

Liverpool John Moores University

Title: GROWTH & DEVELOPMENT IN PHYSICAL EDUCATION
Status: Definitive
Code: **4003PSPE** (104326)
Version Start Date: 01-08-2016

Owning School/Faculty: Education
Teaching School/Faculty: Education

Team	Leader
Tricia Sterling	Y

Academic Level: FHEQ4 **Credit Value:** 24 **Total Delivered Hours:** 48
Total Learning Hours: 240 **Private Study:** 192

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	23
Practical	24
Tutorial	1

Grading Basis: 40 %

Assessment Details

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

Aims

This module aims to introduce students to the basic processes of children's growth and development, and the principles underpinning exercise psychology and physiology and to develop subject knowledge and understanding in athletics and swimming. They will be encouraged to consider the implications of these concepts for teaching and learning in physical education.

Learning Outcomes

After completing the module the student should be able to:

- 1 Describe the fundamental processes and theories underpinning children's physical, motor and affective development and understand the implications for the learning and teaching of physical education.
- 2 Apply psychological theories to children in physical activity contexts, including physical education.
- 3 Demonstrate an understanding of how energy systems and body type affect physical activity participation.
- 4 Demonstrate an understanding of what constitutes safe and appropriate practice within swimming and athletics.
- 5 Demonstrate an appreciation of how the IKEA (Information, Knowledge, Expertise, Application) principle applies to the teaching of athletics and swimming.
- 6 Demonstrate understanding and competence in a range of swimming and athletic techniques.

Learning Outcomes of Assessments

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

Coursework	1	2	3
Coursework	4	5	6

Outline Syllabus

Physical and physiological growth and maturation in relation to the skeletal and muscular system

Introduction to exercise psychology, particularly motor development and skill acquisition

Introduction to physiology, with particular reference to body composition, energy systems and training programme design

Principles of safe and effective exercise in children

Athletics and swimming award schemes

Learning Activities

Practical lectures, demonstrations, observations and application of practice under supervision will be the main forms of student learning during this module. Lead lectures will also be supported by tutorials to enhance learning and develop understanding.

Notes

This module introduces students to the principles and theories underpinning children's growth and development, and explores the implications for teaching and learning in physical education. It also introduces key concepts within exercise physiology, anthropometry and exercise psychology. Emphasis is placed on the practical application of theory within the context of young people and their physical activity participation. This module also develops student's subject knowledge and understanding in specific aspects of athletics and swimming activities. Evaluation and discussion of teaching approaches and an analysis of current resources in the context of the Physical Education National Curriculum will also be covered in this module.