

## Liverpool John Moores University

Title: FUNDAMENTAL SKILLS IN PHYSICAL EDUCATION  
Status: Definitive  
Code: **4002PSPE** (104325)  
Version Start Date: 01-08-2016  
Owning School/Faculty: Education  
Teaching School/Faculty: Education

Team	Leader
Beverley Lynch	Y

**Academic Level:** FHEQ4      **Credit Value:** 24      **Total Delivered Hours:** 60  
**Total Learning Hours:** 240      **Private Study:** 180

### Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Practical	59
Tutorial	1

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	(3,000 words)	50	
Essay	AS2	(3,000 words equivalent)	50	

### Aims

*The aim of the module is to introduce the study of the fundamentals of games, dance and gymnastics, with particular reference to basic mechanics of movement and the way in which skill is acquired. The study of games will be developed through a games education approach, which will include an understanding of the generic principles that underpin invasion, net/wall and striking/fielding games.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Acquire basic technique and demonstrate fundamental movement skills in gym, dance and games;
- 2 Create and develop short movement phrases in gym and dance;
- 3 Demonstrate an understanding of what constitutes safe and appropriate activity;
- 4 Articulate and comprehend the transferable principles which are relevant in generic games, dance and gym;
- 5 Describe how the activities of gym, dance and games can be delivered depending on the child's level of development.

## Learning Outcomes of Assessments

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

Coursework 3000 Words	1	2	3	4	5
Coursework	1	2	3	4	5

## Outline Syllabus

*Development of knowledge and understanding of the principles of games, gymnastics and dance including an introduction to the 'Tops' programme and an evaluation of its effectiveness*

## Learning Activities

Students will participate in practical lectures to develop their knowledge, skills and understanding of the activity areas. There will also be opportunities to attend tutorials to support formal lectures.

## Notes

This module is designed to build personal confidence and develop the student's knowledge, understanding and skills in a range of physical activities which form the basis of the National Curriculum for Physical Education.