

Subject name: METHODOLOGY OF PHYSICAL AND HEALTH EDUCATION / OA23			
Teacher/Teachers: Maja Batez, PhD			
Subject status: Mandatory			
ECTS credits: 4			
Requirements: Physical and health education			
Subject aim Subject aim is to acquire knowledge about the methodology of training and forming motor skills, safety measures and optimisation of training and exercising processes, connection of the acquired knowledge with practice and preparation for the professional occupation of a PE teacher.			
Subject outcome Students who successfully complete all the subject tasks, will be able to independently realise the teaching process of physical and health education in primary and secondary school, know the principles of forming motor skills and habits, manners of ensuring teaching process, measures of intensifying the teaching process, technologies of the working processes in schools, planning and designing a PE class, evaluation of work and assessment in the teaching process.			
Subject content <i>Theory</i> Motor activity as a training subject, Physiological basis of forming motor habits, Transfer of habits, Theory of knowledge as a presumption of efficiency of the training process, Training principles. Methods of training physical education, Structure and methodical basis of the training process, Safety measures and optimisation of training and exercising processes, Definition and general determinants of motor skills, Principles of motor ability development, Ways and possibilities of developing motor abilities, Dynamics and methods of development, Coordination and method of development, Agility and methods of development, Endurance and methods of development. <i>Practice</i> Technology of planning a PE class, Planning and designing the teaching work, Realisation of the teaching process in primary school, Realisation of the teaching process in secondary school.			
Literature 1) Thomas, K.T., Lee, A.M., Thomas J.R. (2008). Physical education methods for elementary teachers. Human Kinetics 2) Pangrazi R.P., Beighle, A. (2016). Dynamic physical education for elementary school children 3) Krsmanović, B. (2016): Teorija i metodika fizičkog vaspitanja 1 I 2, Univerzitet u Novom Sadu, Fakultet sporta i fizičkog vaspitanja.			
Number of active teaching classes	Theory: 3		Practice: 2
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	10	written exam	40
practice		oral exam	
term test(s)	20		
activities in the exercises	30		