knyga. Vilnius : LSIC, 2004. 130 p. : iliustr.. ISBN 9986-574-70-6.		47	No	
5.	Kelly L.E., Melograno V.J. (2004). Developing the Physical Education Curriculum. Human Kinetics.		1	No	
6.	Fizinių pratimų didaktikos pagrindai. Studijų knyga. Parengė E.Puišienė. Kaunas, 2004.		96	No	
7.	A.Vilūnienė, V.Volbekienė. Kūno kultūros pamoka.Kaunas.2001.		46	No	
8.	Fizinis Aktyvumas. Metodikos priemonė kūno kultūros specialistams. Parengė J.Murininė, V.Volbekienė. Kaunas, 1998		20	No	
9.	Lesson planning for middle school physical education: meeting the national standards & grade-level outcomes (2017). Champaign: Human kinetics		1	No	
10.	Routledge handbook of physical education pedagogies (2017). London, New York: Routledge, 2017.		1	No	

Additional literature

№.	Title
1.	Physical Education ? Deconstruction and Reconstruction: Issues and Directions. ICSSPE Sport Science Studies 12 (2003)
2.	Alter, Michael J. (1998). Science of Flexibility . Human Kinetics Publishers.

