

Subject:	Physical education
Kode:	KØ124ERAS
Credits:	24 ECTS
Vedtatt:	Passed by the Faculty Steering Committee 9. December 2008 (item A24/08)

The plan's components:

- 1 Introduction**
- 2 Content**
- 3 Organisation**
- 4 Evaluation portfolio**
- 5 Course literature**

1. Introduction

The course in physical education is intended for students who want to learn how to organise physical education in elementary school. The course is open to all foreign students studying at Sør-Trøndelag University College.

2. Content

This is a basic course in physical education, where the aims are to develop the students' competence in physical education for children in elementary school. The course emphasises a playful approach to activities within outdoor education, play and different sport activities. The teaching will be carried out in various environments and areas. The students learn how to work with physical education taking a didactic perspective; furthermore, the students learn how to develop the subject further. Practical skills and theoretical knowledge are therefore emphasised.

Central themes are:

- Physical education didactics including 3 weeks with practical physical education in the Norwegian school system (8 credits)
- Motor behaviour (5 credits)
- Sport activities and outdoor living (5 credits)
- Physical activity and health (4 credits)
- Play as phenomena and teaching method (2 credits)

The course promotes knowledge, insight and experience in children's physical, mental and motor development. This knowledge is closely integrated with the practical field, and to education in practical situations. Physical education includes many aspects where the P.E. teacher has to manage how to organise education both for individuals and for larger groups with different needs. The course aims to put theoretical knowledge into practical experience. Discussions and reflections related to physical education in school is an important part of the course. Topics include physical activity and health, motor behaviour and didactics.

3. Organisation

Full time study – one semester. This is a practical and theoretical course with several obligatory sessions. Some costs related to transports in relation to excursions must be covered by each student.

Obligatory Requirements:

- Activities which is dependent on cooperation among students, that is difficult be assessed in a traditional exam
- Observation with tutorials in motor behaviour
- Discussions concerning assessment and security in physical activity
- Discussions and reflection concerning ethical and value aspects of physical education
- Working with project
- Excursions arranged. Costs related to transport has to be covered by the students
- Course evaluation

Obligatory requirements must also be completed in a satisfactory manner for a final grade for the course to be given.

4. Evaluation

The final grade is set on the basis of an evaluation portfolio and a final exam. Each part of the evaluation counts for half of the grade.

Part 1 Portfolio

The evaluation portfolio consists of one group assignment and one individual assignment. The portfolio is graded as a whole.

Part 2 Exam

The final exam is practical and includes an oral rehearsal.

The student must pass both parts to be given a final grade. If there is any doubt concerning the grade, the final exam will be emphasized.

5. Course literature

A reading list will be provided at the beginning of term.