

Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
Subject name: PHYSICAL AND HEALTH EDUCATION / OA17			
Teacher/Teachers: Maja Batez, PhD			
Subject status: Mandatory			
ECTS credits: 4			
Requirements: None			
Subject aim Subject aim is to acquire the necessary knowledge about the entire educational process for physical education and the preparation for professional occupation through a direct practice in school.			
Subject outcome Students who successfully complete all the subject tasks, will be able to demonstrate the values of physical activities, define the aim of physical education and health education, understand the significance of physical activity and physical education for education in school, define the growth and maturity of school children, describe the impact of puberty on the growth and development of boys and girls, define locomotor skills, design and plan the developmental and adjusted programme of physical and health education.			
Subject content <i>Theory</i> Introduction in Physical and health education, Health and developmental benefits of physical education, Meeting the mission of primary school, Characteristics of successful schools, Physical activity and mission of primary school, integration of competences, Meeting the child's needs, Growth and motor performance, Motor performance in childhood, Reflexes and reactions, Basic motor skills, Physical activity for children, Benefits of physical activities, Body structure, Biological and physiological differences in pupils, Psycho-social factors in physical education (motivation, competitiveness, cooperation), Preparation for physical education teaching, Planning and designing the work, Preparation of physical education teaching – Introductory, Preparatory part of the class, Preparation for physical education teaching – Main part of the class, Preparation of physical education teaching – Final part of the class, Organisation for teaching, Teaching approach, Planning and designing the curriculum. <i>Practice</i> Class of physical education, Experimental class in primary school, Physical education means, Experimental classes in primary school, Methodical organisational forms of work, Experimental classes in primary school, Organisational forms of work, Experimental classes in primary school, Instructions for the creation of a physical education class preparation, Experimental class in primary school, Planning and designing, Experimental classes in primary school.			
Literature 1) Batez, M. (2018): Čas fizičkog vežbanja. Fakultet sporta i fizičkog vaspitanja, Novi Sad. 2) Thomas, K.T., Lee, A.M., Thomas J.R. (2008). Physical education methods for elementary teachers. Human Kinetics			
Number of active teaching classes	Theory: 3		Practice: 1
Teaching methods Lectures, exercises, mid-term tests, consultations			
Knowledge assessment (maximum number of points is 100)			
Pre-exam requirements	points	Final exam	points
engagement in class activities	15	written exam	40
practice		oral exam	
term test(s)	10		
activities in the exercises	35		