

Liverpool John Moores University

Title: Physical Education Practice 1
Status: Definitive
Code: **3501YAUPE** (127902)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Yunnan Agricultural University

Team	Leader
Matthew Andrew	Y

Academic Level: FHEQ3 **Credit Value:** 20 **Total Delivered Hours:** 60
Total Learning Hours: 200 **Private Study:** 140

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Practical	60

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	Practice	Physical practice of the skills acquired for football that are inline with the requirements of the MoE for in China in physical education.	40	1
Practice	Practice	Physical practice of the skills acquired for track and field that are inline with the requirements of the MoE for in China in physical education.	30	1
Practice	Practice	Physical practice of the skills acquired for gymnastics that are inline with the requirements of the MoE for in China in physical education.	30	1

Aims

The module aims to develop the students' understanding of the practical aspect of physical education with particular reference to track and field and gymnastics, as well as football as the core component. Upon completion of this module, students will develop greater understanding of the how to perform skills and actions. They will not only be able to demonstrate these skills but teach others. This is in line with the physical education curriculum in China and the requirements of the Ministry of Education.

Learning Outcomes

After completing the module the student should be able to:

- 1 Explain how to perform a range of basic skills related to various sports including football, track and field, and gymnastics in line with the requirements of the MoE in China for physical education.
- 2 Physically perform a range of basic skills related to various sports including football, track and field, and gymnastics in line with the requirements of the MoE in China for physical education.

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Practice - Football	1	2
Practice - Track and Field	1	2
Practice - Gymnastics	1	2

Outline Syllabus

Teaching and learning methods will predominantly include practical sessions (indoor and outdoor). The taught component of the module explores a range of sports related skills. practicing sport and physical education. Specific examples of the sports to be explored include:

1. *Football - Basic skills such as those required to deliver physical education (in line with the MoE) including passing, dribbling, shooting as well as a general understanding of the rules of the game.*
2. *Track and field - Basic events such as those required to deliver physical education (in line with the MoE) including running (short, middle, long distance), jumping (high/long/triple jumps) and throwing (hammer, javelin, shot-put).*
3. *Gymnastics - Basic skills such as those required to deliver primary physical education (in line with the MoE) such as rolls, cartwheel and handstand.*

Learning Activities

Students are expected to attend time-tabled lectures and are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. During the practical sessions they are expected to engage with and contribute to the learning environment through discussion and practice (in various physical education contexts). Some of the teaching sessions will contain group work and practical activities where students will be required to communicate and work as a team with others to enhance their own learning. Students should complete any required and recommended reading to widen their knowledge and understanding. Students will be required to evidence this during their practical assessments and any teaching they may conduct.

Notes

This module is designed to introduce students to a number of skills and sports in physical education. The module will be evaluated by the completion of appropriate assessment tasks. This module will incorporate support strategies in an attempt to ensure student progression. This will include feed forward and feedback on assessment and personal tutorial support.